



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

SAMPLE FORM