



## 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 Current Classes

Please tell us about how you feel about your current teachers and classes.

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

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

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

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

3. How confident are you that you can learn all the material presented in your classes?

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

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

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

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

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

### 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

- Not at all possible to change       A little possible to change       Somewhat possible to change       Quite possible to change       Completely possible to change

7. Putting forth a lot of effort

- 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

- 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 subject

- 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

- 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

- 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 did you come to class prepared?

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

13. How often did you follow directions in class?

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

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

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

15. How often were you polite to adults?

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

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

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

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

- 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?

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



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

- 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 in check?

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

- No       Yes

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

- No       Yes

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

- No       Yes

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

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