



Panorama Social-Emotional Learning: Student Competency & Well-Being Measures

To better support you, your school would like to ask you some questions about how you think and feel. Adults in your school district will be able to see group responses. Please respond honestly—there are no right or wrong answers!

Your Current Classes

Please tell us about how you feel about your current teachers and classes.

1. How confident are you that you can complete all the work that is assigned in your classes?

- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

2. When complicated ideas are presented in class, how confident are you that you can understand them?

- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

3. How confident are you that you can learn all the material presented in your classes?

- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

4. How confident are you that you can do the hardest work that is assigned in your classes?

- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

5. How confident are you that you will remember what you learned in your current classes, next year?

- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. **In school, how possible is it for you to change:**

6. Being talented

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

7. Putting forth a lot of effort

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

8. Behaving well in class

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change



9. Liking the subject

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

10. How easily you give up

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

11. Your level of intelligence

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

12. How carefully did you listen to other people's points of view?

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

13. How much did you care about other people's feelings?

Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

14. How well did you get along with students who are different from you?

Did not get along at all

Got along a little bit

Got along somewhat

Got along pretty well

Got along extremely well

15. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

16. How clearly were you able to describe your feelings?

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

17. When others disagreed with you, how respectful were you of their views?

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

18. To what extent were you able to stand up for yourself without putting others down?

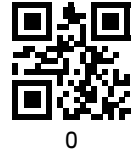
Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount



19. To what extent were you able to disagree with others without starting an argument?

- Not at all
 A little bit
 Somewhat
 Quite a bit
 A tremendous amount

Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel _____?

20. excited

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

21. happy

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

22. loved

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

23. safe

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

24. hopeful

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

25. angry

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

26. lonely

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

27. sad

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

28. worried

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always



29. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. Thinking about everything in your life right now, what makes you feel the happiest?

31. Thinking about everything in your life right now, what feels the hardest for you?

SAMPLE FORM