



## 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 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?

<input type="radio"/>				
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?

<input type="radio"/>				
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?

<input type="radio"/>				
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?

<input type="radio"/>				
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?

<input type="radio"/>				
Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

### Your Behavior

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

6. How often did you come to class prepared?

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

7. How often did you follow directions in class?

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

8. How often did you get your work done right away, instead of waiting until the last minute?

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



9. How often were you polite to adults?

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

10. How often did you pay attention and resist 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 interruption?

- 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 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.

16. 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

17. 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

18. 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



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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

### 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).

21. When you are feeling pressured, how easily can you stay in control?

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

26. When things go wrong for you, how calm are you able to remain?

- 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 \_\_\_\_\_?

27. excited

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always



28. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

29. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

30. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

35. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

36. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

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38. 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.

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

No Yes

40. 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

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

No Yes

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

No Yes

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

No Yes

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

No Yes

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

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SAMPLE FORM