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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 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, h	ow often did you feel	?		
1. excited				
\bigcirc				
Almost never	Once in a while	Sometimes	Frequently	Almost always
2. happy				
Almost never	Once in a while	Sometimes	Frequently	Almost always
3. loved				
\bigcirc				
Almost never	Once in a while	Sometimes	Frequently	Almost always
4. safe				
Almost never	Once in a while	Sometimes	Frequently	Almost always
5. hopeful				
\bigcirc				
Almost never	Once in a while	Sometimes	Frequently	Almost always
6. angry				
\bigcirc				
Almost never	Once in a while	Sometimes	Frequently	Almost always
7. lonely				
\bigcirc		\bigcirc		
Almost never	Once in a while	Sometimes	Frequently	Almost always
8. sad				
\bigcirc		\bigcirc		
Almost never	Once in a while	Sometimes	Frequently	Almost always





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9. worri	ed				
A. I.			0		
	nost never	Once in a while	Sometimes	Frequently	Almost always
10. frust	trated				
A. I.			0 .:		
	nost never	Once in a while	Sometimes	Frequently	Almost always
11. Think	king about ever	ything in your life right r	now, what makes you fe	el the happiest?	
12. Think	king about ever	ything in your life right i	now, what feels the har	dest for you?	
•	om Other P	•			
n this se	ection, tell us ab	out how other people h	elp you.	,	
17 Da.					
13. DO 90	ou have a teacl	ner or other adult from	school who you can coi	unt on to help you, no m	atter what?
13. Do yo	ou have a teach	ner or other adult from	school who you can cou	unt on to help you, no m	atter what?
No	ou have a teach O Yes	ner or other adult from	school who you can cou	unt on to help you, no m	atter what?
No	○ Yes	ner or other adult from	41		
No 14. Do ye	○ Yes		41		
No 14. Do ye	○ Yes		41		
No 14. Do yo what? No	Yes ou have a famil Yes		t outside of school who	you can count on to he	
No 14. Do yo what? No	Yes ou have a famil Yes	y member or other adul	t outside of school who	you can count on to he	
No 14. Do yo what? No	Yes ou have a famil Yes	y member or other adul	t outside of school who	you can count on to he	
No 14. Do yo what? No 15. Do yo No	Yes ou have a famil Yes ou have a friend Yes Yes	y member or other adul	t outside of school who an count on to help you	you can count on to he	lp you, no matter
No 14. Do yo what? No 15. Do yo No	Yes ou have a famil Yes ou have a friend Yes Yes	y member or other adul d from school who you c	t outside of school who an count on to help you	you can count on to he	lp you, no matter
No 14. Do yo what? No 15. Do yo No	Yes ou have a famil Yes ou have a friend Yes Yes	y member or other adul d from school who you c	t outside of school who an count on to help you	you can count on to he	lp you, no matter
No 14. Do ye what? No 15. Do ye No 16. Do ye No	Yes ou have a famil Yes ou have a friend Yes ou have a teach Yes yes	y member or other adul d from school who you c	t outside of school who an count on to help you school who you can be	you can count on to he u, no matter what? completely yourself are	elp you, no matter
No 14. Do ye what? No 15. Do ye No 16. Do ye No	Yes ou have a famil Yes ou have a friend Yes ou have a teach Yes yes	y member or other adul d from school who you c	t outside of school who an count on to help you school who you can be	you can count on to he u, no matter what? completely yourself are	elp you, no matter
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No 14. Do ye what? No 15. Do ye No 16. Do ye No 17. Do ye No	Yes ou have a famil Yes ou have a friend Yes ou have a teach Yes ou have a famil Yes ou have a famil	y member or other adul d from school who you c	t outside of school who an count on to help you school who you can be t outside of school who	you can count on to he u, no matter what? completely yourself are you can be completely	elp you, no matter





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