



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. During the past 30 days...

1. How carefully did you listen to other people's points of view?

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

2. How much did you care about other people's feelings?

- Did not care at all
 Cared a little bit
 Cared somewhat
 Cared quite a bit
 Cared a tremendous amount

3. 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
 Got along pretty well
 Got along extremely well

4. How clearly were you able to describe your feelings?

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

5. When others disagreed with you, how respectful were you of their views?

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

6. To what extent were you able to stand up for yourself without putting others down?

- Not at all
 A little bit
 Somewhat
 Quite a bit
 A tremendous amount

7. To what extent were you able to disagree with others without starting an argument?

- Not at all
 A little bit
 Somewhat
 Quite a bit
 A tremendous amount

8. How often did you compliment others' accomplishments?

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



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).

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

- Almost never Once in a while Sometimes Frequently Almost always

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

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

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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Almost never Once in a while Sometimes Frequently Almost always

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

- 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 _____?

14. mad

- 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. 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.

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

- No Yes

20. 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

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

- No Yes

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

23. Do you identify as LGBTQIA+?

- Yes No

24. Do you identify as Black, Indigenous, Person of Color or Latinx?

- Yes No

SAMPLE FORM