## PANORAMA

## Hinsdale Central High School

## Grades 6-12

Spring Surveys - 2022

Hinsdale Central High School
Spring Surveys - 2022 Social-Emotional Learning: Student Competency \& Well-Being Measures -
All Students Spring 2022, Grades 6-12

## Summary

Topic Description Results Comparison

## Challenging Feelings

How frequently students feel challenging emotions, with higher
scores indicating less frequent challenging emotions.

## 52\%

50\% Hinsdale Township High
School District 86 (IL)

## Emotion Regulation <br> How well students regulate their emotions. <br> 56\% Hinsdale Township High School District 86 (IL)

## Growth Mindset

Student perceptions of whether they have the potential to change those factors that are central to their performance in school.

## Positive Feelings

63\% Hinsdale Township High School District 86 (IL)

## 56\%

55\% Hinsdale Township High
School District 86 (IL)

How frequently students feel positive emotions.

## Self-Efficacy

How much students believe they can succeed in achieving academic outcomes.


## Self-Management

How well students manage their emotions, thoughts, and behaviors in different situations.

## Social Awareness

How well students consider the perspectives of others and empathize with them.

54\%
53\% Hinsdale Township High
School District 86 (IL)

## 77\%

75\% Hinsdale Township High
School District 86 (IL)
?

## Supportive Relationships

How supported students feel through their relationships with friends, family, and adults at school.

## Challenging Feelings



How did people respond?
Q.1: During the past week, how often did you feel angry?

| Almost never | $13 \%$ |  | 227 |
| ---: | ---: | :--- | :--- |
| Once in a while | $34 \%$ |  | 613 |
| Sometimes | $36 \%$ |  | 642 |
| Frequently | $13 \%$ | 234 |  |
| Almost always | $5 \%$ | 81 |  |

Favorable: 47\%
Q.3: During the past week, how often did you feel sad?


Favorable: 50\%
Q.5: During the past week, how often did you feel frustrated?


Favorable:
76\%

Q.2: During the past week, how often did you feel
Ionely?

| Almost never | $23 \%$ |  |  |
| ---: | :--- | :---: | :---: |
| Al | 418 |  |  |
| Once in a while | $28 \%$ |  |  |
| 501 |  |  |  |
| Sometimes | $30 \%$ | 538 |  |
| Frequently | $13 \%$ | 236 |  |
| Almost always | $6 \%$ | 105 |  |

Favorable: 51\%
Q.4: During the past week, how often did you feel worried?

| Almost never | $12 \%$ | 222 |
| ---: | :---: | :---: |
| Once in a while $22 \%$ | 402 |  |
| Sometimes | $33 \%$ | 587 |
| Frequently | $23 \%$ | 421 |
| Almost always | $9 \%$ | 168 |

Favorable: 35\%

## Emotion Regulation



How did people respond?
Q.1: When you are feeling pressured, how easily can you stay in control?


Favorable: 61\%


Favorable: 53\%
Q.5: Once you get upset, how often can you get yourself to relax?


Favorable: 58\%
Q.2: How often are you able to pull yourself out of a bad mood?

| Almost always | $14 \%$ |  | 250 |
| ---: | ---: | :--- | :--- | :--- |
| Frequently | $31 \%$ |  | 551 |
| Sometimes | $39 \%$ |  | 706 |
| Once in a while | $13 \%$ | 229 |  |

Favorable: 45\%
Q.4: How often are you able to control your emotions when you need to?


Favorable: 70\%
Q.6: When things go wrong for you, how calm are you able to remain?

| Extremely calm | 16\% | 293 |  |
| ---: | :---: | :---: | :---: |
| Quite calm | $38 \%$ |  | 678 |
| Somewhat calm | $34 \%$ |  | 621 |
| Slightly calm | $9 \%$ | 161 |  |
| Not calm at all | $3 \%$ | 48 |  |

Favorable: 54\%

## Growth Mindset

| Your average |  |  |  |
| :--- | :--- | :--- | :--- |
| 1,819 responses |  |  |  |
| District average: | $55 \%$ | Hinsdale Township High School <br> District 86 (IL) |  |

How did people respond?


Favorable: 40\%
Q.2: In school, how possible is it for you to change:
Putting forth a lot of effort


Favorable: 79\%


## Hinsdale Central High School

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Q.5: In school, how possible is it for you to change:

How easily you give up

| Completely possible 27\% to change | 496 |
| :---: | :---: |
| Quite possible to $32 \%$ change | 588 |
| Somewhat possible to $28 \%$ change | 503 |
| A little possible to $10 \%$ change | 174 |
| Not at all possible to $3 \%$ change | 51 |

Favorable: 60\%
Q.6: In school, how possible is it for you to change:

Your level of intelligence


## Positive Feelings

## Your average

Hinsdale Township High School District 86 (IL)
1,819 responses

How did people respond?
Q.1: During the past week, how often did you feel excited?

| Almost always | $14 \%$ | 252 |  |
| ---: | :---: | :---: | :---: |
| Frequently | $40 \%$ |  | 719 |
| Sometimes | $31 \%$ |  | 564 |
| Once in a while | $11 \%$ | 205 |  |
| Almost never | $3 \%$ | 59 |  |

Favorable: 85\%
Q.3: During the past week, how often did you feel loved?


Favorable: 69\%
Q.5: During the past week, how often did you feel hopeful?

| Almost always | 19\% | 348 |  |
| :---: | :---: | :---: | :---: |
| Frequently | 37\% |  | 663 |
| Sometimes | 30\% |  | 534 |
| Once in a while | 11\% | 190 |  |
| Almost never | 4\% |  |  |

Favorable: 56\%

Q.2: During the past week, how often did you feel happy?

Favorable: 66\%

## Q.4: During the past week, how often did you feel safe?

| Almost always | 46\% |  | 825 |
| ---: | :---: | :---: | :---: |
| Frequently | $39 \%$ |  | 692 |
| Sometimes | $12 \%$ | 224 |  |
| Once in a while | $2 \%$ | 35 |  |
| Almost never | $1 \%$ | 19 |  |

Favorable: 46\%

## Self-Efficacy

## How did people respond?

Q.1: How confident are you that you can complete all the work that is assigned in your classes?

| Extremely confident | $25 \%$ |  | 457 |
| ---: | :---: | :--- | :--- |
| Quite confident | $45 \%$ |  |  |
| Somewhat confident | $21 \%$ |  | 376 |
| Slightly confident | $6 \%$ | 113 |  |
| Not at all confident | $3 \%$ | 46 |  |

Favorable: 70\%


Favorable: 64\%
Q.4: How confident are you that you can do the hardest work that is assigned in your classes?

| Extremely confident | 15\% | 273 |  |
| :---: | :---: | :---: | :---: |
| Quite confident | 39\% |  | 707 |
| Somewhat confident | 32\% |  | 589 |
| Slightly confident | 10\% | 188 |  |
| Not at all confident | 3\% | 5 |  |

Favorable: 54\%
Q.5: How confident are you that you will remember what you learned in your current classes, next year?

| Extremely confident | $7 \%$ | 127 |
| ---: | ---: | :--- |
| Quite confident | $19 \%$ | 344 |
| Somewhat confident | $36 \%$ |  |
| Slightly confident | $27 \%$ |  |
| Not at all confident | $11 \%$ | 201 |

Favorable: 26\%

## Self-Management

| Your average |  |  |
| :--- | :--- | :--- | :--- |
| 1,819 responses | District average: |  |
| 7. |  |  |

## How did people respond?



Favorable: 87\%
Q.3: During the past 30 days...How often did you get your work done right away, instead of waiting until the last minute?

| Almost all the time | $15 \%$ | 274 |  |
| ---: | :---: | :---: | :---: |
| Frequently | $31 \%$ |  | 556 |
| Sometimes | $36 \%$ |  | 645 |
| Once in a while | $13 \%$ | 229 |  |
| Almost never | $6 \%$ | 104 |  |

Favorable:
46\%

## Q.5: During the past 30 days...How often did you pay

 attention and resist distractions?| Almost all the time | 18\% |  |  |
| :---: | :---: | :---: | :---: |
| Frequently | 42\% |  | 756 |
| Sometimes | 33\% |  | 600 |
| Once in a while | 6\% | 101 |  |
| Almost never | 2\% | 27 |  |

## Q.2: During the past 30 days...How often did you follow directions in class?

| Almost all the time | $53 \%$ |  | 954 |
| ---: | :---: | :---: | :---: |
| Frequently | $37 \%$ |  | 676 |
| Sometimes | $9 \%$ | 159 |  |
| Once in a while | $1 \%$ | 14 |  |
| Almost never | $0 \%$ | 6 |  |

Favorable:
90\%
Q.4: During the past 30 days...How often were you polite to adults?

Favorable: 92\%
Q.6: During the past 30 days...When you were working independently, how often did you stay focused?

| Almost all the time | $22 \%$ |  | 400 |
| ---: | ---: | :--- | :--- |
| Frequently | $46 \%$ |  | 834 |
| Sometimes | $26 \%$ |  | 468 |
| Once in a while | $4 \%$ | 72 |  |
| Almost never | $2 \%$ | 30 |  |

Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?

| Almost all the time | 27\% |  | 488 |  |
| :---: | :---: | :---: | :---: | :---: |
| Frequently | 43\% |  |  | 781 |
| Sometimes | 24\% |  | 439 |  |
| Once in a while | 4\% | 77 |  |  |
| Almost never | 1\% | \| 22 |  |  |

Favorable: 70\%
Q.9: During the past 30 days...How often were you polite to other students?

| Almost all the time | $54 \%$ |  | 964 |
| ---: | :---: | :---: | :---: |
| Frequently | $35 \%$ |  | 632 |
| Sometimes | $10 \%$ | 182 |  |
| Once in a while | $1 \%$ | 14 |  |
| Almost never | $0 \%$ | 6 |  |
|  |  |  |  |

Favorable: 89\%
Q.8: During the past 30 days...How often did you allow others to speak without interruption?


Favorable: 82\%
Q.10: During the past 30 days...How often did you keep your temper in check?


## Social Awareness

| Your average |  |  |
| :--- | :--- | :--- | :--- |
| 1,819 responses | District average: |  |
| 69\% |  |  |
| Hinsdale Township High School |  |  |
| District 86 (IL) |  |  |

How did people respond?
Q.1: During the past 30 days...How carefully did you listen to other people's points of view?


Favorable: 78\%
Q.3: During the past 30 days...How well did you get along with students who are different from you?



Favorable: 78\%
Q.4: During the past 30 days...How often did you compliment others' accomplishments?


Favorable: 70\%

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Q.5: During the past $\mathbf{3 0}$ days...How clearly were you able to describe your feelings?

| Extremely clearly | $16 \%$ | 283 |  |
| ---: | ---: | :---: | :---: |
| Quite clearly | $32 \%$ |  | 578 |
| Somewhat clearly | $35 \%$ |  | 626 |
| Slightly clearly | $14 \%$ | 250 |  |
| Not at all clearly | $4 \%$ | 70 |  |

Favorable: 48\%
Q.7: During the past 30 days...To what extent were you able to stand up for yourself without putting others down?

| A tremendous amount | $24 \%$ |  | 441 |
| ---: | ---: | :--- | :--- |
| Quite a bit | $46 \%$ |  |  |
| Somewhat | $24 \%$ |  | 432 |

Favorable: 71\%
Q.6: During the past 30 days...When others disagreed with you, how respectful were you of their views?

| Extremely respectful | $25 \%$ |  | 460 |
| ---: | :---: | :--- | :--- |
| Quite respectful | 54\% |  |  |
| Somewhat respectful | $17 \%$ |  | 315 |
| Slightly respectful | $2 \%$ | 36 |  |
| Not at all respectful | $1 \%$ | 17 |  |

Favorable: 80\%
Q.8: During the past 30 days...To what extent were you able to disagree with others without starting an argument?


## Supportive Relationships



How did people respond?
Q.1: Do you have a teacher or other adult from school who you can count on to help you, no matter what?

| Yes $76 \%$ |  | 1373 |
| :--- | :--- | :--- |
| No 24\% | 423 |  |

Favorable: 76\%
Q.3: Do you have a friend from school who you can count on to help you, no matter what?

| Yes $91 \%$ |  | 1629 |
| :--- | :--- | :--- |
| No $9 \%$ | 165 |  |

Favorable: 91\%
Q.5: Do you have a family member or other adult outside of school who you can be completely yourself around?


Favorable: 92\%
Q.2: Do you have a family member or other adult outside of school who you can count on to help you, no matter what?


Favorable: 93\%
Q.4: Do you have a teacher or other adult from school who you can be completely yourself around?

| Yes 70\% |  | 1259 |
| ---: | :--- | :--- |
| No 30\% | 540 |  |
|  |  | Favorable: $70 \%$ |

Q.6: Do you have a friend from school who you can be completely yourself around?

| Yes 93\% |  | 1674 |
| :---: | :---: | :---: |
| No $7 \%$ | 122 |  |
|  |  | Favorable: $93 \%$ |

Favorable: 93\%

## Background Questions

How did people respond?
Q.1: What school do you attend?

| Hinsdale Central 100\% |
| :--- |
| Hinsdale South 0\% |
| H | 4



## Q.2: What is your gender?

| Female $51 \%$ | 910 |
| ---: | ---: | ---: |
| Male $49 \%$ | 861 |

Q.4: Please indicate the primary language you speak at home. (Please indicate only one.)

| Chinese | 3\% | \| 46 |  |
| :---: | :---: | :---: | :---: |
| English | 81\% |  | 1452 |
| French | 0\% | 3 |  |
| German | 0\% | 4 |  |
| Italian | 0\% | 7 |  |
| Korean | 0\% | 4 |  |
| Russian | 0\% | 8 |  |
| Spanish | 2\% | \| 29 |  |
| Tagalog | 0\% | 7 |  |
| Vietnamese | 0\% | 4 |  |
| Other/multiple languages | 13\% | 235 |  |

