Panorama Topic: Student Measures

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!

Performance in School

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:

1. 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
◯	◯	◯	◯	◯

2. 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
◯	◯	◯	◯	◯

3. 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
◯	◯	◯	◯	◯

4. 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
◯	◯	◯	◯	◯

5. 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
◯	◯	◯	◯	◯

6. 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
◯	◯	◯	◯	◯

Your Behavior

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

7. How often did you come to class prepared?

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

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8. How often did you follow directions in class?

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

9. 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

10. How often were you polite to adults?

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

11. How often did you pay attention and resist distractions?

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

12. When you were working independently, how often did you stay focused?

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

13. 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

14. How often did you allow others to speak without interruption?

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

15. How often were you polite to other students?

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

16. How often did you keep your temper in check?

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

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

17. 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

18. How connected do you feel to the adults at your school?

Not at all connected | Slightly connected | Somewhat connected | Quite connected | Extremely connected

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19. How much respect do students in 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
◯	◯	◯	◯	◯

20. 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
◯	◯	◯	◯	◯

21. 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
◯	◯	◯	◯	◯

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).

22. When you are feeling pressured, how easily can you stay in control?

Not easily at all	Slightly easily	Somewhat easily	Quite easily	Extremely easily
◯	◯	◯	◯	◯

23. How often are you able to pull yourself out of a bad mood?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

24. When everybody around you gets angry, how relaxed can you stay?

Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed
◯	◯	◯	◯	◯

25. How often are you able to control your emotions when you need to?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

26. Once you get upset, how often can you get yourself to relax?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

27. 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
◯	◯	◯	◯	◯

Background Questions

For the final section, we need to know a bit of background information about you so that we can describe the types of students who completed these questions.

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28. Thanks very much for answering these questions. Please share anything you would like to about these questions or your school in the space below.

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