

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 several months at a time?

Almost never

Once in a while

Sometimes

Frequently

Almost always

2. If you fail to reach 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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

Not at all likely

Slightly likely

Somewhat likely

Quite likely

Extremely likely

Your Behavior

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

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 were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

13. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

14. How often did you pay attention and resist distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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. 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

19. 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

20. How often did you allow others to speak without interruption?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

21. 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

22. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

23. How often did you keep your temper in check?

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 a different strategy?

Not at all likely

Slightly likely

Somewhat likely

Quite likely

Extremely likely

25. How confident are you that you can choose an effective strategy to get your schoolwork done well?

Not at all confident

Slightly confident

Somewhat confident

Quite confident

Extremely confident

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

27. Overall, how well do your learning strategies help you learn more effectively?

Not well at all

Slightly well

Somewhat well

Quite well

Extremely well

28. How often do you use strategies to learn more effectively?

Almost never

Once in a while

Sometimes

Frequently

Almost always

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 _____?

29. excited

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

35. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

36. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

37. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

38. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

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