



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!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for several months at a time?

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

2. If you fail to reach an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

Your Current Classes

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

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

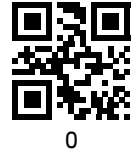
- Not at all confident
 Slightly confident
 Somewhat confident
 Quite confident
 Extremely confident

7. 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

8. 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



9. 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

10. 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:**

11. 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

12. 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

13. 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

14. Liking the subject

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

15. How easily you give up

- Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

16. Your level of intelligence

- 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...

17. How often did you come to class prepared?

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



18. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

19. 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

20. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

25. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

26. 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.

27. 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



28. 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

29. 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

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

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

31. 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.

32. 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

33. 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

34. 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

35. 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

36. 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

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).

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

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



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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

42. 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

SAMPLE FORM