



# Question Bank: Student Check-ins

90+ Questions Across Well-Being, SEL Skills,  
Relationships, and Classroom Feedback



**PANORAMA**  
EDUCATION

# About This Resource

This resource is for school and district teams who recognize the power of student voice and want to ensure that every student has consistent, individualized supports around well-being and SEL skills this school year. Inside, you'll find an **introduction to student check-ins** in Panorama and the complete **set of check-in questions** available in Panorama.

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*Panorama Education is the [#1 social-emotional learning measurement tool](#), according to a 2021 report from the Tyton Partners and the Bill and Melinda Gates Foundation. Millions of students and adults take Panorama's SEL and school climate surveys every year.*

# What Are Student Check-ins in Panorama?

*“How are our students doing? Who needs our support now?”*

This year, checking in on students—frequently and consistently—is critical to creating a safe and supportive learning environment. **Check-ins** are a powerful way to elevate student voice on a weekly or monthly basis, and to identify the students who need extra help *right now* academically, socially, and emotionally.

Check-ins are a light, flexible companion to annual/bi-annual [SEL and school climate measurement](#) and can be administered right inside the Panorama platform.

Panorama Education’s [check-ins tool](#) makes it possible for caring adults to:

- **Check in on student well-being and support; gather instant classroom feedback; and conduct an interim SEL skills and competencies check.** It is quick and easy to build a check-in with [Panorama’s question bank](#) (see pages 5-14).
- **Explore check-in results instantly** for individual students and groups of students.
- **Quickly deliver school-wide or targeted supports** in response to student voice data.

## Who Uses Panorama?

District and school teams partner with Panorama to understand student voice and coordinate interventions. Users may include:

- District coordinators and administrators
- Principals
- Counselors
- Teachers
- Interventionists
- Behavior coaches



**DR. WILLIAM BLAKE** | Director of Social-Emotional Learning, District of Columbia Public Schools

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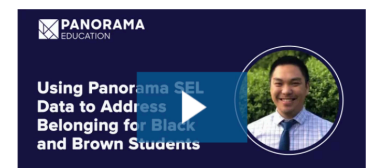
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[Hear why district leaders partner with Panorama for SEL.](#)

# How to Administer a Student Check-in With Panorama

Student check-ins are perfect to include in morning meetings, advisory periods, small group interventions, or general class time.

Here are the steps to creating a student check-in with Panorama:

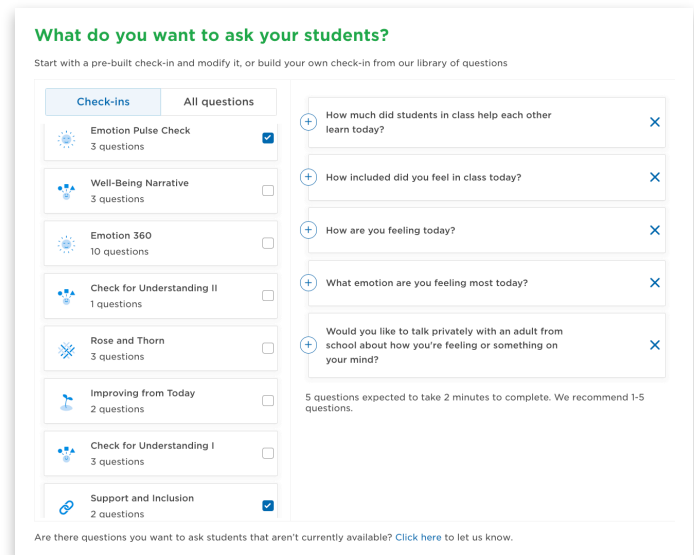
## 1. Select Questions to Ask Your Students

In Panorama, there are pre-loaded check-in question sets to get you started. Or, you can build your own check-in by selecting questions from the bank.

The questions span many themes, including: well-being, supportive relationships, safety, support and inclusion, classroom feedback, and SEL skills and competencies. You can add, remove, or rearrange questions from the pre-built question sets. We recommend choosing two to five questions per check-in.

## 2. Decide Which Students You'd Like to Hear From

Panorama syncs up with your student roster automatically. You can create a check-in for all of the students on the roster, or all of the students you have access to in Panorama.



*Pictured above: The check-in builder in Panorama.*

## 3. Send the Check-in to Students via a Unique URL

Once your check-in is ready, it's time to launch. Send the link to students via email, paste it onto a Google Slides or PowerPoint presentation, or chat it out to your students on Google Hangouts or Zoom. Students can access the check-in by entering their student ID.

## 4. Review Your Responses

After you launch a check-in, student responses will appear in real-time on your Panorama dashboard.

That way, you can quickly follow up with individual students, plan interventions for individual students or small groups, or plan school-wide or district-wide Tier 1 practices and programs in response.

# Overview: Check-ins Question Bank

The questions in this bank (free response and multiple choice) are appropriate for grades 3-12, with select questions more appropriate for grades 6-12. We invite educators to use these questions free of charge. We just ask that you cite [Panorama Education](#) so that others may find this resource as well.

## Student Well-Being — P. 6

- **Recommended for:** Teachers, counselors, or school administrators who want to better understand student well-being and supports.
- **Sending Frequency:** Bi-weekly or less frequently; consider a rotating set of questions.
- **Follow-up Action:** Teachers and counselors can review the answers and follow up with individual students who answered a certain way.

## SEL Skills and Competencies — P. 11

- **Recommended for:** School administrators who would like to conduct interim SEL check-ins in between district-wide administrations of the [Panorama SEL Survey](#).
- **Sending Frequency:** Monthly or less frequently.
- **Follow-up Action:** Reflect on trends in students' social-emotional growth, use the information to plan or adjust Tier 1 programming, and plan action or interventions for individual students or groups of students.

## Classroom Feedback — P. 16

- **Recommended for:** Classroom teachers who would like to hone their instructional practice, gather feedback on how class went “today,” and understand how each student learns best.
- **Sending Frequency:** Daily or weekly, but not the same question(s) every day.
- **Follow-up Action:** Use the information to plan the next day's lesson, reflect on teaching practices, augment Tier 1 supports, and follow-up with specific students.

### FAQs

**Q: Are the questions available in multiple languages?** Yes! Schools and districts who partner with Panorama can administer these questions in English, Arabic, Chinese, Vietnamese, Korean, Tagalog, and Spanish.

**Q: How can the questions be modified?** Reach out to your district if you would like to add content to your bank.

**Q: How were these questions developed?** Panorama developed these questions following [best practices in survey design](#). They are grounded in scholarly literature on positive psychology, learning science, and educational psychology. Some questions are from existing [Panorama survey instruments](#).



## Student Well-Being

### Pre-Built Question Sets in Panorama\*

- **Emotion Pulse Check:** Questions 1, 2, 13
- **Emotion 360:** Questions 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
- **Raise Your Hand:** Question 13
- **Well-Being Narrative:** Questions 14, 15, 16
- **Basic Needs Inventory:** Questions 17, 18, 19, 20
- **Let's Get to Know You:** Questions 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33

*\*These are the pre-built question sets in the Panorama platform. Users can add, remove, or rearrange questions in these sets—or build their own check-in from the All Questions tab.*

	Question	Response Options						Pre-Build Topic
1	How are you feeling today?	I feel terrible	I feel okay	I feel good	I feel great!			Emotion Pulse Check
2	What emotion are you feeling the most today?	Excited	Happy	Loved	Angry	Sad	Worried	Emotion Pulse Check
3	During the past week, how often did you feel excited?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
4	During the past week, how often did you feel happy?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
5	During the past week, how often did you feel loved?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
6	During the past week, how often did you feel safe?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
7	During the past week, how often did you feel hopeful?*	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
	<i>*Recommended for 6-12 only</i>							
8	During the past week, how often did you feel angry?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
9	During the past week, how often did you feel lonely?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360
10	During the past week, how often did you feel sad?	Almost never	Once in a while	Sometimes	Frequently	Almost always		Emotion 360

	Question	Response Options						Pre-Build Topic
11	<b>During the past week, how often did you feel worried?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always		<i>Emotion 360</i>
12	<b>During the past week, how often did you feel frustrated?*</b>  <i>*Recommended for 6-12 only</i>	Almost never	Once in a while	Sometimes	Frequently	Almost always		<i>Emotion 360</i>
13	<b>Would you like to talk privately with an adult from school about how you're feeling or something on your mind?</b>	Yes	No					<ul style="list-style-type: none"> <li>• <i>Emotion Pulse Check</i></li> <li>• <i>Raise Your Hand</i></li> </ul>
14	<b>What was the best part of the past week for you?</b>	[Free response]						<i>Well-Being Narrative</i>
15	<b>What was the hardest part of the past week for you?</b>	[Free response]						<i>Well-Being Narrative</i>
16	<b>What can teachers or other adults at school do to better help you?</b>	[Free response]						<i>Well-Being Narrative</i>
17	<b>If we had free breakfast at school, how much would that help you?</b>	Not at all	A little bit	A lot				<i>Basic Needs Inventory</i>
18	<b>If you could do laundry at school, how much would that help you?</b>	Not at all	A little bit	A lot				<i>Basic Needs Inventory</i>
19	<b>If you could get free clothes (like jackets and shoes) at school, how much would that help you?</b>	Not at all	A little bit	A lot				<i>Basic Needs Inventory</i>
20	<b>If we could improve your internet access outside of school, how much would that help you?</b>	Not at all	A little bit	A lot				<i>Basic Needs Inventory</i>



	Question	Response Options						Pre-Build Topic
21	Which of the following is your favorite way to learn?	By talking to others	By listening	By reading				Let's Get to Know You
22	Would you rather do schoolwork as a group or by yourself?	By myself	Either way is fine by me					Let's Get to Know You
23	What is something you learned over the summer?	[Free response]						Let's Get to Know You
24	What do you like most about school?	[Free response]						Let's Get to Know You
25	What do you like least about school?	[Free response]						Let's Get to Know You
26	Describe the best school project or lesson you can remember.	[Free response]						Let's Get to Know You
27	What is one thing you do well as a student?	[Free response]						Let's Get to Know You
28	What is one thing you would like to do better as a student?	[Free response]						Let's Get to Know You
29	What is something you would really want to learn about?	[Free response]						Let's Get to Know You
30	What is one thing you'd like your teacher(s) to know about you this year?	[Free response]						Let's Get to Know You

	Question	Response Options	Pre-Build Topic
31	What is one thing you want to know about your teacher(s) this year?	[Free response]	<i>Let's Get to Know You</i>
32	What is something you like to do outside of school?	[Free response]	<i>Let's Get to Know You</i>
33	What is one thing you are looking forward to school this year?	[Free response]	<i>Let's Get to Know You</i>



## SEL Skills and Competencies

### Pre-Built Question Sets in Panorama\*

- **Self-Efficacy:** Questions 1, 2, 3, 4, 5
- **Growth Mindset:** Questions 6, 7, 8, 9, 10, 11
- **Social Awareness:** Questions 12, 13, 14, 15, 16, 17, 18, 19
- **Learning Strategies:** Questions 20, 21, 22, 23
- **Classroom Effort:** Questions 24, 25, 26, 27, 28
- **Emotion Regulation:** Questions 29, 30, 31, 32, 33
- **Rigorous Expectations:** Questions 34, 35, 36, 37, 38
- **Sense of Belonging:** Questions 39, 40, 41, 42, 43, 44

*\*These are the pre-built question sets in the Panorama platform. Users can add, remove, or rearrange questions in these sets—or build their own check-in from the All Questions tab.*

	Question	Response Options					Pre-Build Topic
1	<b>How sure are you that you can complete all the work that is assigned in your class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Self-Efficacy</i>
2	<b>When complicated ideas are discussed in class, how sure are you that you can understand them?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Self-Efficacy</i>
3	<b>How sure are you that you can learn all the topics taught in your class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Self-Efficacy</i>
4	<b>How sure are you that you can do the hardest work that is assigned in your class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Self-Efficacy</i>
5	<b>How sure are you that you will remember what you learned in your current class, next year?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Self-Efficacy</i>
6	<b>In school, how possible is it for you to change: Being talented?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>
7	<b>In school, how possible is it for you to change: Giving a lot of effort?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>
8	<b>In school, how possible is it for you to change: Behaving well in class?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>
9	<b>In school, how possible is it for you to change: Liking the subjects you are studying?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>
10	<b>In school, how possible is it for you to change: How easily you give up?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>
11	<b>In school, how possible is it for you to change: Your level of intelligence?</b>	Not at all possible to change	A little possible to change	Somewhat possible to change	Quite possible to change	Completely possible to change	<i>Growth Mindset</i>

	Question	Response Options					Pre-Build Topic
12	During the past 30 days, how carefully did you listen to other people's points of view?	Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully	<i>Social Awareness</i>
13	During the past 30 days, 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	<i>Social Awareness</i>
14	During the past 30 days, 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	<i>Social Awareness</i>
15	During the past 30 days, how clearly were you able to describe your feelings?	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly	<i>Social Awareness</i>
16	During the past 30 days, when others disagreed with you, how respectful were you of their views?	Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful	<i>Social Awareness</i>
17	During the past 30 days, 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	<i>Social Awareness</i>
18	During the past 30 days, 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	<i>Social Awareness</i>
19	During the past 30 days, how often did you compliment others' accomplishments?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	<i>Social Awareness</i>
20	When you get stuck while learning something new, how likely are you to try to learn it in a different way?	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely	<i>Learning Strategies</i>
21	How sure are you that you can figure out a good way to get your schoolwork done well?	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure	<i>Learning Strategies</i>
22	Before you start on a challenging project, how often do you think about the best way to do it?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	<i>Learning Strategies</i>

	Question	Response Options					Pre-Build Topic
23	Overall, how well can you figure out how to learn things?	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well	<i>Learning Strategies</i>
24	Please tell us about the level of effort you are putting into your class. How hard do you try to get involved in discussions during class?	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard	<i>Classroom Effort</i>
25	When your teacher is speaking, how hard do you try to pay attention?	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard	<i>Classroom Effort</i>
26	How much effort do you put into your homework for this class?	Almost no effort	A little bit of effort	Some effort	Quite a lot of effort	A tremendous amount of effort	<i>Classroom Effort</i>
27	Overall, how hard do you try in class?	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard	<i>Classroom Effort</i>
28	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 lot of effort	A tremendous amount of effort	<i>Classroom Effort</i>
29	How often are you able to pull yourself out of a bad mood?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	<i>Emotion Regulation</i>
30	When everybody around you gets angry, how relaxed can you stay?	Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed	<i>Emotion Regulation</i>
31	How often are you able to control your emotions when you need to?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	<i>Emotion Regulation</i>
32	Once you get upset, how often can you get yourself to relax?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	<i>Emotion Regulation</i>
33	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	<i>Emotion Regulation</i>

	Question	Response Options					Pre-Build Topic
34	How often does your teacher make you explain your answers?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	Rigorous Expectations
35	When you feel like giving up, how likely is it that your teacher will make you keep trying?	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely	Rigorous Expectations
36	How much does your teacher encourage you to do your best?	Does not encourage me at all	Encourages me a little	Encourages me some	Encourages me quite a bit	Encourages me a tremendous amount	Rigorous Expectations
37	How often does your teacher take time to make sure you understand the material?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time	Rigorous Expectations
38	Overall, how high are your teacher's expectations of you?	Not high at all	Slightly high	Somewhat high	Quite high	Extremely high	Rigorous Expectations
39	How connected do you feel to the adults at your school?	Not at all connected	Slightly connected	Somewhat connected	Quite connected	Extremely connected	Sense of Belonging
40	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	Sense of Belonging
41	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	Sense of Belonging
42	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	Sense of Belonging
43	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	Sense of Belonging
44	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	Sense of Belonging



## Classroom Feedback

### Pre-Built Question Sets in Panorama\*

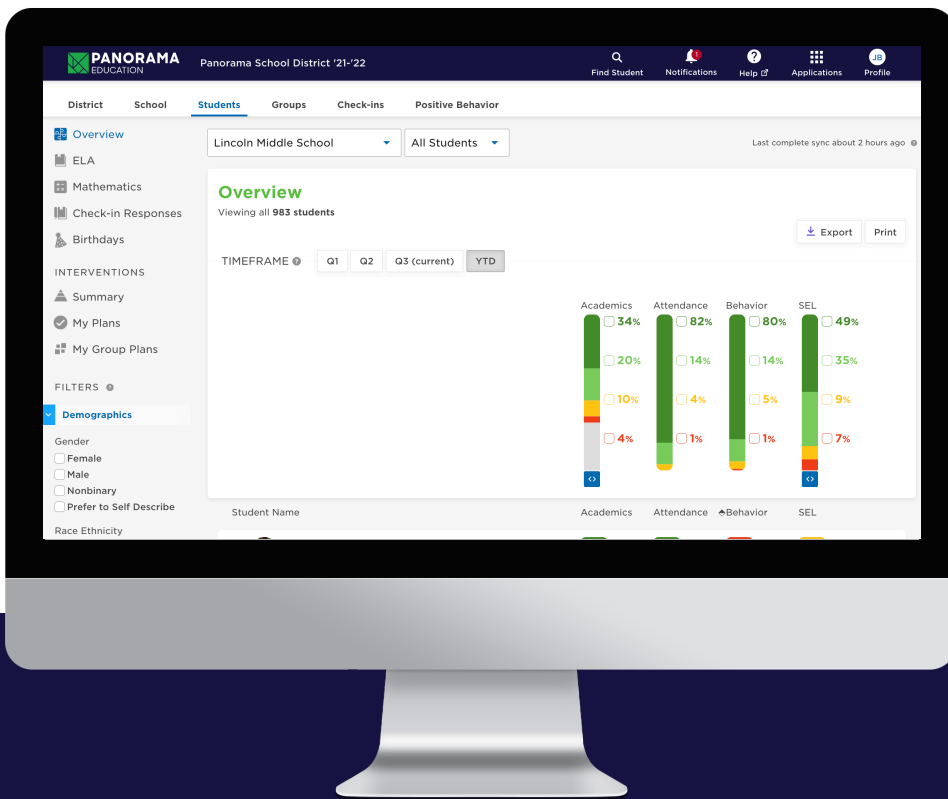
- **Classroom Exit Survey:** Questions 1, 2, 4, 5, 8
- **Check for Understanding I:** Questions 3, 9, 10
- **Support and Inclusion:** Questions 6, 7
- **Check for Understanding II:** Question 13
- **Rose and Thorn:** Questions 11, 12, 16
- **Improving from Today:** Questions 14, 15

*\*These are the pre-built question sets in the Panorama platform. Users can add, remove, or rearrange questions in these sets—or build their own check-in from the All Questions tab.*



	Question	Response Options					Pre-Build Topic
1	How focused were you during class today?	Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused	Classroom Exit Survey
2	How interesting was class today?	Not at all interesting	Slightly interesting	Somewhat interesting	Quite interesting	Extremely interesting	Classroom Exit Survey
3	How clearly did I teach things in class today?	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly	Check for Understanding I
4	How much did you enjoy class today?	Did not enjoy it at all	Enjoyed a little bit	Enjoyed somewhat	Enjoyed quite a bit	Enjoyed a lot!	Classroom Exit Survey
5	How hard did you try in class today?	Did not try at all	Tried a little bit	Tried somewhat	Tried quite a bit	Tried a lot!	Classroom Exit Survey
6	How much did students in class help each other learn today?	Did not help at all	Helped a little bit	Helped somewhat	Helped quite a bit	Helped a lot!	Support and Inclusion
7	How included did you feel in class today?	Not at all included	Slightly included	Somewhat included	Quite included	Extremely included	Support and Inclusion
8	What's the most important thing you learned today?	[Free response]					Classroom Exit Survey
9	What questions do you have about what we learned today?	[Free response]					Check for Understanding I
10	What was confusing for you today?	[Free response]					Check for Understanding I
11	What was your favorite part of class today?	[Free response]					Rose and Thorn

	Question	Response Options	Pre-Build Topic
12	What else would you like me to know about your experience in class today?	[Free response]	<i>Rose and Thorn</i>
13	If your friend missed class today and asked you to explain the lesson, what would you tell them?	[Free response]	<i>Check for Understanding II</i>
14	What's the biggest thing I could do better tomorrow to help you learn?	[Free response]	<i>Improving from Today</i>
15	What's the biggest thing you could do better tomorrow to help yourself learn?	[Free response]	<i>Improving from Today</i>
16	What got in the way of your learning today?	[Free response]	<i>Rose and Thorn</i>



# About Panorama Education

Panorama helps educators act on data to improve student outcomes. Today, 21,000 schools and 1,500 districts serving 15 million students trust Panorama, including the New York City Department of Education, Dallas Independent School District, and San Francisco Unified School District.

[Request a Demo](#)

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