## PANORAMA

## Hinsdale Central High School

## Grades 6-12

Fall 2021

Hinsdale Central High School
Fall 2021 District 86 Social-Emotional Learning: Student Competency \& Well-Being Measures

## Summary

Topic Description Results Comparison

## Challenging Feelings

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

## 56\%

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

## Emotion Regulation <br> How well students regulate their emotions <br> 58\% <br> 54\% Hinsdale Township High <br> School District 86 (IL)

## Growth Mindset

Student perceptions of whether they have the potential to change 61\%

59\% Hinsdale Township High
School District 86 (IL) those factors that are central to their performance in school.

## Positive Feelings

How frequently students feel positive emotions.

## Self-Efficacy

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

## 65\%

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

## Self-Management

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

56\% Hinsdale Township High School District 86 (IL) bins.

## Social Awareness

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

## 82\%

79\%
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 | $16 \%$ |  | 81 |
| ---: | :---: | :--- | :---: |
| Once in a while | $35 \%$ |  | 182 |
| Sometimes | $32 \%$ |  | 166 |
| Frequently | $15 \%$ |  | 80 |
| Almost always | $2 \%$ | 11 |  |

Favorable: 51\%
Q.3: During the past week, how often did you feel sad?


Favorable: 58\%
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 onely?

| Almost never | 30\% |  | 154 |
| ---: | ---: | :---: | :---: |
| Once in a while | $31 \%$ |  | 161 |
| Sometimes | $25 \%$ |  | 130 |
| Frequently | $11 \%$ | 58 |  |
| Almost always | $3 \%$ | 15 |  |

Favorable: 61\%
Q.4: During the past week, how often did you feel worried?


Favorable: 34\%

## Emotion Regulation



## How did people respond?



Favorable: 63\%


Favorable: 49\%
Q.2: How often are you able to pull yourself out of a bad mood?

| Almost always | $15 \%$ |  | 76 |
| ---: | :--- | :--- | :--- |
| Frequently | $31 \%$ |  | 158 |
| Sometimes | $41 \%$ |  | 211 |
| Once in a while | $11 \%$ | 58 |  |
| Almost never | $3 \%$ | 15 |  |

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

| Almost always | $29 \%$ |  | 151 |  |
| ---: | :--- | :--- | :--- | :--- |
| Frequently | $43 \%$ |  | 225 |  |
| Sometimes | $22 \%$ |  | 116 |  |
| Once in a while | $5 \%$ | 25 |  |  |
| Almost never | $0 \%$ | 2 |  |  |

Favorable: 72\%
Q.6: When things go wrong for you, how calm are you able to remain?


Favorable: 57\%

## Growth Mindset

| Your average |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
| 523 responses |  |  |  |
| District average: | $59 \%$ | Hinsdale Township High School <br> District 86 (IL) |  |

## How did people respond?



Favorable: 47\%
Favorable: $\mathbf{4 7 \%}$

## Q.3: In school, how possible is it for you to change: Behaving well in class




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

How easily you give up


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

Your level of intelligence


## Positive Feelings

## Your average

# District average: 63\% 

Hinsdale Township High School District 86 (IL)
523 responses

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


Favorable: 83\%
Q.3: During the past week, how often did you feel loved?

| Almost always | $32 \%$ |  | 165 |
| ---: | :---: | :---: | :---: |
| Frequently | $39 \%$ | 102 |  |
| Sometimes | $19 \%$ | 100 |  |
| Once in a while | $7 \%$ | 34 |  |
| Almost never | $3 \%$ | 13 |  |

Favorable: 71\%

## 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?


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


Favorable: 57\%

## Self-Efficacy

## Your average

## How did people respond?

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


Favorable: 72\%
Q.3: How confident are you that you can learn all the material presented in your classes?

| Extremely confident | $16 \%$ |  | 8 |
| ---: | ---: | :--- | :--- |
| Quite confident | $54 \%$ |  |  |
| Somewhat confident | $26 \%$ |  | 133 |
| Slightly confident | $4 \%$ | 18 |  |
| Not at all confident | $1 \%$ | 4 |  |

Favorable: 70\%
Q.5: How confident are you that you will remember what you learned in your current classes, next year?


Favorable: 30\%
Q.4: How confident are you that you can do the hardest work that is assigned in your classes?

| Extremely confident | 17\% | 86 |  |
| :---: | :---: | :---: | :---: |
| Quite confident | 39\% |  | 201 |
| Somewhat confident | 34\% |  | 175 |
| Slightly confident | 10\% | 50 |  |
| Not at all confident | 2\% |  |  |

Favorable: 55\%
Q.2: When complicated ideas are presented in class, how confident are you that you can understand them?

| Extremely confident | $8 \%$ |  | 43 |
| ---: | ---: | :--- | :---: |
| Quite confident | $40 \%$ |  | 207 |
| Somewhat confident | $43 \%$ |  | 222 |
| Slightly confident | $8 \%$ | 43 |  |
| Not at all confident | $1 \%$ | 4 |  |

Favorable: 48\%

## Self-Management

## Your average

82\%
District average:
Hinsdale Township High School District 86 (IL)

How did people respond?
Q.1: During the past 30 days...How often did you come to class prepared?

| Almost all the time | $66 \%$ |  | 347 |
| ---: | ---: | :--- | :--- |
| Frequently | $28 \%$ |  | 145 |
| Sometimes | $5 \%$ | 26 |  |
| Once in a while | $1 \%$ | 3 |  |
| Almost never | $0 \%$ | 1 | Favorable: $94 \%$ |

Favorable: 94\%
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 | $17 \%$ |  | 88 |
| ---: | :---: | :--- | :--- |
| Frequently | $34 \%$ |  | 180 |
| Sometimes | $37 \%$ |  | 191 |
| Once in a while | $11 \%$ |  | 57 |
| Almost never | $1 \%$ | 6 |  |

Favorable: 51\%
Q.5: During the past 30 days...How often did you pay attention and resist distractions?


Favorable: 63\%

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

| Almost all the time | $60 \%$ |  | 313 |
| ---: | ---: | :--- | :--- |
| Frequently | $36 \%$ |  | 190 |
| Sometimes | $3 \%$ | 17 |  |
| Once in a while | $1 \%$ | 3 |  |
| Almost never | $0 \%$ | 0 |  |

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

| Almost all the time | $77 \%$ |  |  |
| ---: | :---: | :---: | :---: |
| Frequently | $21 \%$ |  | 108 |
| Sometimes | $2 \%$ | 11 |  |
| Once in a while | $0 \%$ | 1 |  |
| Almost never | $0 \%$ | 0 |  |

Favorable: 98\%
Q.6: During the past 30 days...When you were working independently, how often did you stay focused?

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

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

| Almost all the time | $37 \%$ |  | 191 |
| ---: | :---: | :--- | :--- |
| Frequently | $50 \%$ |  | 261 |
| Sometimes | $12 \%$ |  | 61 |

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

| Almost all the time | $57 \%$ |  | 295 |
| ---: | :---: | :---: | :---: |
| Frequently | $37 \%$ |  | 195 |
| Sometimes | $6 \%$ | 29 |  |
| Once in a while | $1 \%$ | 3 |  |
| Almost never | $0 \%$ | 0 |  |

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

| Almost all the time | $53 \%$ |  | 275 |
| ---: | :---: | :---: | :---: |
| Frequently | $35 \%$ |  | 181 |
| Sometimes | $10 \%$ | 50 |  |
| Once in a while | $2 \%$ | 11 |  |
| Almost never | $0 \%$ | 1 |  |

## Social Awareness

| Your average |  |  |
| :--- | :--- | :--- | :--- |
|  |  |  |
| 523 responses | District average: |  |

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

| Extremely carefully | $18 \%$ |  | 93 |
| ---: | ---: | :--- | :--- |
| Quite carefully | $61 \%$ |  |  |
| Somewhat carefully | $19 \%$ |  | 99 |
| Slightly carefully | $2 \%$ | 8 |  |
| Not carefully at all | $1 \%$ | 4 |  |

Favorable: 79\%
Q.3: During the past 30 days...How well did you get along with students who are different from you?

all
Q.2: During the past 30 days...How much did you care about other people's feelings?


Favorable: 81\%
Q.4: During the past 30 days...How often did you compliment others' accomplishments?


Favorable: 74\%

## Hinsdale Central High School

Fall 2021 District 86 Social-Emotional Learning: Student Competency \& Well-Being Measures
Q.5: During the past $\mathbf{3 0}$ days...How clearly were you able to describe your feelings?

| Extremely clearly | $11 \%$ | 57 |  |
| ---: | :---: | :--- | :--- |
| Quite clearly | $37 \%$ |  | 195 |
| Somewhat clearly | $34 \%$ | 180 |  |
| Slightly clearly | $13 \%$ | 67 |  |
| Not at all clearly | $4 \%$ | 23 |  |

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 | $21 \%$ |  | 112 |  |
| ---: | ---: | :--- | :--- | :--- |
| Quite a bit | $53 \%$ |  |  | 276 |
| Somewhat | $21 \%$ |  | 110 |  |
| A little bit | $3 \%$ | 15 |  |  |
| Not at all | $2 \%$ | 8 |  |  |

Q.6: During the past $\mathbf{3 0}$ days...When others disagreed with you, how respectful were you of their views?

| Extremely respectful | $21 \%$ |  | 112 |
| ---: | :---: | :---: | :---: |
| Quite respectful | $64 \%$ |  |  |
| Somewhat respectful | $11 \%$ |  | 60 |
| Slightly respectful | $3 \%$ | \|l 16 |  |
| Not at all respectful | $0 \%$ | 2 |  |
|  |  |  | Favorable: 85\% |

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

| A tremendous amount | $22 \%$ |  | 115 |
| ---: | ---: | :--- | :--- |
| Quite a bit | 49\% |  |  |
| Somewhat | $22 \%$ |  | 114 |

## Supportive Relationships

| Your average |  |  |  |
| :--- | :--- | :--- | :--- |
| 523 responses | District average: | $\mathbf{8 4 \%}$ | Hinsdale Township High School <br> District 86 (IL) |
| 80 |  |  |  |

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 $74 \%$ |  |
| :--- | :--- |
| No $26 \%$ | 136 |

Favorable: 74\%
Q.3: Do you have a friend from school who you can count on to help you, no matter what?

| Yes $89 \%$ |  | 465 |
| :--- | :--- | :--- | :--- |
| No $11 \%$ | 55 |  |

Favorable: 89\%
Q.5: Do you have a family member or other adult outside of school who you can be completely yourself around?


484

Favorable: 93\%
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?

| Yes $96 \%$ |  | 498 |
| :--- | ---: | :--- |
| No $4 \%$ | 21 |  |

Favorable: 96\%
Q.4: Do you have a teacher or other adult from school who you can be completely yourself around?


Favorable: 62\%
Q.6: Do you have a friend from school who you can be completely yourself around?


Favorable: 93\%

## Background Questions

How did people respond?

Q.2: What is your gender?

| Female 49\% |  | 251 |
| ---: | ---: | ---: |
| Male 48\% |  | 247 |

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

| Chinese | $3 \%$ | 14 |  |
| ---: | ---: | :--- | :--- |
| English | $80 \%$ |  | 413 |
| French | $0 \%$ | 0 |  |
| German | $0 \%$ | 2 |  |
| Italian | $0 \%$ | 2 |  |
| Korean | $0 \%$ | 0 |  |
| Russian | $0 \%$ | 1 |  |
| Spanish | $2 \%$ | 8 |  |
| Tagalog | $1 \%$ | 3 |  |
| Vietnamese | $0 \%$ | 0 |  |
| Other/multiple | $15 \%$ | 76 |  |
| languages |  |  |  |

