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

5. 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

6. 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

7. 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

8. 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
9. 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

**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:**

10. 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

11. Giving 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

12. 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

13. Liking the subjects you are studying

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

14. 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

15. 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...

16. How often were you polite to adults?

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

17. How carefully did you listen to other people’s points of view?

- Not carefully at all
- Slightly carefully
- Somewhat carefully
- Quite carefully
- Extremely carefully
18. How often did you come to class prepared?
   - Almost never
   - Once in a while
   - Sometimes
   - Frequently
   - Almost all the time

19. 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

20. How often did you follow directions in class?
   - Almost never
   - Once in a while
   - Sometimes
   - Frequently
   - Almost all the time

21. 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

22. 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

23. How often did you pay attention and ignore distractions?
   - Almost never
   - Once in a while
   - Sometimes
   - Frequently
   - Almost all the time

24. How clearly were you able to describe your feelings?
   - Not at all clearly
   - Slightly clearly
   - Somewhat clearly
   - Quite clearly
   - Extremely clearly

25. When you were working independently, how often did you stay focused?
   - Almost never
   - Once in a while
   - Sometimes
   - Frequently
   - Almost all the time

26. When others disagreed with you, how respectful were you of their views?
   - Not at all respectful
   - Slightly respectful
   - Somewhat respectful
   - Quite respectful
   - Extremely respectful

27. 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

28. 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
29. How often did you allow others to speak without interrupting them?

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

30. 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

31. How often were you polite to other students?

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

32. How often did you compliment others’ accomplishments?

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

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

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