



Hinsdale Central High School

Grades 6-13
Spring 2025



Report created by
Panorama Education



Summary

Topic Description	Results	Comparison
Challenging Feelings How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.	52%	51% Hinsdale Township High School District 86 (IL)
Emotion Regulation How well students regulate their emotions.	60%	57% 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.	27%	29% Hinsdale Township High School District 86 (IL)
Positive Feelings How frequently students feel positive emotions.	70%	67% Hinsdale Township High School District 86 (IL)
Self-Efficacy How much students believe they can succeed in achieving academic outcomes.	48%	48% Hinsdale Township High School District 86 (IL)
Self-Management How well students manage their emotions, thoughts, and behaviors in different situations.	76%	75% Hinsdale Township High School District 86 (IL)
Social Awareness How well students consider the perspectives of others and empathize with them.	71%	68% Hinsdale Township High School District 86 (IL)
Supportive Relationships How supported students feel through their relationships with friends, family, and adults at school.	91%	90% Hinsdale Township High School District 86 (IL)

1,908 responses



Challenging Feelings

Your average

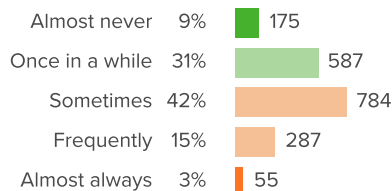
52%

1,908 responses

District average: **51%** Hinsdale Township High School
District 86 (IL)

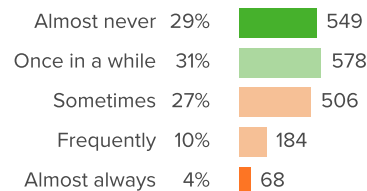
How did people respond?

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



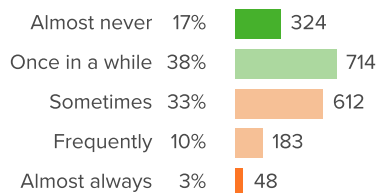
Favorable: **40%**

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



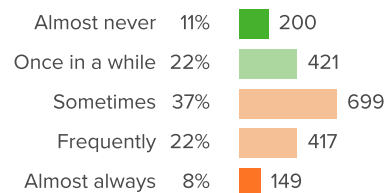
Favorable: **60%**

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



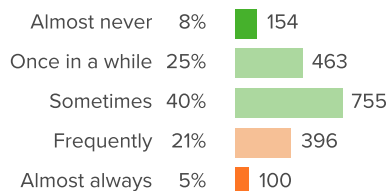
Favorable: **55%**

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



Favorable: **33%**

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



Favorable: **73%**



Emotion Regulation

Your average

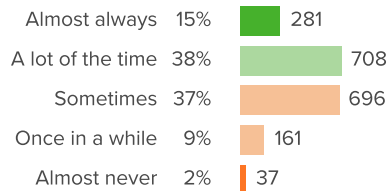
60%

1,908 responses

District average: **57%** Hinsdale Township High School
District 86 (IL)

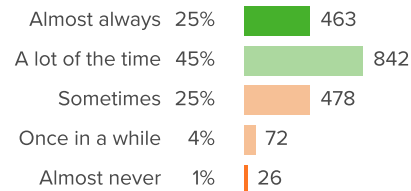
How did people respond?

Q.1: How often are you able to pull yourself out of a bad mood?



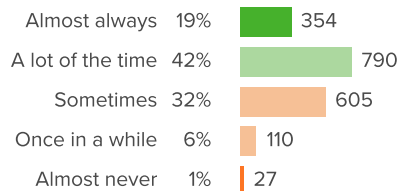
Favorable: **53%**

Q.2: How often are you able to control your emotions when you need to?



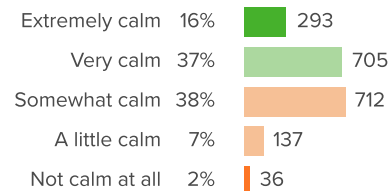
Favorable: **69%**

Q.3: When you get upset, how often can you get yourself to relax?



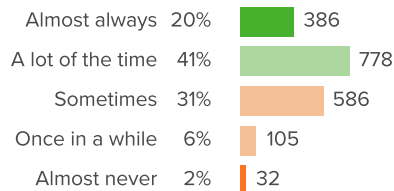
Favorable: **61%**

Q.4: When things go wrong for you, how calm are you able to stay?



Favorable: **53%**

Q.5: When you get upset, how often do you stop to think before you act?



Favorable: **62%**



Growth Mindset

Your average

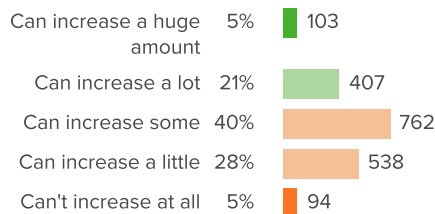
27%

1,908 responses

District average: **29%** Hinsdale Township High School
District 86 (IL)

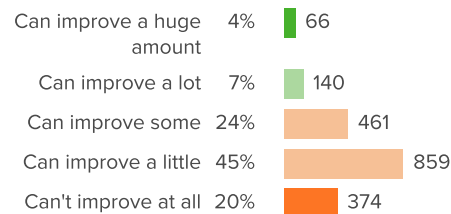
How did people respond?

Q.1: How much can you increase the effort you give in school?



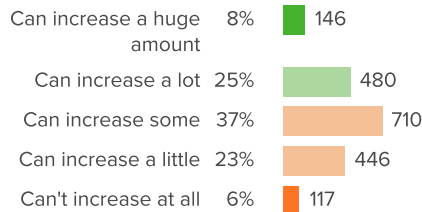
Favorable: **27%**

Q.2: How much can you improve your behavior in school?



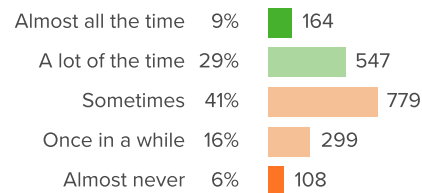
Favorable: **11%**

Q.3: How much can you increase how smart you are?



Favorable: **33%**

Q.4: When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?



Favorable: **37%**



Positive Feelings

Your average

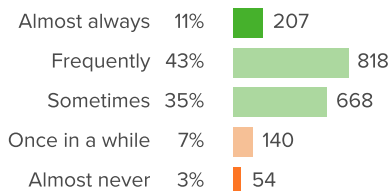
70%

1,908 responses

District average: **67%** Hinsdale Township High School
District 86 (IL)

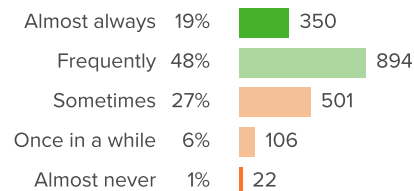
How did people respond?

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



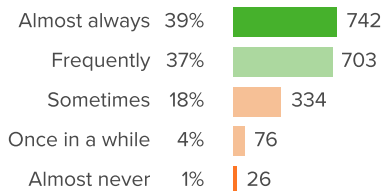
Favorable: **90%**

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



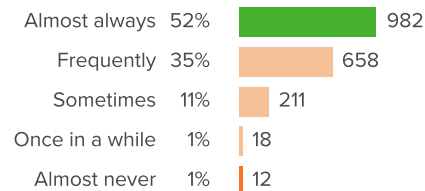
Favorable: **66%**

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



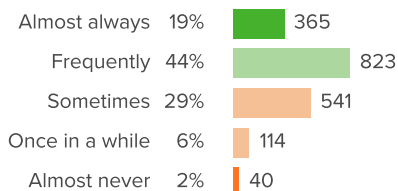
Favorable: **77%**

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



Favorable: **52%**

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



Favorable: **63%**



Self-Efficacy

Your average

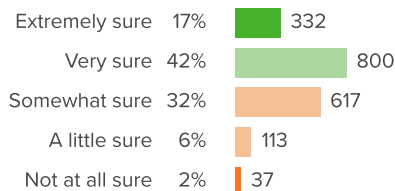
48%

1,908 responses

District average: **48%** Hinsdale Township High School
District 86 (IL)

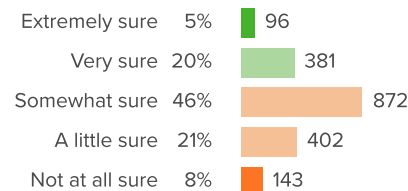
How did people respond?

Q.1: How sure are you that you can complete all the schoolwork that is given to you?



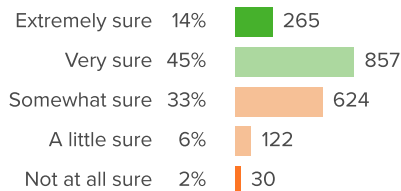
Favorable: **60%**

Q.2: How sure are you that you will remember what you learned in your current classes, next year?



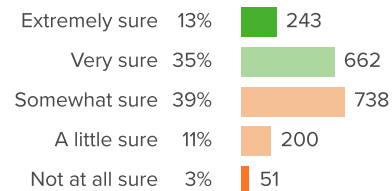
Favorable: **25%**

Q.3: How sure are you that you can learn all the subjects taught in your classes?



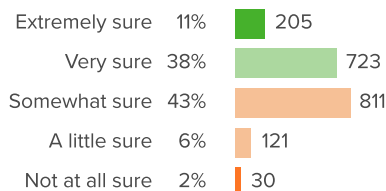
Favorable: **59%**

Q.4: How sure are you that you can do the hardest schoolwork that is given to you?



Favorable: **48%**

Q.5: When complicated ideas are discussed in class, how sure are you that you can understand them?



Favorable: **49%**



Self-Management

Your average

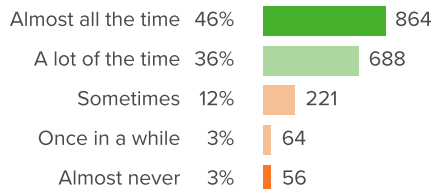
76%

1,908 responses

District average: **75%** Hinsdale Township High School District 86 (IL)

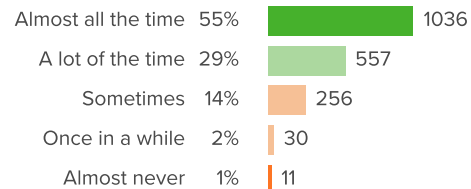
How did people respond?

Q.1: During the past two weeks, how often did you allow others to speak without interrupting them?



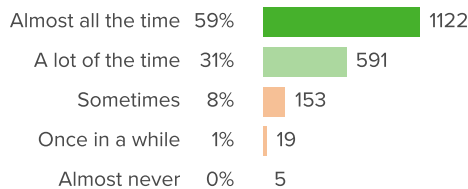
Favorable: **82%**

Q.2: During the past two weeks, how often did you come to class prepared?



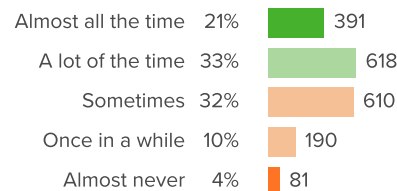
Favorable: **84%**

Q.3: During the past two weeks, how often did you follow directions in class?



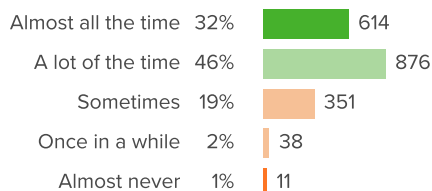
Favorable: **91%**

Q.4: During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?



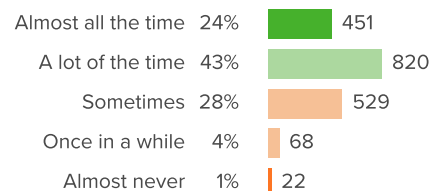
Favorable: **53%**

Q.5: During the past two weeks, how often did you pay attention in class?



Favorable: **79%**

Q.6: During the past two weeks, when you were working on your own, how often did you stay focused?



Favorable: **67%**



Social Awareness

Your average

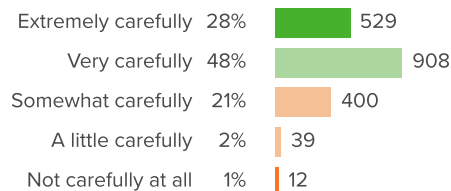
71%

1,908 responses

District average: 68% Hinsdale Township High School District 86 (IL)

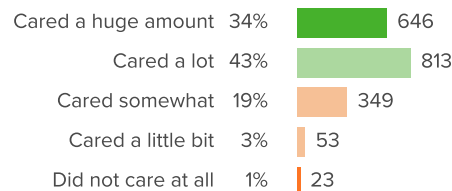
How did people respond?

Q.1: During the past two weeks, how carefully did you listen to other people's opinions?



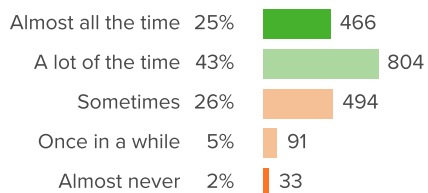
Favorable: 76%

Q.2: During the past two weeks, how much did you care about other people's feelings?



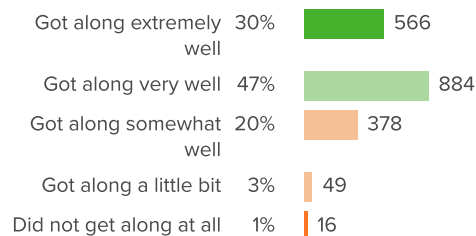
Favorable: 77%

Q.3: During the past two weeks, how often did you compliment others' accomplishments?



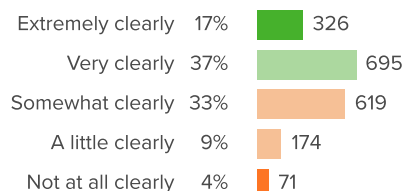
Favorable: 67%

Q.4: During the past two weeks, how well did you get along with students who are different from you?



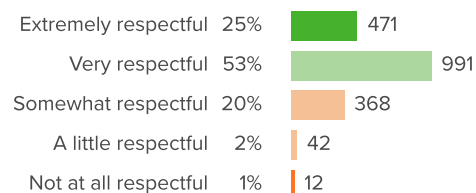
Favorable: 77%

Q.5: During the past two weeks, how clearly were you able to describe your feelings?



Favorable: 54%

Q.6: During the past two weeks, when others did not agree with you, how respectful were you of their opinions?



Favorable: 78%

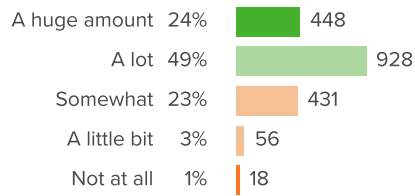


Hinsdale Central High School

"Spring 2025 District 86 Social-Emotional Learning: Student Competency & Well-Being Measures Survey - Spring 2025, Grades 6-13"

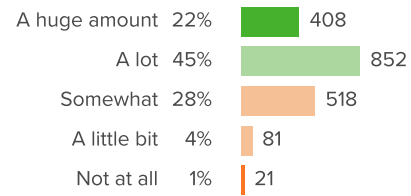


Q.7: During the past two weeks, how much were you able to stand up for yourself without putting others down?



Favorable: **73%**

Q.8: During the past two weeks, how much were you able to disagree with others without starting an argument?



Favorable: **67%**



Supportive Relationships

Your average

91%

1,908 responses

District average: **90%** Hinsdale Township High School
District 86 (IL)

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 85% 1608
No 15% 273

Favorable: **85%**

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% 1798
No 4% 78

Favorable: **96%**

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

Yes 93% 1748
No 7% 134

Favorable: **93%**

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

Yes 80% 1512
No 20% 367

Favorable: **80%**

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

Yes 94% 1767
No 6% 115

Favorable: **94%**

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

Yes 95% 1784
No 5% 94

Favorable: **95%**