



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, how often did you feel _____?

1. excited

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

2. happy

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

3. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

4. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

5. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

6. angry

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

7. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

8. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



9. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

10. frustrated

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

11. Thinking about everything in your life right now, what makes you feel the happiest?

12. Thinking about everything in your life right now, what feels the hardest for you?

Help From Other People

In this section, tell us about how other people help you.

13. Do you have a teacher or other adult from school who you can count on to help you, no matter what?

☐

No

☐

Yes

14. 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

15. Do you have a friend from school who you can count on to help you, no matter what?

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes



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

SAMPLE FORM