

## 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. Do you have a teacher or other adult from school who you can be completely yourself around?

- No       Yes

16. Do you have a family member or other adult outside of school who you can be completely yourself around?

- No       Yes

17. Do you have a friend from school who you can be completely yourself around?

- No       Yes

18. What can teachers or other adults at school do to better support you?

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19. 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

20. 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

21. 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

22. 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