

Panorama SEL Survey Content Changes | Everett Public Schools Crosswalk

Topic	Instrument	Previous Content	New Content	Difference Explanation
Emotion Regulation	Student Competencies		When you get upset, how often do you stop to think before you act?	Added
Emotion Regulation	Student Competencies	How often are you able to control your emotions when you need to?	How often are you able to control your emotions when you need to?	Answer Choice Change Only
Emotion Regulation	Student Competencies	How often are you able to pull yourself out of a bad mood?	How often are you able to pull yourself out of a bad mood?	Answer Choice Change Only
Emotion Regulation	Student Competencies	Once you get upset, how often can you get yourself to relax?	When you get upset, how often can you get yourself to relax?	Wording Updated
Emotion Regulation	Student Competencies	When things go wrong for you, how calm are you able to remain?	When things go wrong for you, how calm are you able to stay?	Wording Updated
Emotion Regulation	Student Competencies	When things go wrong for you, how calm are you able to stay?	When things go wrong for you, how calm are you able to stay?	Answer Choice Change Only
Emotion Regulation	Student Competencies	When everybody around you gets angry, how relaxed can you stay?		Removed
Emotion Regulation	Student Competencies	When you are feeling pressured, how easily can you stay in control?		Removed
Growth Mindset	Student Competencies		When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?	Added
Growth Mindset	Student Competencies	Behaving well in class	How much can you improve your behavior in school?	Wording Updated
Growth Mindset	Student Competencies	Giving a lot of effort	How much can you increase the effort you give in school?	Wording Updated
Growth Mindset	Student Competencies	Putting forth a lot of effort	How much can you increase the effort you give in school?	Wording Updated
Growth Mindset	Student Competencies	Your level of intelligence	How much can you increase how smart you are?	Wording Updated
Growth Mindset	Student Competencies	Behaving well in class		Removed
Growth Mindset	Student Competencies	Being talented		Removed
Growth Mindset	Student Competencies	How easily you give up		Removed
Growth Mindset	Student Competencies	Liking the subject		Removed
Growth Mindset	Student Competencies	Liking the subjects you are studying		Removed
Self-Efficacy	Student Competencies	How confident are you that you can complete all the work that is assigned in your classes?	How sure are you that you can complete all the schoolwork that is given to you?	Wording Updated
Self-Efficacy	Student Competencies	How confident are you that you can do the hardest work that is assigned in your classes?	How sure are you that you can do the hardest schoolwork that is given to you?	Wording Updated
Self-Efficacy	Student Competencies	How confident are you that you can learn all the material presented in your classes?	How sure are you that you can learn all the subjects taught in your classes?	Wording Updated
Self-Efficacy	Student Competencies	How confident are you that you will remember what you learned in your current classes, next year?	How sure are you that you will remember what you learned in your current classes, next year?	Wording Updated
Self-Efficacy	Student Competencies	How sure are you that you can complete all the work that is assigned in your class?	How sure are you that you can complete all the schoolwork that is given to you?	Wording Updated
Self-Efficacy	Student Competencies	How sure are you that you can do the hardest work that is assigned in your class?	How sure are you that you can do the hardest schoolwork that is given to you?	Wording Updated
Self-Efficacy	Student Competencies	How sure are you that you can learn all the topics taught in your class?	How sure are you that you can learn all the subjects taught in your classes?	Wording Updated
Self-Efficacy	Student Competencies	How sure are you that you will remember what you learned in your current class, next year?	How sure are you that you will remember what you learned in your current classes, next year?	Wording Updated
Self-Efficacy	Student Competencies	When complicated ideas are discussed in class, how sure are you that you can understand them?	When complicated ideas are discussed in class, how sure are you that you can understand them?	Answer Choice Change Only
Self-Management	Student Competencies	How often did you allow others to speak without interrupting them?	During the past two weeks, how often did you allow others to speak without interrupting them?	Wording Updated
Self-Management	Student Competencies	How often did you allow others to speak without interruption?	During the past two weeks, how often did you allow others to speak without interrupting them?	Wording Updated
Self-Management	Student Competencies	How often did you come to class prepared?	During the past two weeks, how often did you come to class prepared?	Wording Updated
Self-Management	Student Competencies	How often did you follow directions in class?	During the past two weeks, how often did you follow directions in class?	Wording Updated
Self-Management	Student Competencies	How often did you get your work done right away, instead of waiting until the last minute?	During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?	Wording Updated
Self-Management	Student Competencies	How often did you pay attention and ignore distractions?	During the past two weeks, how often did you pay attention in class?	Wording Updated
Self-Management	Student Competencies	How often did you pay attention and resist distractions?	During the past two weeks, how often did you pay attention in class?	Wording Updated
Self-Management	Student Competencies	When you were working independently, how often did you stay focused?	During the past two weeks, when you were working on your own, how often did you stay focused?	Wording Updated
Self-Management	Student Competencies	How often did you keep your temper in check?		Removed
Self-Management	Student Competencies	How often did you remain calm, even when someone was bothering you or saying bad things?		Removed
Self-Management	Student Competencies	How often were you polite to adults?		Removed
Self-Management	Student Competencies	How often were you polite to other students?		Removed
Self-Management	Student Competencies	How often did you keep your temper under control?		Removed

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Sense of Belonging	Supports & Environments	How connected do you feel to the adults at your school?	How much support do the adults at your school give you?	Wording Updated
Sense of Belonging	Supports & Environments	How much respect do students at your school show you?	How much respect do students at your school show you?	Answer Choice Change Only
Sense of Belonging	Supports & Environments	How much respect do students in your school show you?	How much respect do students at your school show you?	Wording Updated
Sense of Belonging	Supports & Environments	How much support do the adults at your school give you?	How much support do the adults at your school give you?	Answer Choice Change Only
Sense of Belonging	Supports & Environments	How well do people at your school understand you as a person?	How well do people at your school understand the kind of person you are?	Wording Updated
Sense of Belonging	Supports & Environments	Overall, how much do you feel like you belong at your school?	When you are at school, how much do you feel like you belong?	Wording Updated
Sense of Belonging	Supports & Environments	How much do you matter to others at this school?		Removed
Social Awareness	Supports & Environments	How carefully did you listen to other people's points of view?	During the past two weeks, how carefully did you listen to other people's opinions?	Wording Updated
Social Awareness	Supports & Environments	How clearly were you able to describe your feelings?	During the past two weeks, how clearly were you able to describe your feelings?	Wording Updated
Social Awareness	Supports & Environments	How much did you care about other people's feelings?	During the past two weeks, how much did you care about other people's feelings?	Wording Updated
Social Awareness	Supports & Environments	How often did you compliment others' accomplishments?	During the past two weeks, how often did you compliment others' accomplishments?	Wording Updated
Social Awareness	Supports & Environments	How well did you get along with students who are different from you?	During the past two weeks, how well did you get along with students who are different from you?	Wording Updated
Social Awareness	Supports & Environments	To what extent were you able to disagree with others without starting an argument?	During the past two weeks, how much were you able to disagree with others without starting an argument?	Wording Updated
Social Awareness	Supports & Environments	To what extent were you able to stand up for yourself without putting others down?	During the past two weeks, how much were you able to stand up for yourself without putting others down?	Wording Updated
Social Awareness	Supports & Environments	When others disagreed with you, how respectful were you of their views?	During the past two weeks, when others did not agree with you, how respectful were you of their opinions?	Wording Updated
Teacher-Student Relationships	Supports & Environments	How excited would you be to have your teacher again?	How excited would you be if you could have your same teachers in the next grade too?	Wording Updated
Teacher-Student Relationships	Supports & Environments	How many of your teachers are respectful towards you?	How respectful are your teachers towards you?	Wording Updated
Teacher-Student Relationships	Supports & Environments	How many of your teachers would you be excited to have again in the future?	How excited would you be if you could have your same teachers in the next grade too?	Wording Updated
Teacher-Student Relationships	Supports & Environments	How respectful is your teacher towards you?	How respectful are your teachers towards you?	Wording Updated
Teacher-Student Relationships	Supports & Environments	If you walked into class upset, how concerned would your teacher be?	If you were upset when you came into class, how concerned would your teachers be?	Wording Updated
Teacher-Student Relationships	Supports & Environments	If you walked into class upset, how many of your teachers would be concerned?	If you were upset when you came into class, how concerned would your teachers be?	Wording Updated
Teacher-Student Relationships	Supports & Environments	When your teacher asks, "How are you?", how often do you feel that your teacher really wants to know your answer?	When your teachers ask, "How are you?", how often do you feel they really want to know your answer?	Wording Updated
Teacher-Student Relationships	Supports & Environments	When your teachers ask how you are doing, how many of them are really interested in your answer?	When your teachers ask, "How are you?", how often do you feel they really want to know your answer?	Wording Updated
Teacher-Student Relationships	Supports & Environments	If you came back to visit class three years from now, how many of your teachers would be excited to see you?		Removed