



## Panorama SEL: Student Competency Measures 9-12

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!

### Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

2. If you fail at an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

### Your Class

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

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

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

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

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

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

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

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

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



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

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

**Your Behavior**

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

10. How often were you polite to adults?

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

11. How carefully did you listen to other people's points of view?

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

12. How often did you come to class prepared?

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

13. 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

14. How often did you follow directions in class?

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

15. 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

16. 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

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

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

18. How clearly were you able to describe your feelings?

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



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

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

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

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

21. 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

22. 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

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

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

24. 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

25. How often were you polite to other students?

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

26. How often did you compliment others' accomplishments?

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

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

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

### Effort

Please tell us about the level of effort you are putting into your class.

28. How hard do you try to get involved in discussions during class?

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

29. When your teacher is speaking, how hard do you try to pay attention?

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



30. How much effort do you put into your homework for this class?

- Almost no effort       A little bit of effort       Some effort       Quite a bit of effort       A tremendous amount of effort

31. Overall, how hard do you try in class?

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

32. How much effort do you put into learning all the material for this class?

- Almost no effort       A little bit of effort       Some effort       Quite a bit of effort       A tremendous amount of effort

### Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

33. How often are you able to pull yourself out of a bad mood?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

34. When everybody around you gets angry, how relaxed can you stay?

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

35. How often are you able to control your emotions when you need to?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

36. Once you get upset, how often can you get yourself to relax?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

37. When things go wrong for you, how calm are you able to stay?

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