

## Panorama Grades 3-5

### 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 Class

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

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

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

#### Your Behavior

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

6. How often were you polite to adults? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
7. How carefully did you listen to other people's points of view? Not carefully at all, Slightly carefully, Somewhat carefully, Quite carefully, Extremely carefully
8. How often did you come to class prepared? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
9. 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
10. How often did you follow directions in class? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
11. 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
12. 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
13. How often did you pay attention and ignore distractions? Almost never, Once in a while, Sometimes, Frequently, Almost all the time

14. How clearly were you able to describe your feelings? Not at all clearly, Slightly clearly, Somewhat clearly, Quite clearly, Extremely clearly
15. When you were working independently, how often did you stay focused? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
16. When others disagreed with you, how respectful were you of their views? Not at all respectful, Slightly respectful, Somewhat respectful, Quite respectful, Extremely respectful
17. 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
18. 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
19. How often did you allow others to speak without interrupting them? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
20. 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
21. How often were you polite to other students? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
22. How often did you compliment others' accomplishments? Almost never, Once in a while, Sometimes, Frequently, Almost all the time
23. How often did you keep your temper under control? 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. How often are you able to pull yourself out of a bad mood? Almost never, Once in a while, Sometimes, Frequently, Almost always
25. When everybody around you gets angry, how relaxed can you stay? Not relaxed at all, Slightly relaxed, Somewhat relaxed, Quite relaxed, Extremely relaxed
26. How often are you able to control your emotions when you need to? Almost never, Once in a while, Sometimes, Frequently, Almost always
27. Once you get upset, how often can you get yourself to relax? Almost never, Once in a while, Sometimes, Frequently, Almost always
28. 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

### 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

29. excited

30. happy

31. loved

32. safe

33. mad

34. lonely

35. sad

36. worried

### Help From Other People

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

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

38. 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

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

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

1. If you walked into class upset, how concerned would your teacher be? Not at all concerned, Slightly concerned, Somewhat concerned, Quite concerned, Extremely concerned

2. When your teacher asks, "How are you?", how often do you feel that your teacher really wants to know your answer? Almost never, Once in a while, Sometimes, Frequently, Almost always

3. How excited would you be to have your teacher again? Not at all excited, Slightly excited, Somewhat excited, Quite excited, Extremely excited

4. How respectful is your teacher towards you? Not at all respectful, Slightly respectful, Somewhat respectful, Quite respectful, Extremely respectful

#### Feelings About Being at School

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

5. 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

6. How much support do the adults at your school give you? No support at all, A little bit of support, Some support, Quite a bit of support, A tremendous amount of support

7. How much respect do students at 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

8. 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 this class.

9. How excited are you about going to this class? Not at all excited, Slightly excited, Somewhat excited, Quite excited, Extremely excited

10. How focused are you on the activities in this class? Not at all focused, Slightly focused, Somewhat focused, Quite focused, Extremely focused

11. In this class, how excited are you to participate? Not at all excited, Slightly excited, Somewhat excited, Quite excited, Extremely excited

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

13. How interested are you in this class? Not at all interested, Slightly interested, Somewhat interested, Quite interested, Extremely interested