



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 carefully did you listen to other people's opinions?

☐

Not carefully at all

☐

A little carefully

☐

Somewhat carefully

☐

Very carefully

☐

Extremely carefully

2. During the past two weeks, how much did you care about other people's feelings?

☐

Did not care at all

☐

Cared a little bit

☐

Cared somewhat

☐

Cared a lot

☐

Cared a huge amount

3. During the past two weeks, how often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost all the time

4. During the past two weeks, how well did you get along with students who are different from you?

☐

Did not get along at all

☐

Got along a little bit

☐

Got along somewhat well

☐

Got along very well

☐

Got along extremely well

5. During the past two weeks, how clearly were you able to describe your feelings?

☐

Not at all clearly

☐

A little clearly

☐

Somewhat clearly

☐

Very clearly

☐

Extremely clearly

6. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

☐

Not at all respectful

☐

A little respectful

☐

Somewhat respectful

☐

Very respectful

☐

Extremely respectful

7. During the past two weeks, how much were you able to stand up for yourself without putting others down?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

A lot

☐

A huge amount

8. During the past two weeks, how much were you able to disagree with others without starting an argument?

☐

Not at all

☐

A little bit

☐

Somewhat

☐

A lot

☐

A huge amount

Feelings in General

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

9. 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



10. 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

11. 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

12. 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

13. 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

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 _____?

14. angry

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

15. lonely

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

16. sad

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

17. worried

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

18. frustrated

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always



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

Help From Other People

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

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

☐

No

☐

Yes

21. 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

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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