



USER GUIDE
Panorama Well-Being Survey



ABOUT THIS SURVEY

WHAT IS WELL-BEING AND WHY DOES IT MATTER FOR STUDENTS?

Based on the “disease model” of 20th century clinical psychology, well-being used to be thought of as the absence of risky behavior or mental illness. In the past two decades, however, the field of positive psychology has redefined well-being as the positive experiences, thoughts, and feelings that enable human prosperity and flourishing. At Panorama, we also approach student well-being from this perspective, with the goal of helping educators build student happiness instead of diagnosing student illness.

Although there are important objective components to well-being—such as sleep, exercise, and stable housing—our approach to well-being centers on student voice and experience. How are students interpreting their reality and experiencing their lives? Are their days mostly filled with moments of loneliness and anxiety, or with happiness and excitement? Do they feel safe and supported by a network of trusted friends, family, and adults at school?

Student well-being matters in and of itself, but is also an important predictor of varied outcomes, including educational achievement, economic prosperity, and healthy relationships. It is commonly valued, but not yet commonly measured in schools.

HOW CAN SCHOOLS MEASURE STUDENT WELL-BEING?

By asking students to reflect on their well-being through surveys, schools and districts can gather actionable data to better

understand how to support students socially and emotionally. Measuring well-being can signal to students (and their families) the importance of mental health, help focus limited counseling resources on students who most need them, and inform a community-wide response to the trauma of student suicide.

From a student perspective, measuring well-being can give students an opportunity to share their inner aspirations and struggles, and ultimately lead to interventions that improve something they value highly: their own happiness.

The Panorama Well-Being Survey exists as a set of three scales, or groups of survey questions, each focused on a single construct, or topic: Positive Feelings, Challenging Feelings, and Supportive Relationships. Each of these constructs is grounded in scholarly literature. For example, because pleasant and unpleasant emotions have separate evolutionary origins, brain systems, and behavioral correlates, we measure them in separate topics. Schools and districts can select the topics that align with their strategic priorities or add custom questions, although we recommend using the full survey.

In interpreting data about students’ well-being, we believe it is essential for educators to consider how situational or environmental forces shape student experience, the potentially productive role of challenging emotions, and the risks of unintentionally affirming problematic stereotypes.



For example, students experiencing high levels of loneliness or anger may be responding appropriately to challenging life. In neither case should we label those students as “lonely” or “angry,” or assume that they, as opposed to their circumstances, are responsible for their suffering.

WHO SHOULD USE THE PANORAMA WELL-BEING SURVEY?

Panorama’s survey helps educators understand students’ positive and challenging feelings, as well as how supported students feel through their relationships with others.

The questions are applicable to all types of K-12 school settings—including public, independent, and charter schools—and to communities serving students from a range of socioeconomic backgrounds. Panorama provides developmentally appropriate versions of the questions for students in grades 3-5 and students in grades 6-12.

SURVEY DEVELOPMENT PROCESS

The Panorama Well-Being Survey was developed by the Panorama research team, led by Dr. Samuel Moulton. To develop the survey, we interviewed district leaders and educators from across the country, reviewed relevant scholarship and instrumentation, and followed best practices in the science of survey design (as summarized by Panorama’s Senior Research Adviser, Dr. Hunter Gehlbach, in [this peer-reviewed publication](#)). After designing an initial survey, we pilot-tested it in 100 schools, collecting initial data from over 25,000 students. Using these results and feedback from our

pilot partners, we refined the survey to maximize its psychometric qualities and practical utility. [This Reliability and Validity Report](#) details the survey instrument’s psychometric properties.

USING THE PANORAMA WELL-BEING SURVEY

Schools and districts may use the Panorama Well-Being Survey on its own, or combine topics on this instrument with related topics from the [Panorama Student Survey](#), such as Social Awareness, Sense of Belonging, and School Safety.

At Panorama, we believe that all educators deserve access to the best tools available. We invite educators to use the Panorama Well-Being Survey free of charge. We only ask that you identify the survey as the “Panorama Well-Being Survey” created by Panorama Education so that others may find this resource as well.

To learn about partnering with Panorama for survey administration, reporting, and professional learning, please contact us at contact@panoramaed.com.

POSITIVE FEELINGS P. 6

How frequently students feel positive emotions.

Example Question: During the past week, how often did you feel happy?

CHALLENGING FEELINGS P. 7

How frequently students feel challenging emotions.

Example Question: During the past week, how often did you feel lonely?

SUPPORTIVE RELATIONSHIPS P. 8

How supported students feel through their relationships with friends, family, and adults at school.

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

FREE-RESPONSE QUESTIONS P. 9

Open-ended questions that may be of interest to many schools.

Example Question: What can teachers or other adults at school do to better support you?

BACKGROUND QUESTIONS P. 9

Demographic questions about students that could be included in the survey and may be of interest to many schools.

Example Question: What language do you mostly speak at home?

Positive Feelings

How frequently students feel positive emotions.

Grades 6-12

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
	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					
<i>During the past week, how often did you feel _____ ?</i>						
	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					
<i>During the past week, how often did you feel _____ ?</i>						
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					
<i>During the past week, how often did you feel _____ ?</i>						
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	

Supportive Relationships

How supported students feel through their relationships with friends, family, and adults at school.

Grades 6-12

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
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
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes
Do you have a teacher or other adult from school who you can be completely yourself around?	No	Yes
Do you have a family member or other adult outside of school who you can be completely yourself around?	No	Yes
Do you have a friend from school who you can be completely yourself around?	No	Yes

Grades 3-5

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
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
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes



Additional Questions

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]*

BACKGROUND QUESTIONS

What is your gender?

What is your race or ethnicity?

What grade are you in?

What language do you mostly speak at home?



PANORAMA EDUCATION

Panorama Education is a leading education technology company that partners with K-12 schools and districts to help students succeed in the classroom and beyond. Founded in 2012, Panorama is the partner of choice for districts that want to implement AI safely and securely, elevate academic performance, improve attendance and behavior, and prepare students for graduation and life after school. Panorama's secure, research-backed software for AI, student support, and community voice and engagement provides educators with a unified view and actionable insights across academics, attendance, behavior, and well-being. Through professional development and hands-on support, Panorama helps districts achieve their goals and deliver lasting impact. Today, Panorama supports 15 million students in 25,000 schools and 2,000 districts nationwide.

Learn more about Panorama:

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