



# Dublin City Schools

Grades 6-12  
Student Fall 2025



Report created by  
Panorama Education



# Summary

Topic Description	Results	Benchmark
E+R=O	39%	
<b>Emotion Regulation</b> How well students regulate their emotions.	56% ▲ 3 since last survey	 80th - 99th percentile compared to others nationally
<b>Healthy Behaviors</b>	36% ▲ 8 since last survey	
<b>Perseverance</b> How well students are able to persevere through setbacks to achieve important goals.	64%	 80th - 99th percentile compared to others nationally
<b>Self-Efficacy</b> How much students believe they can succeed in achieving academic outcomes.	52% ▼ 5 since last survey	 60th - 79th percentile compared to others nationally
<b>Supportive relationships</b>	89% 0 since last survey	 60th - 79th percentile compared to others nationally

7,976 responses



# E+R=O

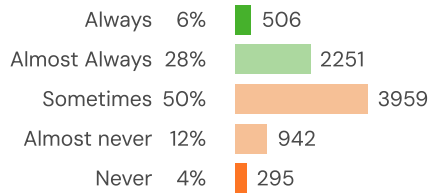
Your average

# 39%

7,976 responses

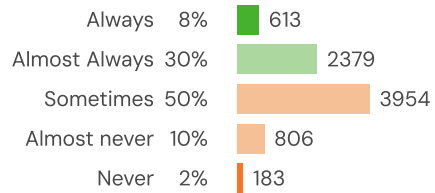
## How did people respond?

**Q.1: How often do you consciously try to "press pause" before reacting to something?**



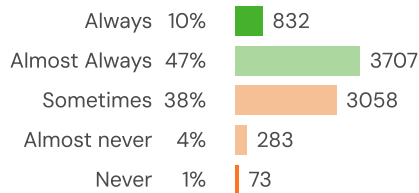
Favorable: **35%**

**Q.2: How often are you able to change a negative thought into a productive and positive thought?**



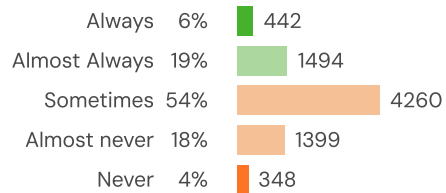
Favorable: **38%**

**Q.3: In school, how easy is it for you to adjust and adapt when things don't go your way?**



Favorable: **57%**

**Q.4: In school, how much do your responses to events impact others?**



Favorable: **24%**



# Emotion Regulation

Your average

# 56%

7,976 responses

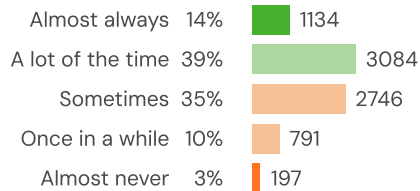
Change

# ▲ 3

since last survey

## How did people respond?

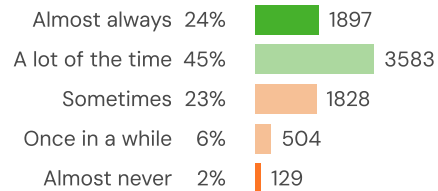
### Q.1: How often are you able to pull yourself out of a bad mood?



▲ 5 from last survey

Favorable: **53%**

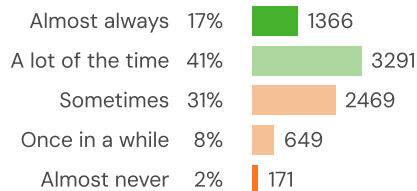
### Q.2: How often are you able to control your emotions when you need to?



▲ 4 from last survey

Favorable: **69%**

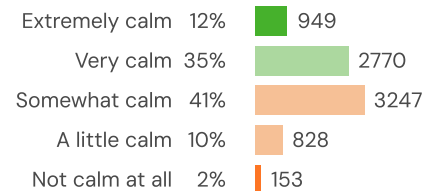
### Q.3: When you get upset, how often can you get yourself to relax?



▲ 3 from last survey

Favorable: **59%**

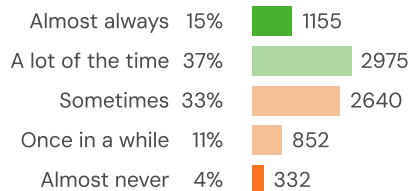
### Q.4: When things go wrong for you, how calm are you able to stay?



▼ 1 from last survey

Favorable: **47%**

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



Favorable: **52%**



# Healthy Behaviors

Your average

# 36%

7,976 responses

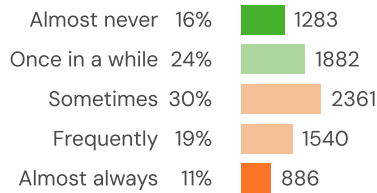
Change

# ▲ 8

since last survey

## How did people respond?

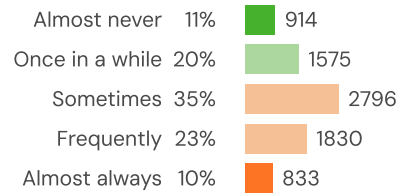
### Q.1: How often do you worry about what other students think of you?



▲ 3 from last survey

Favorable: **40%**

### Q.2: How often do you worry about things outside of school?



▲ 1 from last survey

Favorable: **31%**



# Perseverance

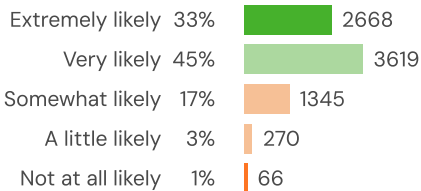
Your average

# 64%

7,976 responses

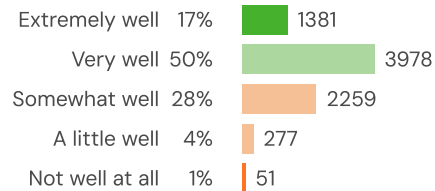
## How did people respond?

**Q.1: If you fail at something that is important to you, how likely are you to try again?**



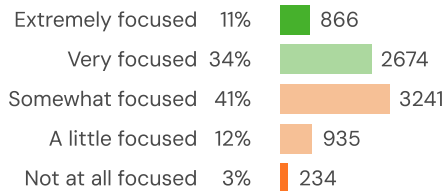
Favorable: **79%**

**Q.2: How well can you keep working to reach your goals if problems come up?**



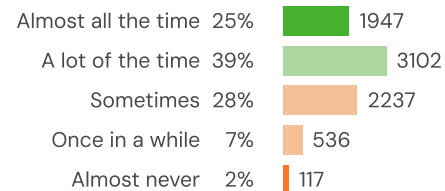
Favorable: **67%**

**Q.3: When you are working on something that matters to you and there are distractions, how focused can you stay?**



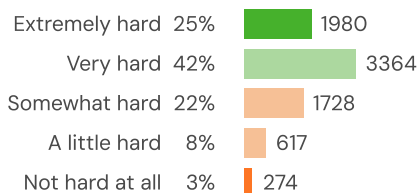
Favorable: **45%**

**Q.4: How often do you get your work done, even when you don't feel like doing it?**



Favorable: **64%**

**Q.5: How hard do you work to keep your promises, even if they are hard to keep?**



Favorable: **67%**



# Self-Efficacy

Your average

# 52%

7,976 responses

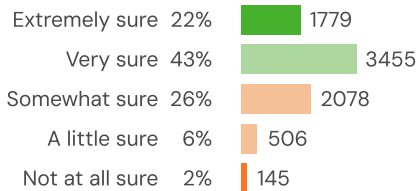
Change

# ▼ 5

since last survey

## How did people respond?

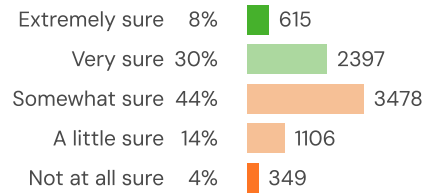
### Q.1: How sure are you that you can complete all the schoolwork that is given to you?



▼ 5 from last survey

Favorable: **66%**

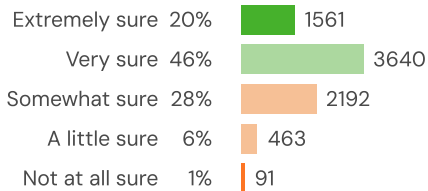
### Q.2: How sure are you that you will remember what you learned in your current classes, next year?



▲ 2 from last survey

Favorable: **38%**

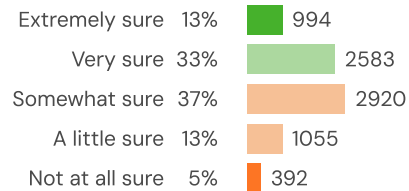
### Q.3: How sure are you that you can learn all the subjects taught in your classes?



▼ 1 from last survey

Favorable: **65%**

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

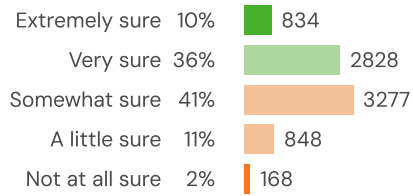


▼ 9 from last survey

Favorable: **45%**



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



▼ 14 from last survey

Favorable: **46%**



# Supportive relationships

Your average

# 89%

7,976 responses

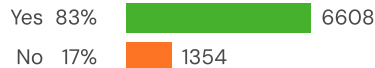
Change

# 0

since last survey

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?**



▼ 1 from last survey

Favorable: **83%**

**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?**



▲ 1 from last survey

Favorable: **96%**

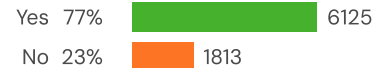
**Q.3: Do you have a friend from school who you can count on to help you, no matter what?**



▲ 0 from last survey

Favorable: **91%**

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



▲ 1 from last survey

Favorable: **77%**

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



▲ 1 from last survey

Favorable: **94%**

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



▲ 0 from last survey

Favorable: **93%**