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 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

**Your Behavior**
Please answer the following questions about how you respond to different situations. During the past 30 days...

6. How carefully did you listen to other people’s points of view?
   - Not carefully at all
   - Slightly carefully
   - Somewhat carefully
   - Quite carefully
   - Extremely carefully

7. 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

8. 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

9. How often did you compliment others’ accomplishments?
   - Almost never
   - Once in a while
   - Sometimes
   - Frequently
   - Almost all the time
10. How clearly were you able to describe your feelings?

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

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

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

12. 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

13. 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

Additional Items
These items include information your school leaders feel it is important to know about how things are going.

14. I know an adult in the building I can go to if I need help.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

15. At least one adult at school cares about me.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

16. I have at least one friend at school who is supportive of me.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

17. I feel comfortable at school being myself and showing who I am as a person.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

Advisory
Please share your thoughts on Advisory.

18. I feel a sense of community within my Advisory group.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

19. I feel like I can speak honestly and openly with my advisory teacher(s).

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree
20. I clearly understand the purpose of Advisory.

- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Agree
- [ ] Strongly Agree

21. How many students in your Advisory would you feel comfortable sitting with at lunch or at a school event (football game, assembly, etc.)?

- [ ] Few
- [ ] Some
- [ ] Many
- [ ] All

22. I know what type of career I want to have.

- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Agree
- [ ] Strongly Agree

23. I have a clear plan for my life after high school.

- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Agree
- [ ] Strongly Agree

Demographic information

Answering these items will help us identify patterns of responses among students who identify similarly to yourself. This can help our administrators think about ways to best support all of our students, who have a wide variety of identities. You have the option to choose “prefer not to answer” if you are uncomfortable sharing this information.

24. Currently, I identify as:

- [ ] Genderqueer, nonbinary, or fluid
- [ ] Female
- [ ] Male
- [ ] Transgender
- [ ] Prefer not to answer

25. Currently, I most strongly identify as:

- [ ] Heterosexual/straight
- [ ] LGBTQ+
- [ ] Prefer not to answer