



Beach Cities Health District

Grades 6-12
Winter 2020-2021



Report created by
Panorama Education



Summary

Topic Description	Results	Benchmark
<p>Challenging Feelings</p> <p>How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.</p>	<p>51%</p>	 <p>40th - 59th percentile compared to others nationally</p>
<p>Emotion Regulation</p> <p>How well students regulate their emotions.</p>	<p>54%</p>	 <p>80th - 99th percentile compared to others nationally</p>
<p>Positive Feelings</p> <p>How frequently students feel positive emotions.</p>	<p>62%</p>	 <p>60th - 79th percentile compared to others nationally</p>
<p>Self-Management</p> <p>How well students manage their emotions, thoughts, and behaviors in different situations.</p>	<p>79%</p>	 <p>80th - 99th percentile compared to others nationally</p>

6,327 responses



Challenging Feelings

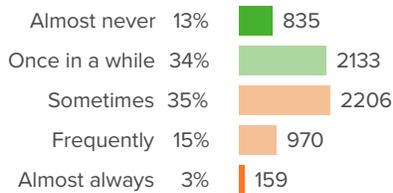
Your average

51%

6,327 responses

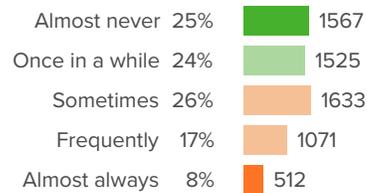
How did people respond?

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



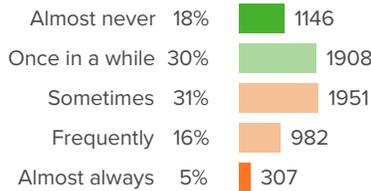
Favorable: **47%**

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



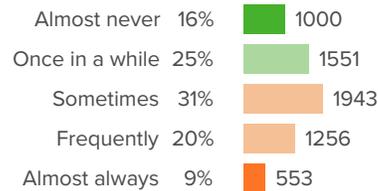
Favorable: **49%**

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



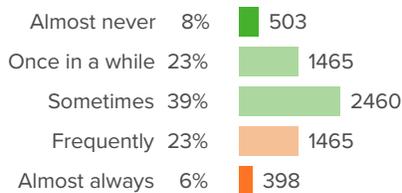
Favorable: **49%**

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



Favorable: **40%**

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



Favorable: **70%**



Emotion Regulation

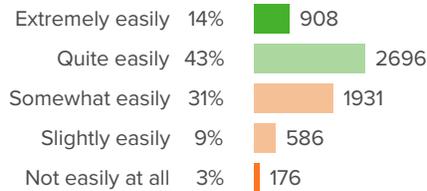
Your average

54%

6,327 responses

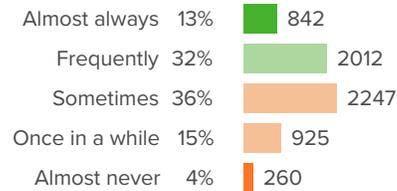
How did people respond?

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



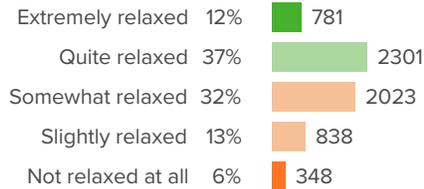
Favorable: **57%**

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



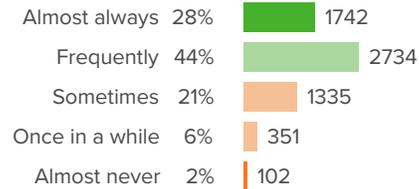
Favorable: **45%**

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



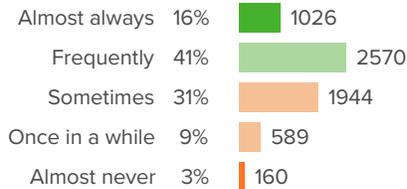
Favorable: **49%**

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



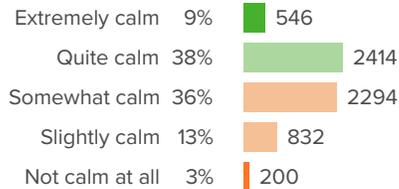
Favorable: **71%**

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



Favorable: **57%**

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



Favorable: **47%**



Positive Feelings

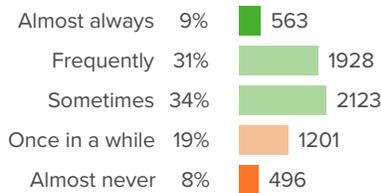
Your average

62%

6,327 responses

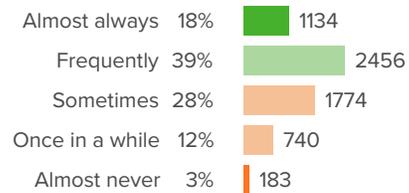
How did people respond?

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



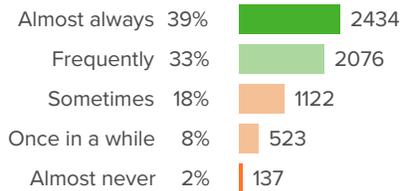
Favorable: **73%**

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



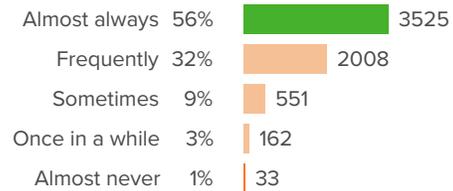
Favorable: **57%**

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



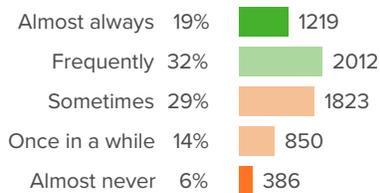
Favorable: **72%**

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



Favorable: **56%**

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



Favorable: **51%**



Self-Management

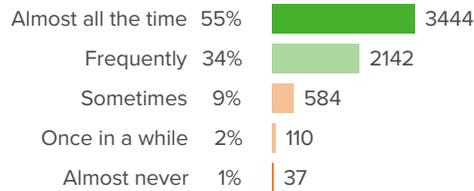
Your average

79%

6,327 responses

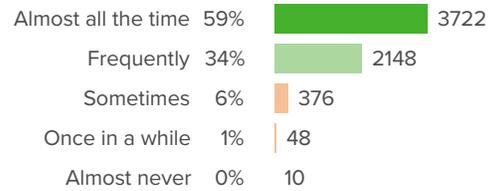
How did people respond?

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



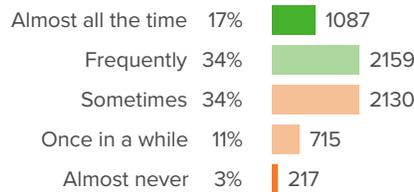
Favorable: **88%**

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



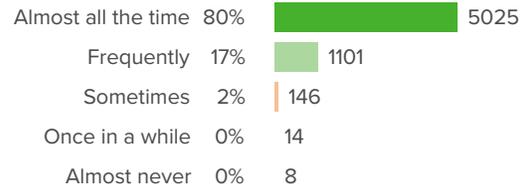
Favorable: **93%**

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



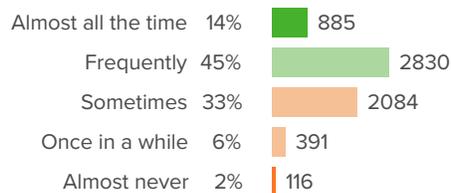
Favorable: **51%**

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



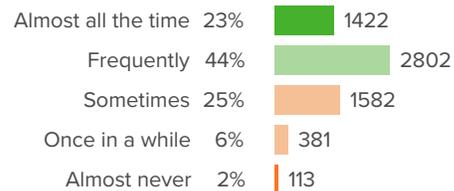
Favorable: **97%**

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



Favorable: **59%**

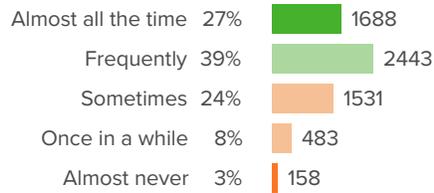
Q.6: During the past 30 days...When you were working independently, how often did you stay focused?



Favorable: **67%**

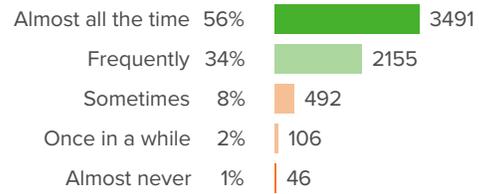


Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?



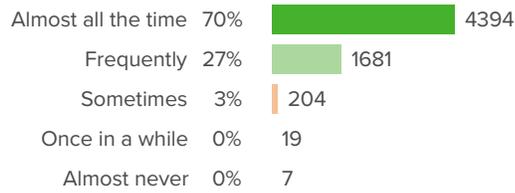
Favorable: **66%**

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



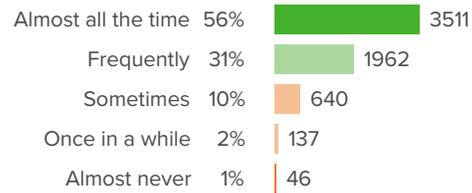
Favorable: **90%**

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



Favorable: **96%**

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



Favorable: **87%**