



Panorama Social-Emotional Learning: Adult Measures

Your experience matters! We're asking you the below survey questions so that we can better support you and your colleagues. Your feedback here will help us create a more inclusive, equitable, and supportive school community in ways that ultimately benefit not just staff and faculty but also the students we all serve. Thank you for taking the time to candidly share your thoughts and feelings with us.

General School Impressions

In this first section, please tell us how you perceive different aspects of your school in general.

1. On most days, how enthusiastic are the students about being at school?

- Not at all enthusiastic
 Slightly enthusiastic
 Somewhat enthusiastic
 Quite enthusiastic
 Extremely enthusiastic

2. To what extent are staff trusted to work in the way they think is best?

- Not at all trusted
 Trusted a little bit
 Trusted somewhat
 Trusted quite a bit
 Trusted a tremendous amount

3. How positive are the attitudes of your colleagues?

- Not at all positive
 Slightly positive
 Somewhat positive
 Quite positive
 Extremely positive

4. How supportive are students in their interactions with each other?

- Not at all supportive
 Slightly supportive
 Somewhat supportive
 Quite supportive
 Extremely supportive

5. How respectful are the relationships between staff and students?

- Not at all respectful
 Slightly respectful
 Somewhat respectful
 Quite respectful
 Extremely respectful

6. How optimistic are you that your school will improve in the future?

- Not at all optimistic
 Slightly optimistic
 Somewhat optimistic
 Quite optimistic
 Extremely optimistic

7. How often do you see students helping each other without being prompted?

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

8. When new initiatives are presented at your school, how supportive are your colleagues?

- Not at all supportive
 Slightly supportive
 Somewhat supportive
 Quite supportive
 Extremely supportive

9. Overall, how positive is the working environment at your school?

- Not at all positive
 Slightly positive
 Somewhat positive
 Quite positive
 Extremely positive



Your Well-Being

In this section, please tell us how you're doing. We're asking you these questions because we want to better support staff members' professional well-being, and will not use responses to evaluate or judge individuals. You can skip any question that you don't feel comfortable answering.

During the past week, how often did you feel _____ at work?

10. engaged

Almost never

Once in a while

Sometimes

Frequently

Almost always

11. excited

Almost never

Once in a while

Sometimes

Frequently

Almost always

12. exhausted

Almost never

Once in a while

Sometimes

Frequently

Almost always

13. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

14. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

15. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

16. overwhelmed

Almost never

Once in a while

Sometimes

Frequently

Almost always

17. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

18. stressed out

Almost never

Once in a while

Sometimes

Frequently

Almost always

19. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always



20. How effective do you feel at your job right now?

Not at all effective

Slightly effective

Somewhat effective

Quite effective

Extremely effective

21. How much does your work matter to you?

Does not matter at all

Matters a little bit

Matters some

Matters quite a bit

Matters a tremendous amount

22. How meaningful for you is the work that you do?

Not at all meaningful

Slightly meaningful

Somewhat meaningful

Quite meaningful

Extremely meaningful

23. Overall, how satisfied are you with your job right now?

Not at all satisfied

Slightly satisfied

Somewhat satisfied

Quite satisfied

Extremely satisfied

24. What can school or district leaders do to better support your well-being?

25. What has helped you most in managing work-related stress?

Belonging

In this section, please tell us how you're doing. We're asking you these questions because we want to better support staff members' professional well-being, and will not use responses to evaluate or judge individuals. You can skip any question that you don't feel comfortable answering.

26. How well do your colleagues at school understand you as a person?

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

Completely understand

27. How connected do you feel to other adults at your school?

Not at all connected

Slightly connected

Somewhat connected

Quite connected

Extremely connected

28. How much respect do colleagues 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

29. How much do you matter to others at your school?

Do not matter at all

Matter a little bit

Matter some

Matter quite a bit

Matter a tremendous amount



30. 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

SAMPLE FORM