



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 most strongly identify as:

Female
 Genderqueer, nonbinary, or fluid
 Male
 Other identity not listed here
 Prefer not to answer

25. Currently, I most strongly identify as:

Cisgender (my gender identity corresponds to the sex I was assigned at birth)
 Transgender (my gender identity is not the same as the sex I was assigned at birth)
 Different identity not listed here
 Prefer not to answer

26. Currently, I most strongly identify as:

Bisexual, gay, or lesbian
 Heterosexual/straight
 Different identity not listed here
 Prefer not to answer