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?
   - 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?
   - 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?
   - 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?
   - 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?
   - 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
   - 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
   - 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
   - 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