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

Help From Other People
In this section, tell us about how other people help you.

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

15. 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

16. Do you have a friend from school who you can count on to help you, no matter what?
    - No
    - Yes

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