



LN002

Panorama Social-Emotional Learning: Student Competency & Well-Being Measures 24/25

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 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

4. 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

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

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.



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9. 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

10. 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

11. 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

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

☐

Not well at all

☐

Slightly well

☐

Somewhat well

☐

Quite well

☐

Extremely well

13. How often do you use strategies to learn more effectively?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

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. excited

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

15. happy

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

16. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

17. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

18. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



19. Thinking about everything in your life right now, what makes you feel the happiest?

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?
