



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 Current Classes

Please tell us about how you feel about your current teachers and classes.

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

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

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

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

3. How confident are you that you can learn all the material presented in your classes?

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

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

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

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

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

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. Putting forth 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 subject

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

10. How easily you give up

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

11. Your level of intelligence

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

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

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

13. How often did you come to class prepared?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost all the time |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|--------------------------|------------------------|-----------------------|-----------------------|--------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost all the time |

18. How often were you polite to adults?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost all the time |



19. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

20. How often did you pay attention and resist distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

24. 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

25. 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

26. How often did you allow others to speak without interruption?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

27. 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

28. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

29. How often did you keep your temper in check?

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 a different strategy?

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

31. How confident are you that you can choose an effective strategy to get your schoolwork done well?

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

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

33. Overall, how well do your learning strategies help you learn more effectively?

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

34. How often do you use strategies to learn more effectively?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

Effort

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

35. How much effort do you put into getting involved in discussions during class?

- Almost no effort
 A little bit of effort
 Some effort
 Quite a bit of effort
 A great deal of effort

36. When your teacher is speaking, how much effort do you put into trying to pay attention?

- Almost no effort
 A little bit of effort
 Some effort
 Quite a bit of effort
 A great deal of effort

37. 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 great deal of effort

38. Overall, how much effort do you put forth during this class?

- Almost no effort
 A little bit of effort
 Some effort
 Quite a bit of effort
 A great deal of effort

39. 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 great deal of effort



Other Points of View

In this section, please tell us about how much, if at all, you think about your teachers' perspectives.

40. How hard do you try to understand your teachers' point of view?

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

41. During class, how hard do you try to understand what your teachers are feeling?

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

42. Overall, how much effort do you put into figuring out what your teachers are thinking?

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

43. How much effort have you put into figuring out what your teachers' goals are?

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

44. How much do you try to understand your teachers' motivation for doing different classroom activities?

- Not at all
 A little bit
 Somewhat
 Quite a bit
 A tremendous amount

45. When your teachers seem to be in a worse mood than usual, how hard do you try to understand the reasons why?

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

SAMPLE FORM