



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!

Your Class

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

1. How sure are you that you can complete all the work that is assigned in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

2. When complicated ideas are discussed in class, how sure are you that you can understand them?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

3. How sure are you that you can learn all the topics taught in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

4. How sure are you that you can do the hardest work that is assigned in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

5. How sure are you that you will remember what you learned in your current class, next year?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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:**

6. Being talented

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

7. Giving a lot of effort

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

8. Behaving well in class

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |



9. 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

10. 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

11. 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...

12. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

14. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

15. 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

16. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

17. 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

18. 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



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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

23. 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

24. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

26. 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

27. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

28. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

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.

30. When you get stuck while learning something new, how likely are you to try to learn it in a different way?

- Not at all likely
 Slightly likely
 Somewhat likely
 Quite likely
 Extremely likely

31. How sure are you that you can figure out a good way to get your schoolwork done well?

- Not at all sure
 Slightly sure
 Somewhat sure
 Quite sure
 Extremely sure

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

33. Overall, how well can you figure out how to learn things?

- Not well at all
 Slightly well
 Somewhat well
 Quite well
 Extremely well

Effort

Please tell us about the level of effort you are putting into your class.

34. How hard do you try to get involved in discussions during class?

- Not hard at all
 Slightly hard
 Somewhat hard
 Quite hard
 Extremely hard

35. When your teacher is speaking, how hard do you try to pay attention?

- Not hard at all
 Slightly hard
 Somewhat hard
 Quite hard
 Extremely hard

36. How much effort do you put into your homework for this class?

- Almost no effort
 A little bit of effort
 Some effort
 Quite a bit of effort
 A tremendous amount of effort

37. Overall, how hard do you try in class?

- Not hard at all
 Slightly hard
 Somewhat hard
 Quite hard
 Extremely hard

38. How much effort do you put into learning all the material for this class?

- Almost no effort
 A little bit of effort
 Some effort
 Quite a bit of effort
 A tremendous amount of effort