



## 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

### 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:**

5. 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

6. 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

7. 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



8. 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

9. 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

10. 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...

11. How often were you polite to adults?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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






Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

13. How often did you come to class prepared?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

14. 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

15. How often did you follow directions in class?






Almost never

Once in a while

Sometimes

Frequently

Almost all the time

16. 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

17. 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



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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

22. 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

23. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

25. 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

26. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

27. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Almost never

Once in a while

Sometimes

Frequently

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).

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not calm at all

Slightly calm

Somewhat calm

Quite calm

Extremely calm