

## Panorama Grades 6-12

### Student SEL and Well-being

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.

Response options: Not at all confident, Slightly confident, Somewhat confident, Quite confident, Extremely confident

1. How confident are you that you can complete all the work that is assigned in your classes?
2. When complicated ideas are presented in class, how confident are you that you can understand them?
3. How confident are you that you can learn all the material presented in your classes?
4. How confident are you that you can do the hardest work that is assigned in your classes?
5. How confident are you that you will remember what you learned in your current classes, next year?

#### 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 often did you come to class prepared? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
8. 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
9. How often did you follow directions in class? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
10. 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
11. 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
12. How often were you polite to adults? Almost never, Once in a while, Sometimes, Frequently, Almost all the time

13. How often did you compliment others' accomplishments? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
14. How often did you pay attention and resist distractions? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
15. How clearly were you able to describe your feelings? Not at all clearly, Slightly clearly, Somewhat clearly, Quite clearly, Extremely clearly
16. When you were working independently, how often did you stay focused? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
17. When others disagreed with you, how respectful were you of their views? Not at all respectful, Slightly respectful, Somewhat respectful, Quite respectful, Extremely respectful
18. 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
19. 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
20. How often did you allow others to speak without interruption? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
21. 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
22. How often were you polite to other students? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
23. How often did you keep your temper in check? Almost never, Once in a while, Sometimes, Frequently, Almost all the time

### 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).

24. When you are feeling pressured, how easily can you stay in control? Not easily at all, Slightly easily, Somewhat easily, Quite easily, Extremely easily
25. How often are you able to pull yourself out of a bad mood? Almost never, Once in a while, Sometimes, Frequently, Almost always
26. When everybody around you gets angry, how relaxed can you stay? Not relaxed at all, Slightly relaxed, Somewhat relaxed, Quite relaxed, Extremely relaxed
27. How often are you able to control your emotions when you need to? Almost never, Once in a while, Sometimes, Frequently, Almost always
28. Once you get upset, how often can you get yourself to relax? Almost never, Once in a while, Sometimes, Frequently, Almost always

29. 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

### 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 \_\_\_\_\_?

Response options: Almost never, Once in a while, Sometimes, Frequently, Almost always

30. excited

31. happy

32. loved

33. safe

34. hopeful

35. angry

36. lonely

37. sad

38. worried

39. frustrated

### Help From Other People

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

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

41. 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

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

43. Do you have a teacher or other adult from school who you can be completely yourself around? No, Yes

44. Do you have a family member or other adult outside of school who you can be completely yourself around? No, Yes

45. Do you have a friend from school who you can be completely yourself around? No, Yes

## Student Supports & Environments

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.

### Your Current Classes

Please tell us about how you feel about your current teachers and classes.

Response options: None of my teachers, A few of my teachers, About half of my teachers, Most of my teachers, All of my teachers

1. How many of your teachers are respectful towards you?
2. If you walked into class upset, how many of your teachers would be concerned?
3. If you came back to visit class three years from now, how many of your teachers would be excited to see you?
4. When your teachers ask how you are doing, how many of them are really interested in your answer?
5. How many of your teachers would you be excited to have again in the future?

### Feelings About Being at School

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

6. 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
7. How connected do you feel to the adults at your school? Not at all connected, Slightly connected, Somewhat connected, Quite connected, Extremely connected
8. 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
9. 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
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

### Perceptions of Class

In this section, we would like to know about your experience in your classes.

11. How excited are you about going to your classes? Not at all excited, Slightly excited, Somewhat excited, Quite excited, Extremely excited
12. How often do you get so focused on activities in your classes that you lose track of time? Almost never, Once in a while, Sometimes, Frequently, Almost always

13. In your classes, how eager are you to participate? Not at all eager, Slightly eager, Somewhat eager, Quite eager, Extremely eager

14. When you are not in school, how often do you talk about ideas from your classes? Almost never, Once in a while, Sometimes, Frequently, Almost always

15. Overall, how interested are you in your classes? Not at all interested, Slightly interested, Somewhat interested, Quite interested, Extremely interested

### Feelings About School

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

16. How often do teachers encourage you to learn about people from different races, ethnicities, or cultures? Almost never, Once in a while, Sometimes, Frequently, Almost always

17. How often do you think about what someone of a different race, ethnicity, or culture experiences? Almost never, Once in a while, Sometimes, Frequently, Almost always

18. How confident are you that students at your school can have honest conversations with each other about race? Not at all confident, Slightly confident, Somewhat confident, Quite confident, Extremely confident

19. At your school, how often are you encouraged to think more deeply about race-related topics? Almost never, Once in a while, Sometimes, Frequently, Almost always

20. How comfortable are you sharing your thoughts about race-related topics with other students at your school? Not at all comfortable, Slightly comfortable, Somewhat comfortable, Quite comfortable, Extremely comfortable

21. How often do students at your school have important conversations about race, even when they might be uncomfortable? Almost never, Once in a while, Sometimes, Frequently, Almost always

22. When there are major news events related to race, how often do adults at your school talk about them with students? Almost never, Once in a while, Sometimes, Frequently, Almost always

23. How well does your school help students speak out against racism? Not at all well, Slightly well, Somewhat well, Quite well, Extremely well