



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!

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:**

1. Being talented

Not at all possible to change

Somewhat possible to change

Completely possible to change

2. Giving a lot of effort

Not at all possible to change

Somewhat possible to change

Completely possible to change

3. Behaving well in class

Not at all possible to change

Somewhat possible to change

Completely possible to change

4. Liking the subjects you are studying

Not at all possible to change

Somewhat possible to change

Completely possible to change

5. How easily you give up

Not at all possible to change

Somewhat possible to change

Completely possible to change

6. Your level of intelligence

Not at all possible to change

Somewhat 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...

7. How often were you polite to adults?

Almost never

Sometimes

Almost all the time

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

Not carefully at all

Somewhat carefully

Extremely carefully

9. How often did you come to class prepared?

Almost never

Sometimes

Almost all the time



10. How much did you care about other people's feelings?

Did not care at all Cared somewhat Cared a tremendous amount

11. How often did you follow directions in class?

Almost never Sometimes Almost all the time

12. How well did you get along with students who are different from you?

Did not get along at all Got along somewhat Got along extremely well

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

Almost never Sometimes Almost all the time

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

Almost never Sometimes Almost all the time

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

Not at all clearly Somewhat clearly Extremely clearly

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

Almost never Sometimes Almost all the time

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

Not at all respectful Somewhat respectful Extremely respectful

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

Almost never Sometimes Almost all the time

19. To what extent were you able to stand up for yourself without putting others down?

Not at all Somewhat A tremendous amount

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

Almost never Sometimes Almost all the time



21. To what extent were you able to disagree with others without starting an argument?

Not at all

Somewhat

A tremendous
amount

22. How often were you polite to other students?

Almost never

Sometimes

Almost all the time

23. How often did you compliment others' accomplishments?

Almost never

Sometimes

Almost all the time

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

Almost never

Sometimes

Almost all the time

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).

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

Almost never

Sometimes

Almost always

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

Not relaxed at all

Somewhat relaxed

Extremely relaxed

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

Almost never

Sometimes

Almost always

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

Almost never

Sometimes

Almost always

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

Not calm at all

Somewhat calm

Extremely calm