



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

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Your Class

Please tell us about how you feel about your current class.

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

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

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

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

3. How sure are you that you can learn all the topics taught in your class?

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

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

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

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

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

Your Behavior

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

6. How often were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not carefully at all

☐

Slightly carefully

☐

Somewhat carefully

☐

Quite carefully

☐

Extremely carefully

8. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

9. 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



10. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

11. 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

12. How often did you get your work done right away, instead of waiting until the last minute?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

13. How often did you pay attention and ignore distractions?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all clearly

☐

Slightly clearly

☐

Somewhat clearly

☐

Quite clearly

☐

Extremely clearly

15. When you were working independently, how often did you stay focused?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all respectful

☐

Slightly respectful

☐

Somewhat respectful

☐

Quite respectful

☐

Extremely respectful

17. How often did you remain calm, even when someone was bothering you or saying bad things?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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. How often did you allow others to speak without interrupting them?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

20. 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



21. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

22. How often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

23. How often did you keep your temper under control?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

Learning

In this section, we would like for you to think about your overall learning experience at school. Please answer the following questions to help us better understand how you learn in general.

24. When you get stuck while learning something new, how likely are you to try to learn it in a different way?

☐

Not at all likely

☐

Slightly likely

☐

Somewhat likely

☐

Quite likely

☐

Extremely likely

25. How sure are you that you can figure out a good way to get your schoolwork done well?

☐

Not at all sure

☐

Slightly sure

☐

Somewhat sure

☐

Quite sure

☐

Extremely sure

26. Before you start on a challenging project, how often do you think about the best way to do it?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

27. Overall, how well can you figure out how to learn things?

☐

Not well at all

☐

Slightly well

☐

Somewhat well

☐

Quite well

☐

Extremely well

Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

28. How often are you able to pull yourself out of a bad mood?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

29. When everybody around you gets angry, how relaxed can you stay?

☐

Not relaxed at all

☐

Slightly relaxed

☐

Somewhat relaxed

☐

Quite relaxed

☐

Extremely relaxed

30. How often are you able to control your emotions when you need to?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



31. Once you get upset, how often can you get yourself to relax?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

32. When things go wrong for you, how calm are you able to stay?

☐

Not calm at all

☐

Slightly calm

☐

Somewhat calm

☐

Quite calm

☐

Extremely calm

SAMPLE FORM