



## Panorama Social-Emotional Learning: Student Competency & Well-Being Measures'21

To better support you, your school and teachers would like to ask you some questions about how you think and feel. The information collected in this survey will not be part of your grade or reflected on your report card in any way. Instead, you, your family, and your teachers and school leaders will use the information to better support you. Please respond honestly—there are no right or wrong answers! It will take a few weeks before these results are available. If you need help with something immediately, be sure to tell an adult at home or at school right away.

### 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"/> |
| 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"/> |
| 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"/> |
| 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"/> |
| 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"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

### Your Behavior

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

6. How often were you polite to adults?

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

7. How often did you come to class prepared?

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

8. How often did you follow directions in class?

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



9. 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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

12. 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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

14. How often were you polite to other students?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

15. 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.

16. 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

17. 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

18. 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



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

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

**Feelings in General**

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

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

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

21. When everybody around you gets angry, how relaxed can you stay?

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

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

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

23. Once you get upset, how often can you get yourself to relax?

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

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

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

**Your Feelings**

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel \_\_\_\_\_?

25. excited

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

26. happy

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

27. loved

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



28. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

29. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. Thinking about everything in your life right now, what makes you feel the happiest?

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34. Thinking about everything in your life right now, what feels the hardest for you?

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### Help From Other People

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

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

No

Yes

36. 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

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

No

Yes



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

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SAMPLE FORM