



## Panorama SEL Survey 1 (22-23)

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 Behavior

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

1. How carefully did you listen to other people's points of view?

- Not carefully at all     
  Slightly carefully     
  Somewhat carefully     
  Quite carefully     
  Extremely carefully

2. 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

3. 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

4. How often did you compliment others' accomplishments?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost all the time

5. How clearly were you able to describe your feelings?

- Not at all clearly     
  Slightly clearly     
  Somewhat clearly     
  Quite clearly     
  Extremely clearly

6. When others disagreed with you, how respectful were you of their views?

- Not at all respectful     
  Slightly respectful     
  Somewhat respectful     
  Quite respectful     
  Extremely respectful

7. 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

8. 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).

9. 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      |

10. 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         |

11. 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     |

12. 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         |

13. 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         |

14. 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        |

**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 \_\_\_\_\_?

15. excited

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <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. happy

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <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         |

17. loved

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <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         |



18. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

19. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

20. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

21. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

22. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

23. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

24. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

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

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### Help From Other People

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

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

No

Yes



28. 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

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

- No       Yes

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

- No       Yes

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

- No       Yes

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

- No       Yes

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

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SAMPLE FORM