

## Grit

How well students are able to persevere through setbacks to achieve important long-term goals (not limited to academics), taking into account their experiences and identities.

### Grades 6-12

Question	Response Options				
<b>How often do you stay focused on the same goal for several months at a time?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>If you fail to reach an important goal, how likely are you to try again?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?</b>	Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused
<b>If you have a problem while working towards an important goal, how well can you keep working?</b>	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well
<b>Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely

### Grades 3-5

Question	Response Options				
<b>How often do you stay focused on the same goal for several months at a time?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>If you fail to reach an important goal, how likely are you to try again?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?</b>	Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused
<b>If you have a problem while working towards an important goal, how well can you keep working?</b>	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well

## FREE-RESPONSE QUESTIONS

What is the biggest challenge you have faced in your life?

What accomplishments are you most proud of?

What is one thing you wish your teacher knew about you?

## 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				
<i>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:</i>					
<b>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
<b>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
<b>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
<b>Putting forth 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
<b>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
<b>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

Grades 3-5

Question	Response Options				
<i>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:</i>					
<b>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
<b>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
<b>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
<b>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
<b>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
<b>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

## Self-Management

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

Grades 6-12

Question	Response Options				
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*During the past 30 days...*

<b>How often did you come to class prepared?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you follow directions in class?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you get your work done right away, instead of waiting until the last minute?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you pay attention and resist distractions?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>When you were working independently, how often did you stay focused?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you allow others to speak without interruption?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often were you polite to adults?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often were you polite to other students?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you keep your temper in check?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time

## Self-Management

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

Grades 3-5

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<i>During the past 30 days...</i>					
<b>How often did you come to class prepared?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you follow directions in class?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you get your work done right away, instead of waiting until the last minute?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you pay attention and ignore distractions?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>When you were working independently, how often did you stay focused?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you remain calm, even when someone was bothering you or saying bad things?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you allow others to speak without interrupting them?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often were you polite to adults?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often were you polite to other students?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How often did you keep your temper under control?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time

## Social Awareness

How well students consider the perspectives of others and empathize with them.

Grades 6-12

Question	Response Options				
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*During the past 30 days...*

<b>How carefully did you listen to other people's points of view?</b>	Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully
<b>How much did you care about other people's feelings?</b>	Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount
<b>How often did you compliment others' accomplishments?</b>	Almost never	Once in a while	Sometimes	Often	Almost all the time
<b>How well did you get along with students who are different from you?</b>	Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well
<b>How clearly were you able to describe your feelings?</b>	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly
<b>When others disagreed with you, how respectful were you of their views?</b>	Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful
<b>To what extent were you able to stand up for yourself without putting others down?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
<b>To what extent were you able to disagree with others without starting an argument?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount

## Social Awareness

How well students consider the perspectives of others and empathize with them.

Grades 3-5

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## Self-Efficacy

How much students believe they can succeed in achieving academic outcomes.

### Grades 6-12

Question	Response Options				
<b>How confident are you that you can complete all the work that is assigned in your classes?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>When complicated ideas are presented in class, how confident are you that you can understand them?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you can learn all the material presented in your classes?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you can do the hardest work that is assigned in your classes?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you will remember what you learned in your current classes, next year?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

### Grades 3-5

Question	Response Options				
<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
<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
<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
<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
<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

## Student: Skills and Competencies



### Learning Strategies

How well students deliberately use strategies to manage their own learning processes generally.

Grades 6-12

Question	Response Options				
<b>When you get stuck while learning something new, how likely are you to try a different strategy?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How confident are you that you can choose an effective strategy to get your schoolwork done well?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>Before you start on a challenging project, how often do you think about the best way to approach the project?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Overall, how well do your learning strategies help you learn more effectively?</b>	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well
<b>How often do you use strategies to learn more effectively?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always

Grades 3-5

Question	Response Options				
<b>When you get stuck while learning something new, how likely are you to try to learn it in a different way?</b>	Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
<b>How sure are you that you can figure out a good way to get your schoolwork done well?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure
<b>Before you start on a challenging project, how often do you think about the best way to do it?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always
<b>Overall, how well can you figure out how to learn things?</b>	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well



## Classroom Effort

How much effort students put into school and learning.

### Grades 6-12

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

## Student: Skills and Competencies



### Social Perspective-Taking

The extent to which students consider the perspectives of their teachers. *Please note that this measure is only available for students in Grades 6-12.*

Grades 6-12

Question	Response Options				
<b>How hard do you try to understand your teachers' point of view?</b>	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard
<b>During class, how hard do you try to understand what your teachers are feeling?</b>	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard
<b>Overall, how much effort do you put into figuring out what your teachers are thinking?</b>	Almost no effort	A small amount of effort	Some effort	Quite a bit of effort	A tremendous amount of effort
<b>How much effort have you put into figuring out what your teachers' goals are?</b>	Almost no effort	A small amount of effort	Some effort	Quite a bit of effort	A tremendous amount of effort
<b>How much do you try to understand your teachers' motivation for doing different classroom activities?</b>	Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount
<b>When your teachers seem to be in a worse mood than usual, how hard do you try to understand the reasons why?</b>	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard

## Self-Efficacy About Specific Subjects

How much students believe they can succeed in achieving academic outcomes in specific subjects. We suggest students take this measure about their core classes in ELA, Math, Social Studies, and Science.

Grades 6-12

Question	Response Options				
<b>How confident are you that you can complete all the work that is assigned in your [SUBJECT] class?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>When complicated ideas are presented in your [SUBJECT] class, how confident are you that you can understand them?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you can learn all the material presented in your [SUBJECT] class?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you can do the hardest work that is assigned in your [SUBJECT] class?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
<b>How confident are you that you will remember what you learned in your current [SUBJECT] class, next year?</b>	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

Grades 3-5

Question	Response Options				
<b>How sure are you that you can complete all the work that is assigned in your [SUBJECT] class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure
<b>When complicated ideas are discussed in your [SUBJECT] class, how sure are you that you can understand them?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure
<b>How sure are you that you can learn all the topics taught in your [SUBJECT] class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure
<b>How sure are you that you can do the hardest work that is assigned in your [SUBJECT] class?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure
<b>How sure are you that you will remember what you learned in your current [SUBJECT] class, next year?</b>	Not at all sure	Slightly sure	Somewhat sure	Quite sure	Extremely sure

# Student: Skills and Competencies



## Emotion Regulation

How well students regulate their emotions.

Grades 6-12

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

Grades 3-5

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



**Panorama Education** partners with K-12 schools and districts across the country to collect and analyze data about social-emotional learning, school climate, family engagement, and more. With research-backed surveys and a leading technology platform, Panorama helps educators act on data and improve student outcomes. Panorama supports more than 10 million students in 17,000 schools across 49 states, including those in the New York City Department of Education, Dallas Independent School District, Seattle Public Schools, and San Francisco Unified School District.

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