



Panorama Social-Emotional Learning: Student Competency 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 Class

Please tell us about how you feel about your current class.

1. How sure are you that you can complete all the work that is assigned in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

2. When complicated ideas are discussed in class, how sure are you that you can understand them?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

3. How sure are you that you can learn all the topics taught in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

4. How sure are you that you can do the hardest work that is assigned in your class?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

5. How sure are you that you will remember what you learned in your current class, next year?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure | Slightly sure | Somewhat sure | Quite sure | Extremely sure |

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:**

6. Being talented

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

7. Giving a lot of effort

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

8. Behaving well in class

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |



9. Liking the subjects you are studying

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

10. How easily you give up

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

11. Your level of intelligence

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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...

12. How often were you polite to adults?

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

13. How often did you come to class prepared?

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

14. How often did you follow directions in class?

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

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

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

16. How often did you pay attention and ignore distractions?

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

17. When you were working independently, how often did you stay focused?

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

18. How often did you remain calm, even when someone was bothering you or saying bad things?

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



19. How often did you allow others to speak without interrupting them?

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

20. How often were you polite to other students?

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

21. How often did you keep your temper under control?

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

Help From Other People

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

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

- No Yes

23. 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

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

- No Yes

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