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 Behavior

Please answer the following questions about how you respond to different situations.

1. During the past two weeks, how often did you allow others to speak without interrupting them?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

2. During the past two weeks, how often did you come to class prepared?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

3. During the past two weeks, how often did you follow directions in class?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

4. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

5. During the past two weeks, how often did you pay attention in class?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

6. During the past two weeks, when you were working on your own, how often did you stay focused?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost all the time

Feelings in General

In this section, we want to learn about how you experience emotions at school and in life.

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

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost always

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

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost always

9. When you get upset, how often can you get yourself to relax?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost always

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

○	○	○	○	○
Not calm at all	A little calm	Somewhat calm	Very calm	Extremely calm

11. When you get upset, how often do you stop to think before you act?

○	○	○	○	○
Almost never	Once in a while	Sometimes	A lot of the time	Almost always

Help From Other People

In this section, tell us about how other people help you.

12. Do you have a teacher or other adult from school who you can count on to help you, no matter what?

○ ○
No Yes

13. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

○ ○
No Yes

14. Do you have a friend from school who you can count on to help you, no matter what?

○ ○
No Yes

15. What can teachers or other adults at school do to better help you?

_____

_____

16. How well do people at your school understand the kind of person you are?

○	○	○	○	○
Do not understand at all	Understand a little	Understand somewhat	Understand mostly	Completely understand

17. How much support do the adults at your school give you?

○	○	○	○	○
No support at all	A little bit of support	Some support	A lot of support	A huge amount of support

18. How much respect do students at your school show you?

○	○	○	○	○
No respect at all	A little bit of respect	Some respect	A lot of respect	A huge amount of respect

19. When you are at school, how much do you feel like you belong?

○	○	○	○	○
Do not belong at all	Belong a little bit	Belong somewhat	Mostly belong	Completely belong