

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!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

2. If you fail at an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

Your Behavior

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

5. How often were you polite to adults?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost all the time

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

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

7. How often did you come to class prepared?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost all the time

8. 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

9. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

10. 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

11. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

16. 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

17. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

20. How often were you polite to other students?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost all the time

21. How often did you compliment others' accomplishments?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost all the time

22. 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.

23. 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

24. 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

25. 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

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

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

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 _____?

27. excited

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

28. happy

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

29. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

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