



# Question Bank: Student Check-ins

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



# 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 2020 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 new [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.

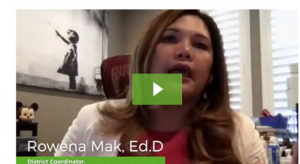
## Who Uses Panorama?

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, District of Columbia Public Schools**



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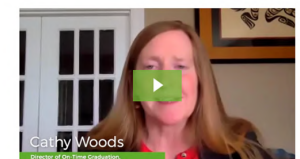
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[Hear why district leaders partner with Panorama for SEL.](#)

# 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:

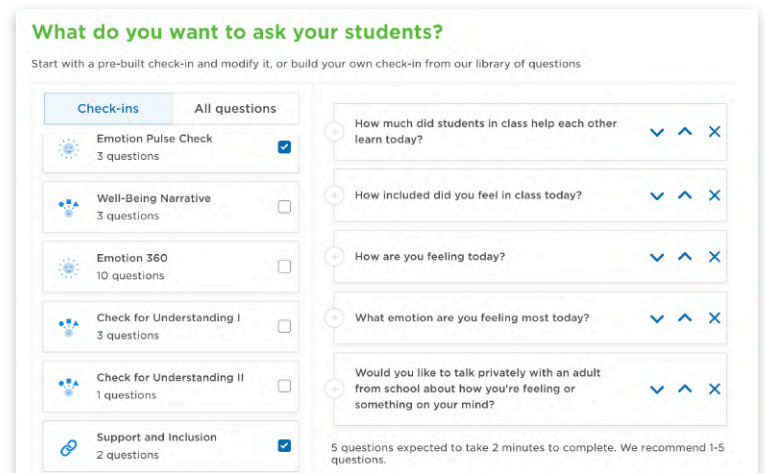
## 1. Select Questions to Ask Your Students

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](https://www.panoramaed.com) 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. 9

- **Recommended for:** School administrators who would like to conduct interim SEL check-ins in between district-wide administrations of the [Panorama SEL Survey](https://www.panoramaed.com).
- **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. 13

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

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

	Question	Response Options					
11	<b>During the past week, how often did you feel worried?</b>	Almost never	Once in a while	Sometimes	Frequently	Almost always	
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	
13	<b>Do you feel bullied by other students?</b>	Yes	No				
14	<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				
15	<b>How have you been sleeping recently?</b>	I've been sleeping terribly	I've been sleeping okay	I've been sleeping well	I've been sleeping great!		
16	<b>What was the best part of the past week for you?</b>	[Free response]					
17	<b>What was the hardest part of the past week for you?</b>	[Free response]					
18	<b>What can teachers or other adults at school do to better help you?</b>	[Free response]					
19	<b>If we had free breakfast at school, how much would that help you?</b>	Not at all	A little bit	A lot			
20	<b>If you could do laundry at school, how much would that help you?</b>	Not at all	A little bit	A lot			
21	<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			
22	<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			

### Student Well-Being Pre-Built Question Sets in Panorama\*

- **Raise Your Hand:** Question 14
- **Emotion Pulse Check:** Questions 1, 2, 14
- **Well-Being Narrative:** Questions 16, 17, 18
- **Emotion 360:** Questions 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

*\*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				
23	<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
24	<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
25	<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
26	<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
27	<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
28	<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
29	<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
30	<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
31	<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
32	<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
33	<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

	Question	Response Options				
34	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
35	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
36	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
37	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
38	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
39	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
40	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
41	During the past 30 days, how often did you compliment others' accomplishments?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
42	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
43	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
44	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

	Question	Response Options				
45	Overall, how well can you figure out how to learn things?	Not well at all	Slightly well	Somewhat well	Quite well	Extremely well
46	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
47	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
48	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
49	Overall, how hard do you try in class?	Not hard at all	Slightly hard	Somewhat hard	Quite hard	Extremely hard
50	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
51	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
52	When everybody around you gets angry, how relaxed can you stay?	Not relaxed at all	Slightly relaxed	Somewhat relaxed	Quite relaxed	Extremely relaxed
53	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
54	Once you get upset, how often can you get yourself to relax?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
55	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

	Question	Response Options				
56	How often does your teacher make you explain your answers?	Almost never	Once in a while	Sometimes	Frequently	Almost all the time
57	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
58	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
59	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
60	Overall, how high are your teacher's expectations of you?	Not high at all	Slightly high	Somewhat high	Quite high	Extremely high

## SEL Skills and Competencies

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

- **Growth Mindset:** Questions 28, 29, 30, 31, 32, 33
- **Social Awareness:** Questions 34, 35, 36, 37, 38, 39, 40, 41
- **Self-Efficacy:** Questions 23, 24, 25, 26
- **Learning Strategies:** Questions 42, 43, 44, 45
- **Classroom Effort:** Questions 46, 47, 48, 49, 50
- **Emotion Regulation:** Questions 51, 52, 53, 54, 55
- **Rigorous Expectations:** Questions 56, 57, 58, 59, 60

*\*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				
61	How focused were you during class today?	Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused
62	How interesting was class today?	Not at all interesting	Slightly interesting	Somewhat interesting	Quite interesting	Extremely interesting
63	How clearly did I teach things in class today?	Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly
64	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!
65	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!
66	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!
67	How included did you feel in class today?	Not at all included	Slightly included	Somewhat included	Quite included	Extremely included
68	What's the most important thing you learned today?	[Free response]				
69	What questions do you have about what we learned today?	[Free response]				
70	What was confusing for you today?	[Free response]				
71	What was your favorite part of class today?	[Free response]				

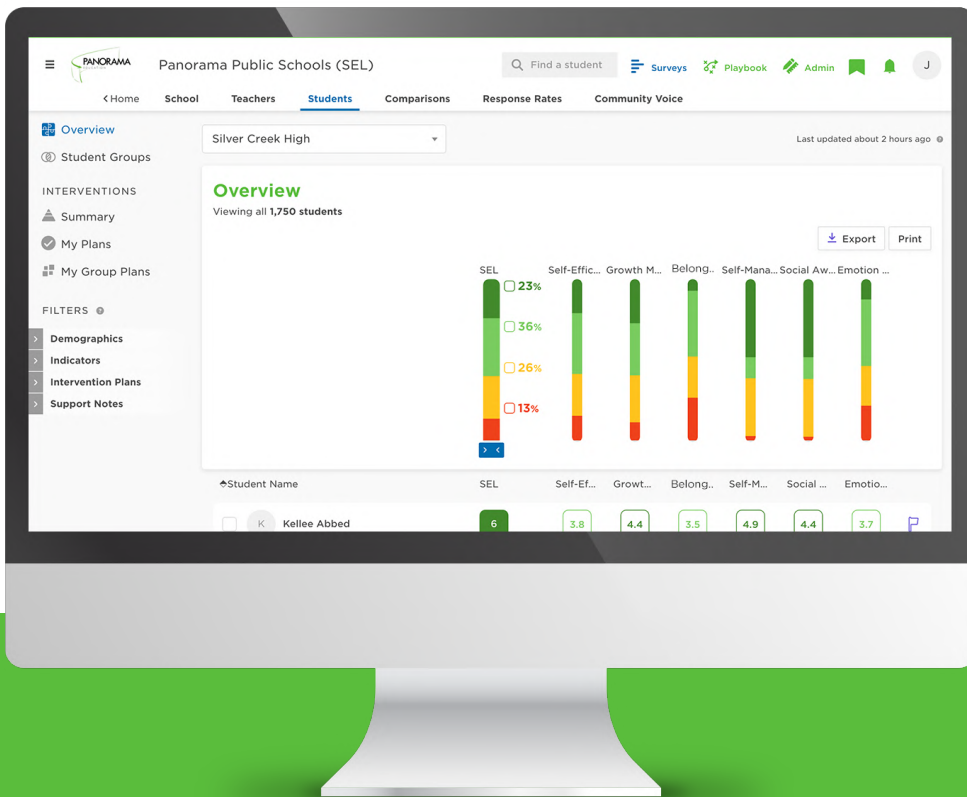
	Question	Response Options				
72	What else would you like me to know about your experience in class today?	[Free response]				
73	If your friend missed class today and asked you to explain the lesson, what would you tell them?	[Free response]				
74	What's the biggest thing I could have done better today?	[Free response]				
75	What's the biggest thing I could do better tomorrow to help you learn?	[Free response]				
76	What's the biggest thing you could have done better today?	[Free response]				
77	What's the biggest thing you could do better tomorrow to help yourself learn?	[Free response]				
78	What got in the way of your learning today?	[Free response]				

Classroom Feedback

Pre-Built Question Sets in Panorama\*

- **Check for Understanding I:** Questions 63, 69, 70
- **Check for Understanding II:** Question 73
- **Rose and Thorn:** Questions 71, 72, 78
- **Improving from Today:** Questions 75, 77
- **Support and Inclusion:** Questions 66, 67

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# About Panorama Education

Panorama helps educators act on data to improve student outcomes. Today, 17,000 schools and 1,500 districts serving 10 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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