



## 23-24 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 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

7. 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

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



### Feelings About School

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

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all important  | Slightly important    | Somewhat important    | Quite important       | Extremely important   |

### 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).

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not easily at all     | Slightly easily       | Somewhat easily       | Quite easily          | Extremely easily      |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not relaxed at all    | Slightly relaxed      | Somewhat relaxed      | Quite relaxed         | Extremely relaxed     |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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.

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

- |                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |
| No                    | Yes                   |



18. 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

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

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

☐

No

☐

Yes

23. What is something that a teacher or adult does well to support you?

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

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### 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.

25. 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

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

☐

Chinese

☐

English

☐

French

☐

German

☐

Italian

☐

Korean

☐

Russian

☐

Spanish

☐

Tagalog

☐

Vietnamese

☐

Other/multiple  
languages



27. What kinds of grades do you usually get?

☐

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

28. What is your gender identity?

☐

Male

☐

Female

☐

Non-binary

☐

I prefer not to share

29. What grade are you in?

☐

6th grade

☐

7th grade

☐

8th grade

☐

9th grade

☐

10th grade

☐

11th grade

☐

12th grade