



Hudson High School

Grades 6-12
Spring 2022



Report created by
Panorama Education



Summary

Topic Description	Results	Comparison
<p>Challenging Feelings</p> <p>How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.</p>	<p>51%</p> <p>▼1 since last survey</p>	<p>55% Hudson City School District</p>
<p>Emotion Regulation</p> <p>How well students regulate their emotions.</p>	<p>50%</p> <p>▼1 since last survey</p>	<p>51% Hudson City School District</p>
<p>Growth Mindset</p> <p>Student perceptions of whether they have the potential to change those factors that are central to their performance in school.</p>	<p>55%</p> <p>▼3 since last survey</p>	<p>58% Hudson City School District</p>
<p>Positive Feelings</p> <p>How frequently students feel positive emotions.</p>	<p>63%</p> <p>0 since last survey</p>	<p>65% Hudson City School District</p>
<p>Social Awareness</p> <p>How well students consider the perspectives of others and empathize with them.</p>	<p>67%</p> <p>▼2 since last survey</p>	<p>68% Hudson City School District</p>
<p>Supportive Relationships</p> <p>How supported students feel through their relationships with friends, family, and adults at school.</p>	<p>88%</p> <p>▲1 since last survey</p>	<p>87% Hudson City School District</p>

1,089 responses



Challenging Feelings

Your average

51%

1,089 responses

Change

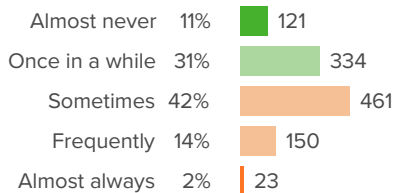
▼ **1**

since last survey

District average: **55%** Hudson City School District

How did people respond?

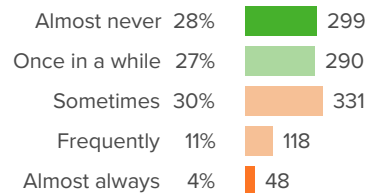
Q.1: During the past week, how often did you feel angry?



▼ **3** from last survey

Favorable: **42%**

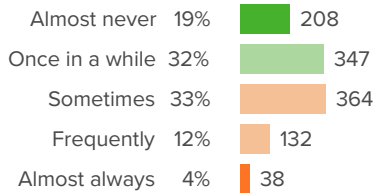
Q.2: During the past week, how often did you feel lonely?



▼ **3** from last survey

Favorable: **54%**

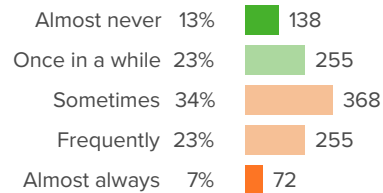
Q.3: During the past week, how often did you feel sad?



▼ **2** from last survey

Favorable: **51%**

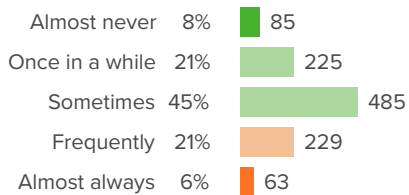
Q.4: During the past week, how often did you feel worried?



▲ **0** from last survey

Favorable: **36%**

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



▲ **2** from last survey

Favorable: **73%**



Emotion Regulation

Your average

50%

1,089 responses

Change

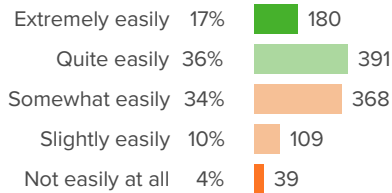
▼ **1**

since last survey

District average: **51%** Hudson City School District

How did people respond?

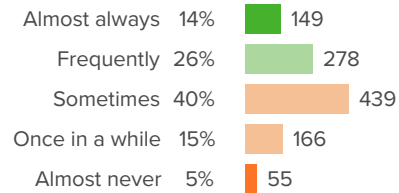
Q.1: When you are feeling pressured, how easily can you stay in control?



▼ **1** from last survey

Favorable: **53%**

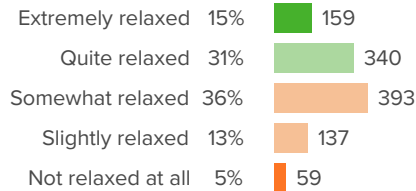
Q.2: How often are you able to pull yourself out of a bad mood?



▲ **2** from last survey

Favorable: **39%**

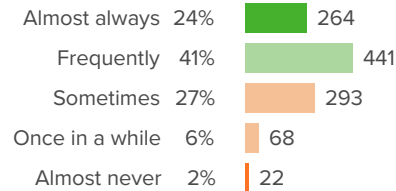
Q.3: When everybody around you gets angry, how relaxed can you stay?



▲ **0** from last survey

Favorable: **46%**

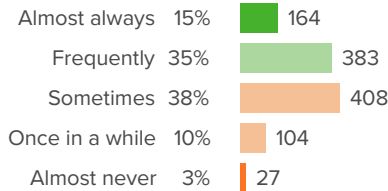
Q.4: How often are you able to control your emotions when you need to?



▼ **3** from last survey

Favorable: **65%**

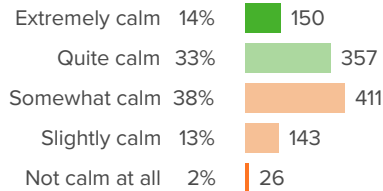
Q.5: Once you get upset, how often can you get yourself to relax?



▼ **4** from last survey

Favorable: **50%**

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



▲ **1** from last survey

Favorable: **47%**



Growth Mindset

Your average

55%

1,089 responses

Change

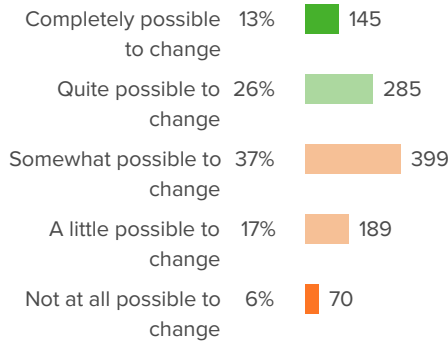
▼ **3**

since last survey

District average: **58%** Hudson City School District

How did people respond?

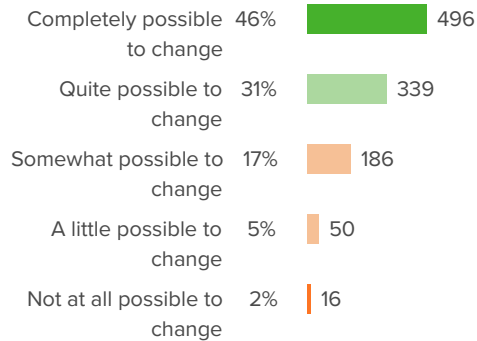
Q.1: In school, how possible is it for you to change: Being talented



▼ **2** from last survey

Favorable: **40%**

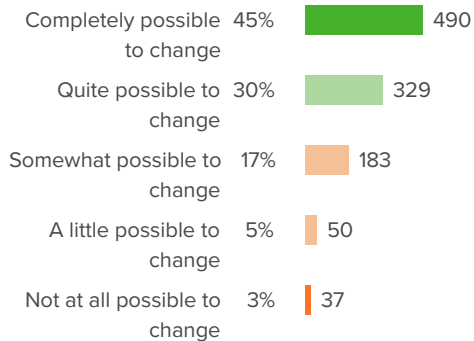
Q.2: In school, how possible is it for you to change: Putting forth a lot of effort



▼ **4** from last survey

Favorable: **77%**

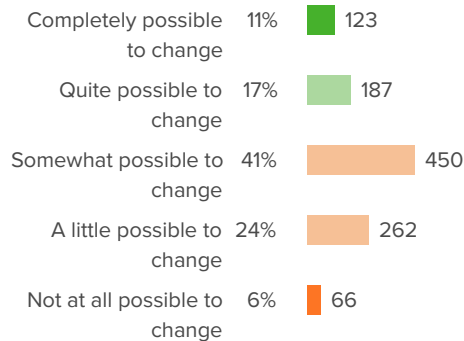
Q.3: In school, how possible is it for you to change: Behaving well in class



▼ **4** from last survey

Favorable: **75%**

Q.4: In school, how possible is it for you to change: Liking the subject

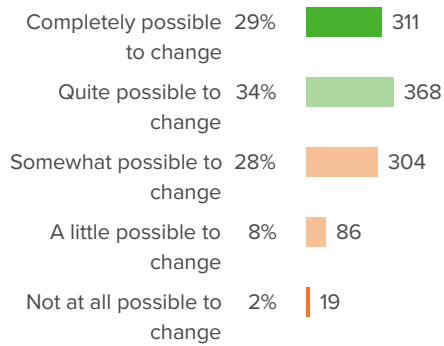


▼ **1** from last survey

Favorable: **28%**



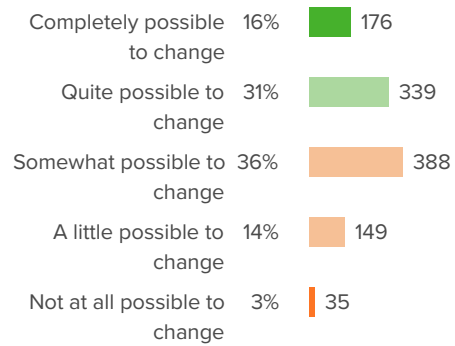
**Q.5: In school, how possible is it for you to change:
How easily you give up**



▼ **2** from last survey

Favorable: **62%**

**Q.6: In school, how possible is it for you to change:
Your level of intelligence**



▼ **7** from last survey

Favorable: **47%**



Positive Feelings

Your average

63%

1,089 responses

Change

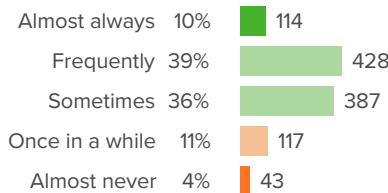
0

since last survey

District average: **65%** Hudson City School District

How did people respond?

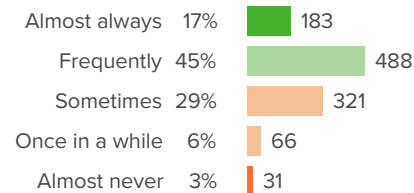
Q.1: During the past week, how often did you feel excited?



▲ 2 from last survey

Favorable: **85%**

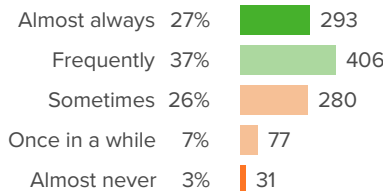
Q.2: During the past week, how often did you feel happy?



▲ 0 from last survey

Favorable: **62%**

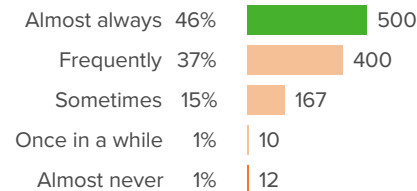
Q.3: During the past week, how often did you feel loved?



▼ 3 from last survey

Favorable: **64%**

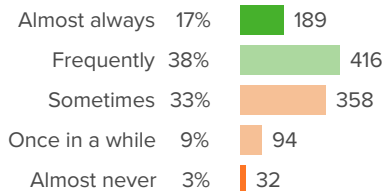
Q.4: During the past week, how often did you feel safe?



▼ 3 from last survey

Favorable: **46%**

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



▲ 1 from last survey

Favorable: **56%**



Social Awareness

Your average

67%

1,089 responses

Change

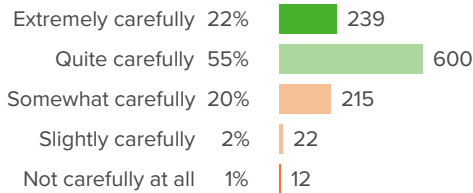
▼ **2**

since last survey

District average: **68%** Hudson City School District

How did people respond?

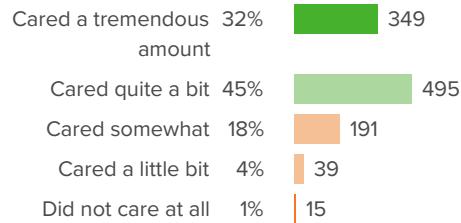
Q.1: During the past 30 days...How carefully did you listen to other people's points of view?



▼ **2** from last survey

Favorable: **77%**

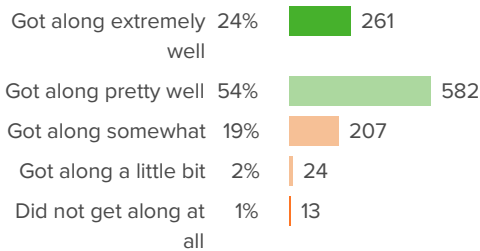
Q.2: During the past 30 days...How much did you care about other people's feelings?



▼ **4** from last survey

Favorable: **78%**

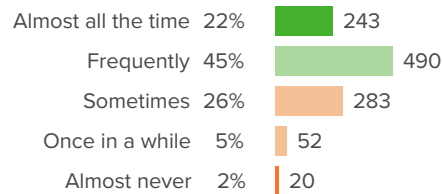
Q.3: During the past 30 days...How well did you get along with students who are different from you?



▼ **2** from last survey

Favorable: **78%**

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

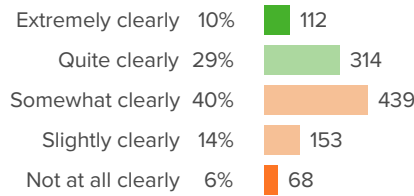


▼ **5** from last survey

Favorable: **67%**



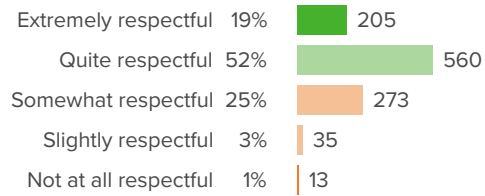
Q.5: During the past 30 days...How clearly were you able to describe your feelings?



▲ 2 from last survey

Favorable: **39%**

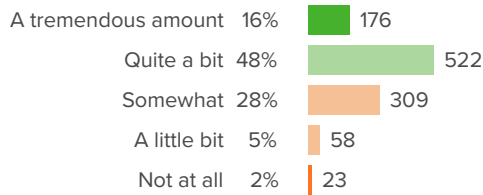
Q.6: During the past 30 days...When others disagreed with you, how respectful were you of their views?



▼ 4 from last survey

Favorable: **70%**

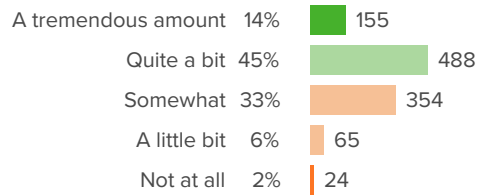
Q.7: During the past 30 days...To what extent were you able to stand up for yourself without putting others down?



▼ 2 from last survey

Favorable: **64%**

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



▼ 1 from last survey

Favorable: **59%**



Supportive Relationships

Your average

88%

1,089 responses

Change

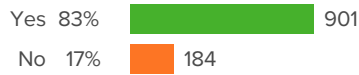
▲ 1

since last survey

District average: **87%** Hudson City School District

How did people respond?

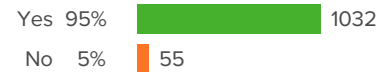
Q.1: Do you have a teacher or other adult from school who you can count on to help you, no matter what?



▲ 4 from last survey

Favorable: **83%**

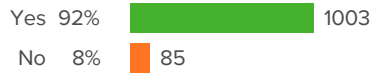
Q.2: Do you have a family member or other adult outside of school who you can count on to help you, no matter what?



▲ 1 from last survey

Favorable: **95%**

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: **92%**

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



▲ 5 from last survey

Favorable: **74%**

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



▲ 0 from last survey

Favorable: **92%**

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



▲ 0 from last survey

Favorable: **94%**