



CASEL + Panorama Alignment

How Panorama's survey topics align with CASEL's five core social-emotional learning competencies.



Introduction

Schools across the country partner with Panorama Education to measure and improve students’ (and adults’) social-emotional learning (SEL), or **the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.** Panorama helps 21,000 schools and 1,500 districts improve systemic SEL efforts with research-backed measures, customized reports, seamless distribution of results to stakeholders, and trainings to understand and act on SEL data.

Many of our partners use the framework outlined by the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#) to incorporate SEL into school programs and strategic goals. CASEL — the world’s leading source for research and resources related to high-quality, evidence-based social and emotional learning — is committed to advancing equity and excellence in education through social and emotional learning. Their work supports district leaders, school leaders, and policymakers to enhance educational experiences and outcomes for PreK-12 students.

Panorama and CASEL both conceive of social-emotional learning as a set of vital interpersonal and intrapersonal competencies that promote student success in school and beyond. The [CASEL framework](#) (last updated in October of 2020) identifies five core competencies: **self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.**

[Panorama’s SEL measures](#) are well-aligned with this framework. For example, CASEL defines social awareness as: “the abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.” Similarly, Panorama’s measure of social awareness assesses how well students consider the perspectives of others and empathize with them.

Panorama’s SEL measures were developed by academics and expert practitioners, including researchers at UC Santa Barbara, the Harvard Graduate School of Education (HGSE), and our partners at Transforming Education and the CORE districts. We have collected and published [strong evidence of the reliability and validity](#) of the psychometric properties that support these measures.

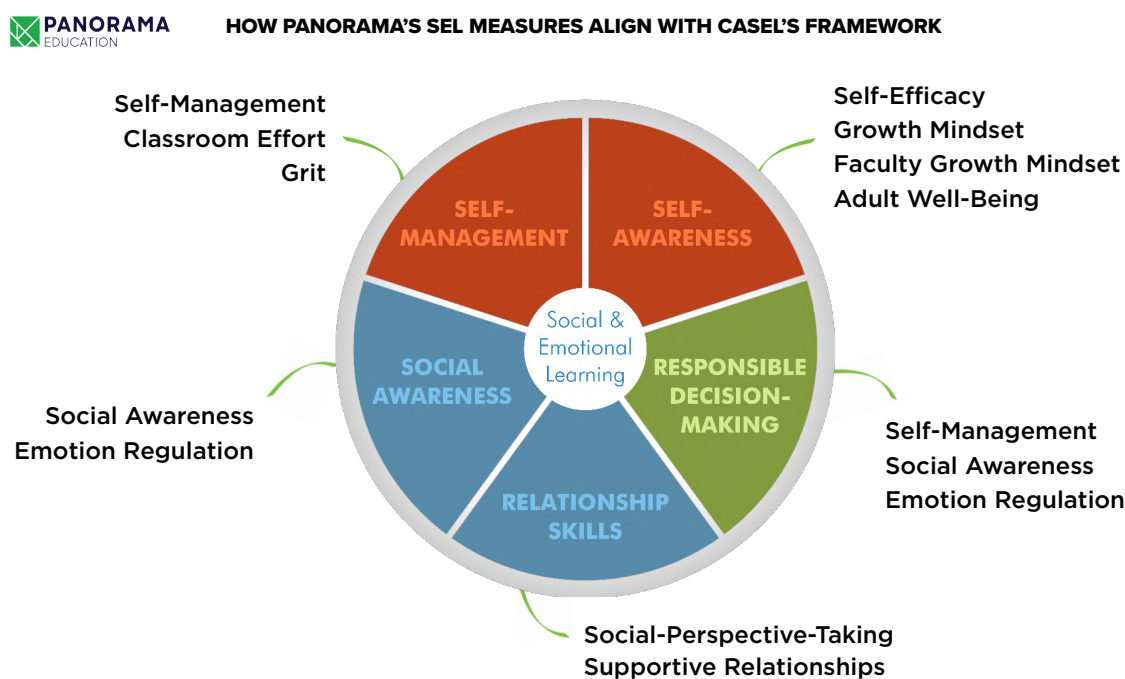


Figure 1. Alignment between the “CASEL Five” competencies and topics from Panorama’s SEL assessments.

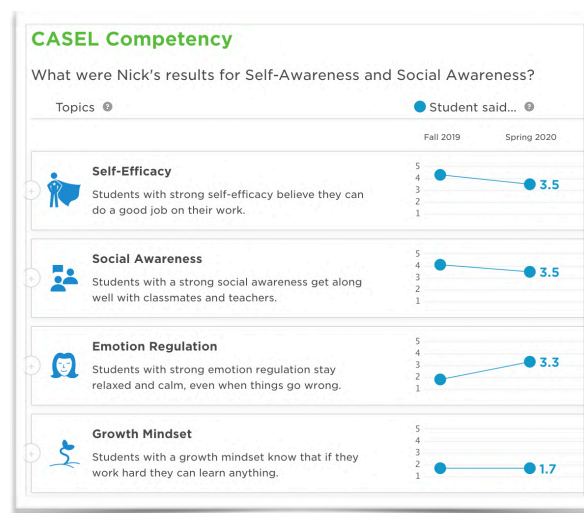
Aligning to CASEL's Core Competencies

Panorama's SEL measures include both student self-perception surveys and teacher perception surveys of individual students' competencies. By design, there is not always a one-to-one mapping of Panorama's measures onto CASEL's competencies.

Schools and districts that partner with Panorama measure specific SEL competencies such as self-management, social awareness, self-efficacy, and emotion regulation.

In some cases, there are multiple constructs underlying a single CASEL competency; for example, "self-awareness" is comprised of multiple measures on Panorama's surveys.

Figure 2. An example of Panorama's online reports for SEL, including topics that align to CASEL's core competencies.



List of CASEL's Competencies and Panorama's SEL Measures

In the following section, we have provided a list of CASEL's five core competencies along with CASEL's latest definition of each competency. Below each definition, you will find Panorama's corresponding measure/s that align/s to CASEL's competencies, as well as an example survey question.

Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

- **Self-Efficacy**
 - *Example Question: When complicated ideas are presented in class, how confident are you that you can understand them?*
- **Growth Mindset**
 - *Example Question: In the past 30 days, how often did you persevere through setbacks?*

Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

- **Self-Management**
 - *Example Question: During the past 30 days, how often did you come to class prepared?*
- **Emotion Regulation**
 - *Example Question: How often are you able to control your emotions when you need to?*

Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

- **Social Awareness**

- *Example Question: During the past 30 days, when others disagreed with you, how respectful were you of their views?*

- **Social Perspective-Taking**

- *Example Question: How hard do you try to understand your teachers' point of view?*

Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

- **Social Perspective-Taking**

- *Example Question: How much effort have you put into figuring out what your teachers' goals are?*

- **Social Awareness**

- *Example Question: During the past 30 days, how well did you get along with students who are different from you?*

Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

- **Self-Management**

- *Example Question: During the past 30 days, how often did you come to class prepared?*

- **Social Awareness**

- *Example Question: During the past 30 days, how carefully did you listen to other people's points of view?*

- **Emotion Regulation**

- *Example Question: When things go wrong for you, how calm are you able to remain?*

Learn More

Visit [our website](#) to download all of our SEL measures. Contact us at contact@panoramaed.com for more information about how Panorama can help you measure and improve students' social-emotional skills.



About Panorama Education

Panorama Education partners with K-12 schools and districts across the country to collect and analyze data about social-emotional learning, school climate, family engagement, and more. With research-backed surveys and a leading technology platform, Panorama helps educators act on data and improve student outcomes. Panorama supports more than 15 million students in 21,000 schools across 50 states, including those in the New York City Department of Education, Dallas Independent School District, Seattle Public Schools, and San Francisco Unified School District.

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