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English



## Demo Survey

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

Clear

2.

Giving 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

Clear

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

Clear

4.

Liking the subjects you are studying

- Not at all possible to change
- A little possible to change
- Somewhat possible to change
- Quite possible to change
- Completely possible to change

Clear

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

Clear

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

Clear

## Your Behavior

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

7.

How often were you polite to adults?

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

Clear

8.

How carefully did you listen to other people's points of view?

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

Clear

9.

How often did you come to class prepared?

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

Clear

10.

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

Clear

11.

How often did you follow directions in class?

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

Clear

12.

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

Clear

13.

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

Clear

14.

How often did you pay attention and ignore distractions?

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

Clear

15.

How clearly were you able to describe your feelings?

- Not at all clearly
- Slightly clearly

- Somewhat clearly
- Quite clearly
- Extremely clearly

Clear

16.

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

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

Clear

17.

When others disagreed with you, how respectful were you of their views?

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

Clear

18.

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

Clear

19.

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

Clear

20.

How often did you allow others to speak without interrupting them?

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

Clear

21.

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

Clear

22.

How often were you polite to other students?

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

Clear

23.

How often did you compliment others' accomplishments?

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

Clear

24.

How often did you keep your temper under control?

- Almost never
- Once in a while
- Sometimes
- Frequently

Almost all the time

Clear

## 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).

25.

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

Clear

26.

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

Clear

27.

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

Clear

28.

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

Clear

29.

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

Clear

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

## Your Class

Please tell us about how you feel about your current class.

30.

If you walked into class upset, how concerned would your teacher be?

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

Clear

31.

When your teacher asks, "How are you?", how often do you feel that your teacher really wants to know your answer?

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

Clear

32.

How excited would you be to have your teacher again?

- Not at all excited
- Slightly excited
- Somewhat excited



- Quite excited   
Extremely excited

Clear

33.

How respectful is your teacher towards you?

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

Clear

## Feelings About Being at School

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

34.

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

Clear

35.

How much support do the adults at your school give you?

- No support at all   
A little bit of support   
Some support   
Quite a bit of support   
A tremendous amount of support

Clear

36.

How much respect do students at 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

Clear

37.

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

Clear

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