



Panorama Social-Emotional Learning: Student Supports + Environment

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How well do people at your school understand you as a person?

☐
☐
☐
☐
☐

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

Completely understand

2. How positive or negative is the energy of the school?

☐
☐
☐
☐
☐
☐
☐

Very negative

Somewhat
negative

Slightly negative

Neither negative
nor positive

Slightly positive

Somewhat
positive

Very positive

3. How connected do you feel to the adults at your school?

☐
☐
☐
☐
☐

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

4. How pleasant or unpleasant is the physical space at your school?

☐
☐
☐
☐
☐
☐
☐

Very unpleasant

Somewhat
unpleasant

Slightly
unpleasant

Neither pleasant
nor unpleasant

Slightly pleasant

Somewhat
pleasant

Very pleasant

5. How much respect do students in your school show you?

☐
☐
☐
☐
☐

No respect at all

A little bit of respect

Some respect

Quite a bit of respect

A tremendous amount of
respect

6. How often do you worry about violence at your school?

☐
☐
☐
☐
☐

Almost never

Once in a while

Sometimes

Frequently

Almost always

7. How much do you matter to others at this school?

☐
☐
☐
☐
☐

Do not matter at all

Matter a little bit

Matter somewhat

Matter quite a bit

Matter a tremendous
amount

8. At your school, how much does the behavior of other students hurt or help your learning?

☐
☐
☐
☐
☐
☐
☐

Hurts my
learning a
tremendous
amount

Hurts my
learning some

Hurts my
learning a little
bit

Neither helps nor
hurts my
learning

Helps my
learning a little
bit

Helps my
learning some

Helps my
learning a
tremendous
amount



9. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

- ☐ Not at all difficult
 ☐ Slightly difficult
 ☐ Somewhat difficult
 ☐ Quite difficult
 ☐ Extremely difficult

10. Overall, how much do you feel like you belong at your school?

- ☐ Do not belong at all
 ☐ Belong a little bit
 ☐ Belong somewhat
 ☐ Belong quite a bit
 ☐ Completely belong

Feelings About School

Please let us know what you think about school in general.

11. How interesting do you find the things you learn in your classes?

- ☐ Not at all interesting
 ☐ Slightly interesting
 ☐ Somewhat interesting
 ☐ Quite interesting
 ☐ Extremely interesting

12. How often do you use ideas from school in your daily life?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

13. How important is it to you to do well in your classes?

- ☐ Not at all important
 ☐ Slightly important
 ☐ Somewhat important
 ☐ Quite important
 ☐ Extremely important

14. How much do you see yourself as someone who appreciates school?

- ☐ Not at all
 ☐ A little bit
 ☐ Somewhat
 ☐ Quite a bit
 ☐ A tremendous amount

15. How useful do you think school will be to you in the future?

- ☐ Not at all useful
 ☐ Slightly useful
 ☐ Somewhat useful
 ☐ Quite useful
 ☐ Extremely useful



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

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).

14. When you are feeling pressured, how easily can you stay in control?

- ☐ Not easily at all
 ☐ Slightly easily
 ☐ Somewhat easily
 ☐ Quite easily
 ☐ Extremely easily

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

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

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

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

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

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

19. When things go wrong for you, how calm are you able to remain?

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



Help From Other People

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

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

☐

No

☐

Yes

21. 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

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

Background Questions

We need to know a bit of background information about you so that we can describe the types of students who completed these questions.

27. What is your race or ethnicity?

☐

American
Indian or
Alaska Native

☐

Asian

☐

Black or
African
American

☐

Hispanic or
Latino

☐

Native
Hawaiian or
Other Pacific
Islander

☐

White

☐

Two or More
Races/Ethnicity

☐

Other



28. Please indicate the primary language you speak at home. (Please indicate only one.)

- | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chinese | English | French | German | Italian | Korean |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Russian | Spanish | Tagalog | Vietnamese | Other/multiple languages | |

29. What kinds of grades do you usually get?

- | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mostly As | Mostly As and Bs | Mostly Bs | Mostly Bs and Cs | Mostly Cs | Mostly Cs and Ds | Mostly Ds | Mostly Ds and Fs | Mostly Fs |

30. What is your gender identity?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Male | Female | Non-binary | I prefer not to share |