PANORAMA EDUCATION

Growth Mindset

Student perceptions of whether they have the potential to change those factors that are central to their performance in school.

Grades 6-12

Question	Response Options				
Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:					
Being talented	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
Liking the subject	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
Your level of intelligence	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
Putting forth a lot of effort	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
Behaving well in class	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change
How easily you give up	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

Grades 3-5

Question	Response Options				
Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:					
Being talented	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

Liking the subjects you are studying	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

change

Not at all possible

to

Your level of intelligence	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

Giving a lot of effort	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

change

Not at all possible to

Behaving well in class	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

How easily you give up	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change

change

Not at all possible to

PANORAMA EDUCATION

Self-Management

How well students manage their emotions, thoughts, and behaviors in different situations.

Grades 6-12

Question	Response Options
During the past 30 days…	
How often did you come to class prepared?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often did you follow directions in class?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
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
How often did you pay attention and resist distractions?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
When you were working independently, how often did you stay focused?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
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
How often did you allow others to speak without interruption?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often were you polite to adults?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often were you polite to other students?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often did you keep your temper in check?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time

PANORAMA EDUCATION

Self-Management

How well students manage their emotions, thoughts, and behaviors in different situations.

Grades 3-5

Question	Response Options
During the past 30 days…	
How often did you come to class prepared?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often did you follow directions in class?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
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
How often did you pay attention and ignore distractions?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
When you were working independently, how often did you stay focused?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
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
How often did you allow others to speak without interrupting them?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often were you polite to adults?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often were you polite to other students?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time
How often did you keep your temper under control?	Almost never / Once in a while / Sometimes / Frequently / Almost all the time

PANORAMA EDUCATION

Classroom Effort

How much effort students put into school and learning.

Grades 6-12

Question	Response Options				
How much effort do you put into getting involved in discussions during class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A great deal of effort
When your teacher is speaking, how much effort do you put into trying to pay attention?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A great deal of effort
How much effort do you put into your homework for this class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A great deal of effort
Overall, how much effort do you put forth during this class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A great deal of effort
How much effort do you put into learning all the material for this class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A great deal of effort

Grades 3-5

Question	Response Options				
How hard do you try to get involved in discussions during class?	Not hard at all	A little hard	Somewhat hard	Very hard	Extremely hard
When your teacher is speaking, how hard do you try to pay attention?	Not hard at all	A little hard	Somewhat hard	Very hard	Extremely hard
How much effort do you put into your homework for this class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A tremendous amount of effort
Overall, how hard do you try in class?	Not hard at all	A little hard	Somewhat hard	Very hard	Extremely hard
How much effort do you put into learning all the material for this class?	Almost no effort	A little bit of effort	Some effort	Quite a bit of effort	A tremendous amount of effort

PANORAMA EDUCATION

Emotion Regulation

How well students regulate their emotions.

Grades 6-12

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

Grades 3-5

Question	Response Options				
How often are you able to pull yourself out of a bad mood?	Almost never	Once in a while Almost always	Sometimes	Frequently	
When everybody around you gets angry, how relaxed can you stay?	Not relaxed at all	Slightly relaxed relaxed	Somewhat relaxed	Quite relaxed	Extremely
How often are you able to control your emotions when you need to?	Almost never	Once in a while Almost always	Sometimes	Frequently	
Once you get upset, how often can you get yourself to relax?	Almost never	Once in a while	Sometimes	Frequently	Almost always
When things go wrong for you, how calm are you able to stay?	Not calm at all	Slightly calm Extremely calm	Somewhat calm	Quite calm	

PANORAMA EDUCATION

Sense of Belonging

How much students feel that they are valued members of the school community.

Grades 6-12

Question	Response Options				
How well do people at your school understand you as a person?	Do not understand at all	Understand a little	Understand	Understand quite a bit	Completely understand
How connected do you feel to the adults at your school?	Not at all connected	Slightly connected	Somewhat	Quite connected	Extremely connected
How much respect do students in your school show you?	No respect at all	A little bit of	Some respect	Quite a bit of respect	A tremendous amount of respect
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
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

somewhat

connected

respect

Grades 3-5

Question	Response Options			
How well do people at your school understand you as a person?	Do not understand at all	Understand a little	Understand quite a bit	Completely understand

Understand

somewhat

respect

respect

Student: Supports and Environment

PANORAMA EDUCATION

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
How much respect do students at your school show you?	No respect at all	A little bit of	Some respect	Quite a bit of	A tremendous amount of respect	
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

Positive Feelings

How frequently students feel positive emotions.

Grades 6-12

Question	Response Options					
During the past week, how often did you feel _____ ?						
excited	Almost never	Once in a while	Sometimes	Frequently	Almost always	
happy	Almost never	Once in a while	Sometimes	Frequently	Almost always	
loved	Almost never	Once in a while	Sometimes	Frequently	Almost always	
safe	Almost never	Once in a while	Sometimes	Frequently	Almost always	
hopeful	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Grades 3-5

Question	Response Options					
During the past week, how often did you feel _____ ?						
excited	Almost never	Once in a while	Sometimes	Frequently	Almost always	
happy	Almost never	Once in a while	Sometimes	Frequently	Almost always	
loved	Almost never	Once in a while	Sometimes	Frequently	Almost always	
safe	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Challenging Feelings

How frequently students feel challenging emotions.

Grades 6-12

Question	Response Options				
During the past week, how often did you feel _____ ?					
angry	Almost never	Once in a while	Sometimes	Frequently	Almost always
lonely	Almost never	Once in a while	Sometimes	Frequently	Almost always
sad	Almost never	Once in a while	Sometimes	Frequently	Almost always
worried	Almost never	Once in a while	Sometimes	Frequently	Almost always
frustrated	Almost never	Once in a while	Sometimes	Frequently	Almost always

Grades 3-5

Question	Response Options				
During the past week, how often did you feel _____ ?					
mad	Almost never	Once in a while	Sometimes	Frequently	Almost always
lonely	Almost never	Once in a while	Sometimes	Frequently	Almost always
sad	Almost never	Once in a while	Sometimes	Frequently	Almost always
worried	Almost never	Once in a while	Sometimes	Frequently	Almost always

FREE-RESPONSE QUESTIONS

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

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

What can teachers or other adults at school do to better support you? *[Grades 6-12]*

What can teachers or other adults at school do to better help you? *[Grades 3-5]*