



# Howard County Public Schools

Grades 6-12  
Spring 2023



Report created by  
Panorama Education



# Summary

Topic Description	Results	Benchmark
<p><b>Challenging Feelings</b></p> <p>How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.</p>	53%	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Emotion Regulation</b></p> <p>How well students regulate their emotions.</p>	51%	<p>80th - 99th percentile compared to others nationally</p>
<p><b>Positive Feelings</b></p> <p>How frequently students feel positive emotions.</p>	55%	<p>40th - 59th percentile compared to others nationally</p>
<p><b>Self-Management</b></p> <p>How well students manage their emotions, thoughts, and behaviors in different situations.</p>	75%	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Supportive Relationships</b></p> <p>How supported students feel through their relationships with friends, family, and adults at school.</p>	82%	<p>60th - 79th percentile compared to others nationally</p>

3,911 responses



# Challenging Feelings

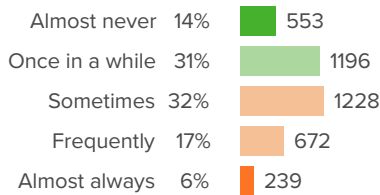
Your average

**53%**

3,911 responses

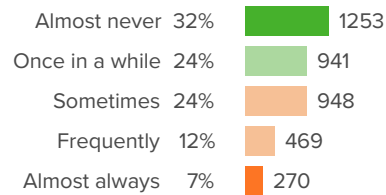
## How did people respond?

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



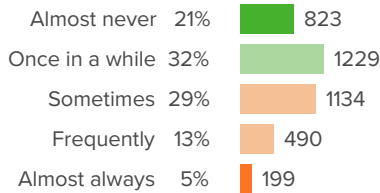
Favorable: **45%**

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



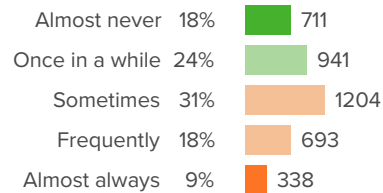
Favorable: **57%**

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



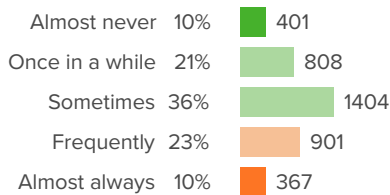
Favorable: **53%**

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



Favorable: **43%**

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



Favorable: **67%**



# Emotion Regulation

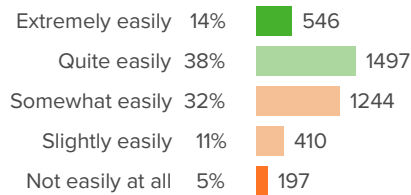
Your average

# 51%

3,911 responses

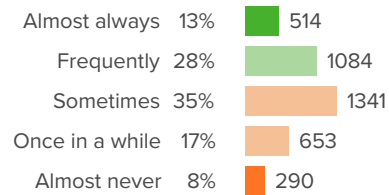
## How did people respond?

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



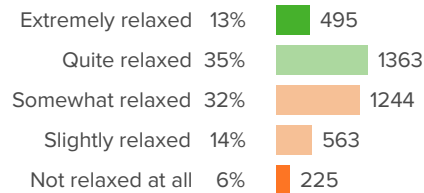
Favorable: **52%**

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



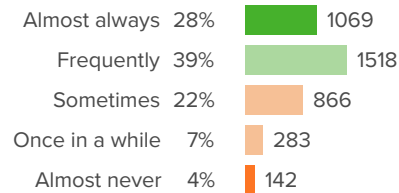
Favorable: **41%**

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



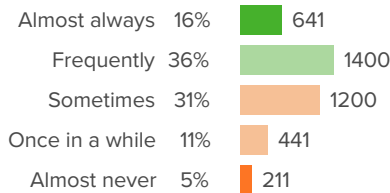
Favorable: **48%**

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



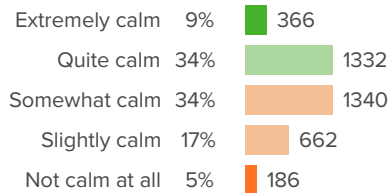
Favorable: **67%**

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



Favorable: **52%**

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



Favorable: **44%**



# Positive Feelings

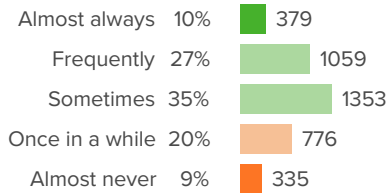
Your average

# 55%

3,911 responses

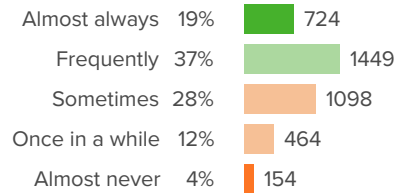
## How did people respond?

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



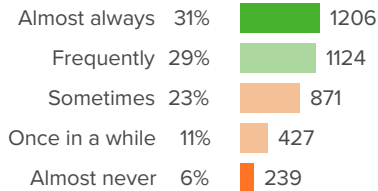
Favorable: **72%**

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



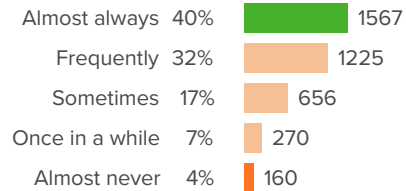
Favorable: **56%**

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



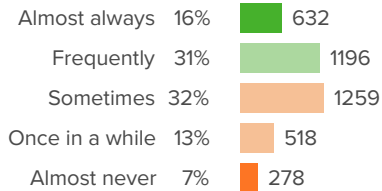
Favorable: **60%**

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



Favorable: **40%**

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



Favorable: **47%**



# Self-Management

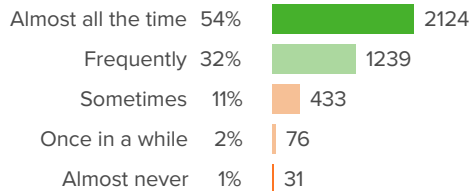
Your average

# 75%

3,911 responses

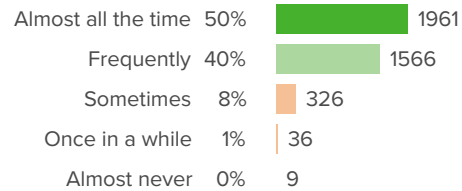
## How did people respond?

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



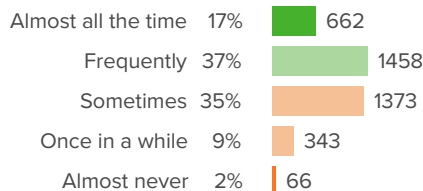
Favorable: **86%**

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



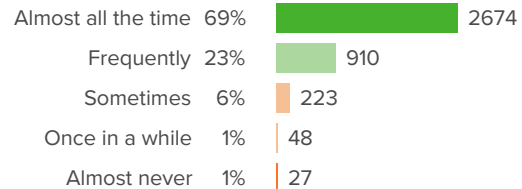
Favorable: **90%**

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



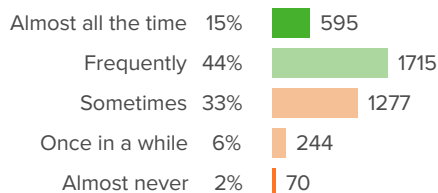
Favorable: **54%**

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



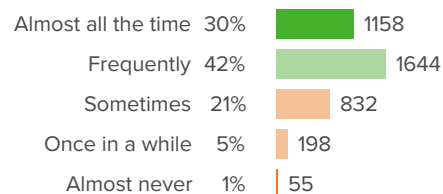
Favorable: **92%**

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



Favorable: **59%**

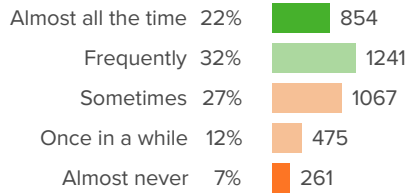
### Q.6: During the past 30 days...When you were working independently, how often did you stay focused?



Favorable: **72%**

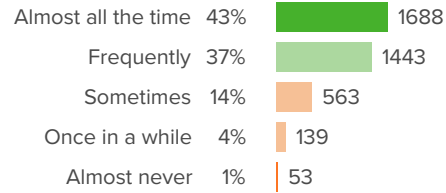


**Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?**



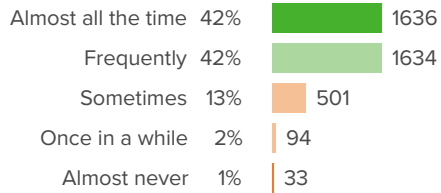
Favorable: **54%**

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



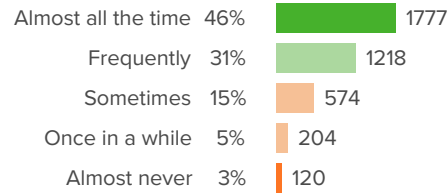
Favorable: **81%**

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



Favorable: **84%**

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



Favorable: **77%**



# Supportive Relationships

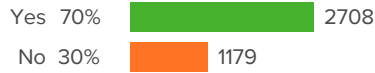
Your average

# 82%

3,911 responses

## 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?**



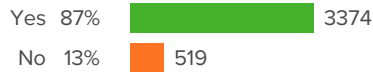
Favorable: **70%**

**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?**



Favorable: **92%**

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



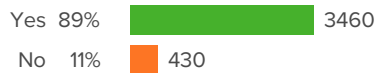
Favorable: **87%**

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



Favorable: **61%**

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



Favorable: **89%**

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



Favorable: **90%**





# Howard County Public Schools

Grades 6-12  
Fall 2023



Report created by  
Panorama Education



# Summary

Topic Description	Results	Benchmark
<p><b>Challenging Feelings</b></p> <p>How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.</p>	<p><b>54%</b></p> <p>▲1 since last survey</p>	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Emotion Regulation</b></p> <p>How well students regulate their emotions.</p>	<p><b>53%</b></p> <p>▲2 since last survey</p>	<p>80th - 99th percentile compared to others nationally</p>
<p><b>Positive Feelings</b></p> <p>How frequently students feel positive emotions.</p>	<p><b>56%</b></p> <p>▲1 since last survey</p>	<p>40th - 59th percentile compared to others nationally</p>
<p><b>Self-Management</b></p> <p>How well students manage their emotions, thoughts, and behaviors in different situations.</p>	<p><b>75%</b></p> <p>0 since last survey</p>	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Supportive Relationships</b></p> <p>How supported students feel through their relationships with friends, family, and adults at school.</p>	<p><b>82%</b></p> <p>0 since last survey</p>	<p>40th - 59th percentile compared to others nationally</p>

7,927 responses



# Challenging Feelings

Your average

# 54%

7,927 responses

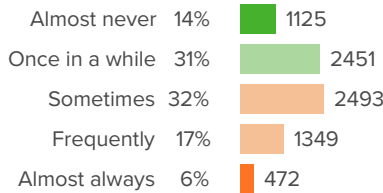
Change

# ▲ 1

since last survey

## How did people respond?

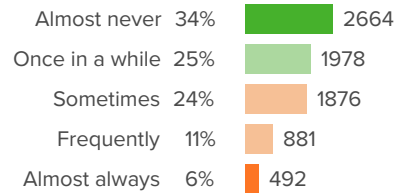
### Q.1: During the past week, how often did you feel angry?



▲ 0 from last survey

Favorable: **45%**

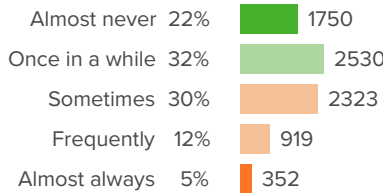
### Q.2: During the past week, how often did you feel lonely?



▲ 2 from last survey

Favorable: **59%**

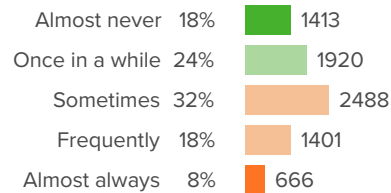
### Q.3: During the past week, how often did you feel sad?



▲ 1 from last survey

Favorable: **54%**

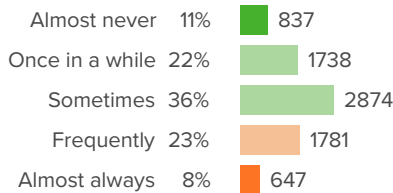
### Q.4: During the past week, how often did you feel worried?



▼ 1 from last survey

Favorable: **42%**

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



▲ 2 from last survey

Favorable: **69%**



# Emotion Regulation

Your average

# 53%

7,927 responses

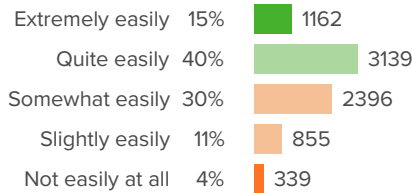
Change

# ▲ 2

since last survey

## How did people respond?

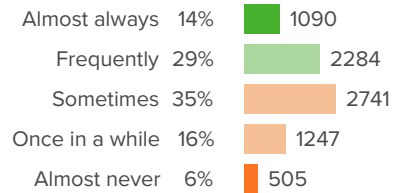
### Q.1: When you are feeling pressured, how easily can you stay in control?



▲ 3 from last survey

Favorable: **55%**

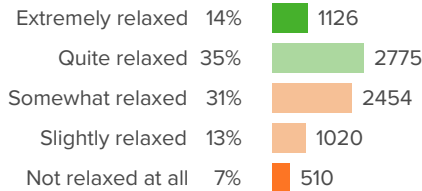
### Q.2: How often are you able to pull yourself out of a bad mood?



▲ 2 from last survey

Favorable: **43%**

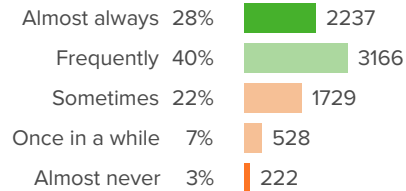
### Q.3: When everybody around you gets angry, how relaxed can you stay?



▲ 1 from last survey

Favorable: **49%**

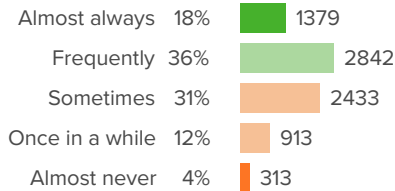
### Q.4: How often are you able to control your emotions when you need to?



▲ 2 from last survey

Favorable: **69%**

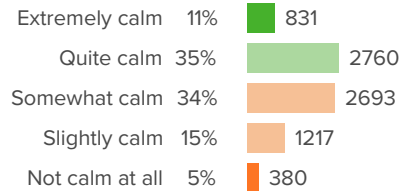
### Q.5: Once you get upset, how often can you get yourself to relax?



▲ 2 from last survey

Favorable: **54%**

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



▲ 2 from last survey

Favorable: **46%**



# Positive Feelings

Your average

# 56%

7,927 responses

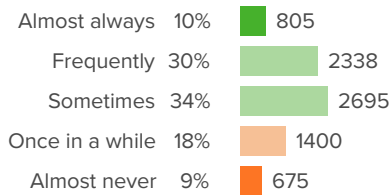
Change

# ▲ 1

since last survey

## How did people respond?

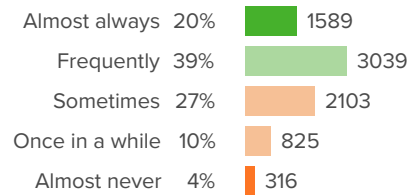
### Q.1: During the past week, how often did you feel excited?



▲ 2 from last survey

Favorable: **74%**

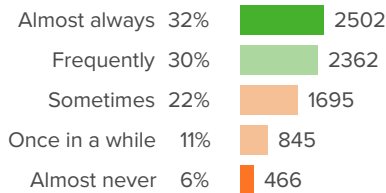
### Q.2: During the past week, how often did you feel happy?



▲ 3 from last survey

Favorable: **59%**

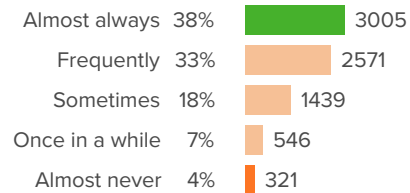
### Q.3: During the past week, how often did you feel loved?



▲ 2 from last survey

Favorable: **62%**

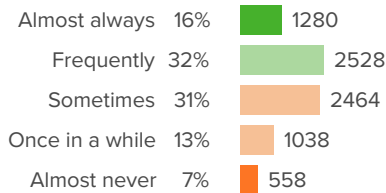
### Q.4: During the past week, how often did you feel safe?



▼ 2 from last survey

Favorable: **38%**

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



▲ 1 from last survey

Favorable: **48%**



# Self-Management

Your average

# 75%

7,927 responses

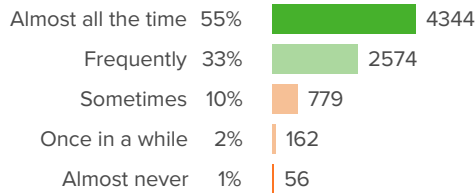
Change

# 0

since last survey

## How did people respond?

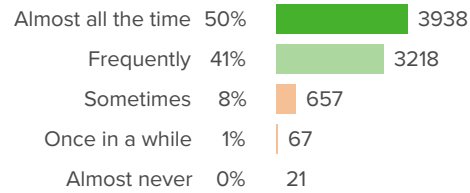
**Q.1: During the past 30 days...How often did you come to class prepared?**



▲ 1 from last survey

Favorable: **87%**

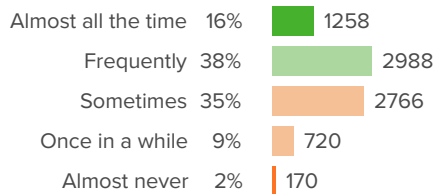
**Q.2: During the past 30 days...How often did you follow directions in class?**



▲ 1 from last survey

Favorable: **91%**

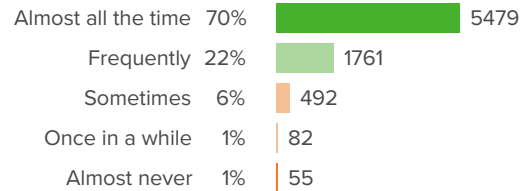
**Q.3: During the past 30 days...How often did you get your work done right away, instead of waiting until the last minute?**



▲ 0 from last survey

Favorable: **54%**

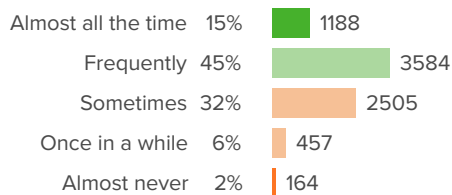
**Q.4: During the past 30 days...How often were you polite to adults?**



▲ 0 from last survey

Favorable: **92%**

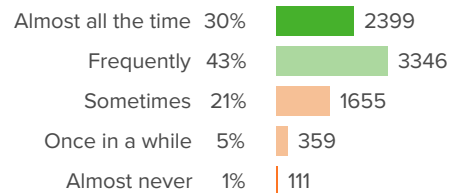
**Q.5: During the past 30 days...How often did you pay attention and resist distractions?**



▲ 1 from last survey

Favorable: **60%**

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

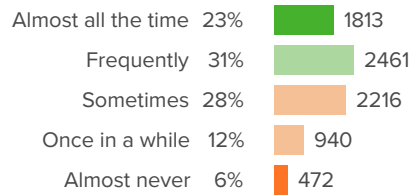


▲ 1 from last survey

Favorable: **73%**

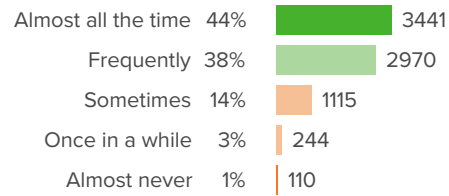


**Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?**



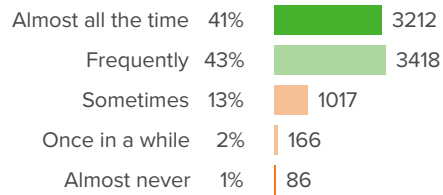
▲ 0 from last survey Favorable: **54%**

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



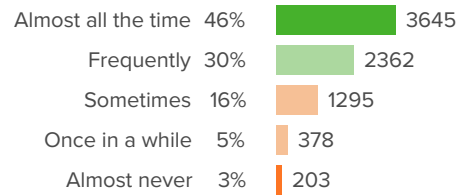
▲ 0 from last survey Favorable: **81%**

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



▲ 0 from last survey Favorable: **84%**

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



▼ 1 from last survey Favorable: **76%**



# Supportive Relationships

Your average

**82%**

7,927 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?**



▲ 0 from last survey

Favorable: **70%**

**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: **91%**

**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: **87%**

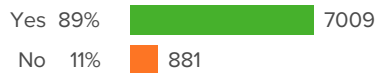
**Q.4: Do you have a teacher or other adult from school who you can be completely yourself around?**



▲ 1 from last survey

Favorable: **62%**

**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: **89%**

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



▲ 1 from last survey

Favorable: **91%**





# Howard County Public Schools

Grades 6-12  
Spring 2024



Report created by  
Panorama Education



# Summary

Topic Description	Results	Benchmark
<p><b>Challenging Feelings</b></p> <p>How frequently students feel challenging emotions, with higher scores indicating less frequent challenging emotions.</p>	<p><b>54%</b></p> <p>0 since last survey</p>	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Emotion Regulation</b></p> <p>How well students regulate their emotions.</p>	<p><b>53%</b></p> <p>0 since last survey</p>	<p>80th - 99th percentile compared to others nationally</p>
<p><b>Positive Feelings</b></p> <p>How frequently students feel positive emotions.</p>	<p><b>55%</b></p> <p>▼ 1 since last survey</p>	<p>40th - 59th percentile compared to others nationally</p>
<p><b>Self-Management</b></p> <p>How well students manage their emotions, thoughts, and behaviors in different situations.</p>	<p><b>74%</b></p> <p>▼ 1 since last survey</p>	<p>60th - 79th percentile compared to others nationally</p>
<p><b>Supportive Relationships</b></p> <p>How supported students feel through their relationships with friends, family, and adults at school.</p>	<p><b>82%</b></p> <p>0 since last survey</p>	<p>40th - 59th percentile compared to others nationally</p>

7,861 responses



# Challenging Feelings

Your average

# 54%

7,861 responses

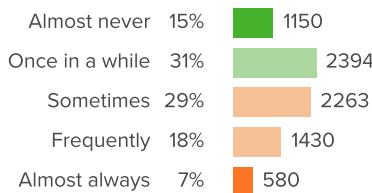
Change

# 0

since last survey

## How did people respond?

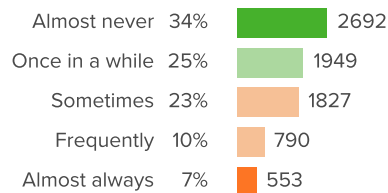
### Q.1: During the past week, how often did you feel angry?



▲ 0 from last survey

Favorable: **45%**

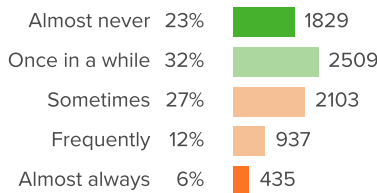
### Q.2: During the past week, how often did you feel lonely?



▲ 0 from last survey

Favorable: **59%**

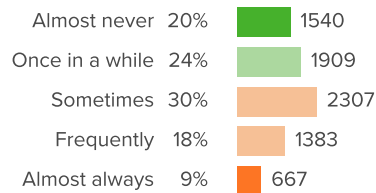
### Q.3: During the past week, how often did you feel sad?



▲ 2 from last survey

Favorable: **56%**

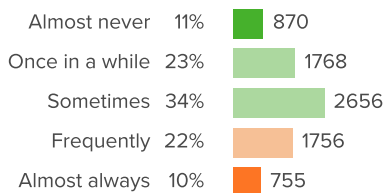
### Q.4: During the past week, how often did you feel worried?



▲ 2 from last survey

Favorable: **44%**

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



▼ 1 from last survey

Favorable: **68%**



# Emotion Regulation

Your average

# 53%

7,861 responses

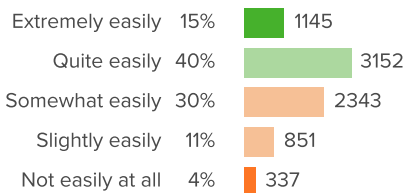
Change

# 0

since last survey

## How did people respond?

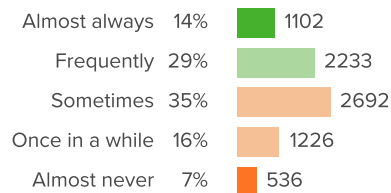
**Q.1: When you are feeling pressured, how easily can you stay in control?**



▲ 0 from last survey

Favorable: **55%**

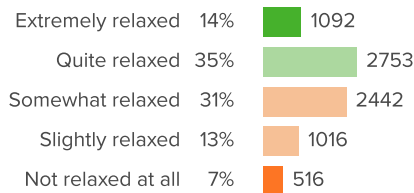
**Q.2: How often are you able to pull yourself out of a bad mood?**



▲ 0 from last survey

Favorable: **43%**

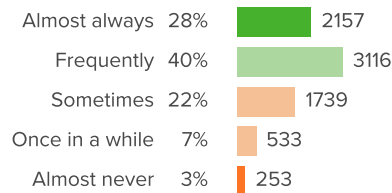
**Q.3: When everybody around you gets angry, how relaxed can you stay?**



▼ 1 from last survey

Favorable: **49%**

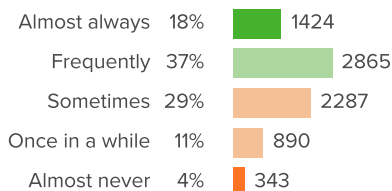
**Q.4: How often are you able to control your emotions when you need to?**



▲ 0 from last survey

Favorable: **68%**

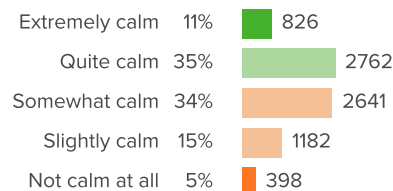
**Q.5: Once you get upset, how often can you get yourself to relax?**



▲ 1 from last survey

Favorable: **55%**

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



▲ 0 from last survey

Favorable: **46%**



# Positive Feelings

Your average

# 55%

7,861 responses

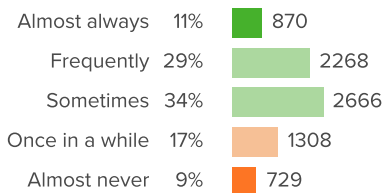
Change

# ▼ 1

since last survey

## How did people respond?

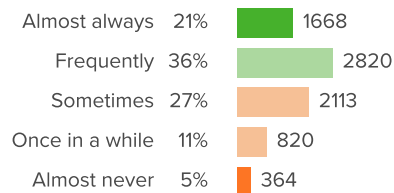
**Q.1: During the past week, how often did you feel excited?**



▲ 0 from last survey

Favorable: **74%**

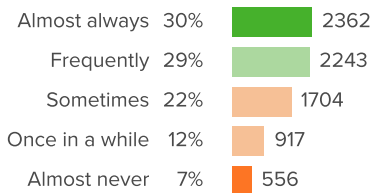
**Q.2: During the past week, how often did you feel happy?**



▼ 1 from last survey

Favorable: **58%**

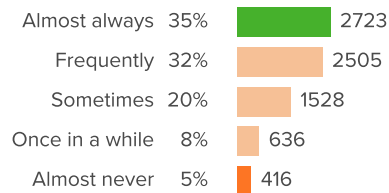
**Q.3: During the past week, how often did you feel loved?**



▼ 3 from last survey

Favorable: **59%**

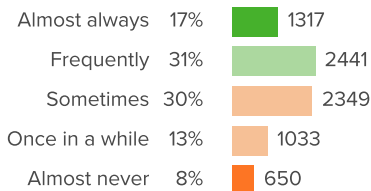
**Q.4: During the past week, how often did you feel safe?**



▼ 3 from last survey

Favorable: **35%**

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



▲ 0 from last survey

Favorable: **48%**



# Self-Management

Your average

# 74%

7,861 responses

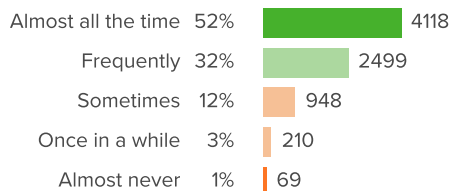
Change

# ▼ 1

since last survey

## How did people respond?

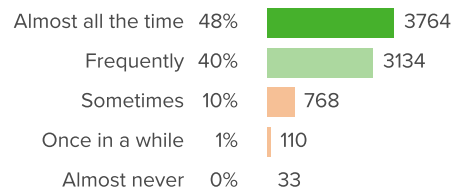
**Q.1: During the past 30 days...How often did you come to class prepared?**



▼ 3 from last survey

Favorable: **84%**

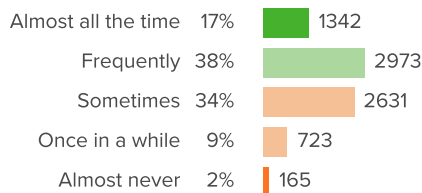
**Q.2: During the past 30 days...How often did you follow directions in class?**



▼ 3 from last survey

Favorable: **88%**

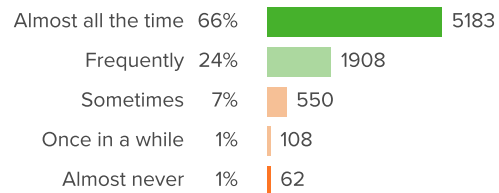
**Q.3: During the past 30 days...How often did you get your work done right away, instead of waiting until the last minute?**



▲ 1 from last survey

Favorable: **55%**

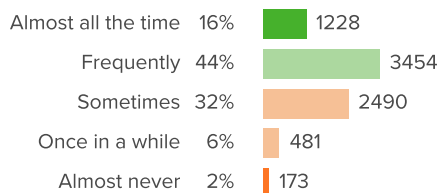
**Q.4: During the past 30 days...How often were you polite to adults?**



▼ 1 from last survey

Favorable: **91%**

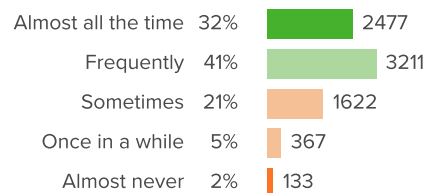
**Q.5: During the past 30 days...How often did you pay attention and resist distractions?**



▲ 0 from last survey

Favorable: **60%**

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

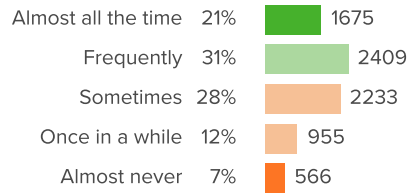


▲ 0 from last survey

Favorable: **73%**



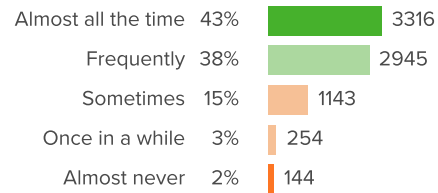
**Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?**



▼ 2 from last survey

Favorable: **52%**

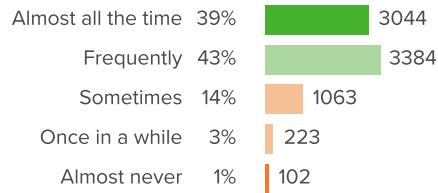
**Q.8: During the past 30 days...How often did you allow others to speak without interruption?**



▼ 1 from last survey

Favorable: **80%**

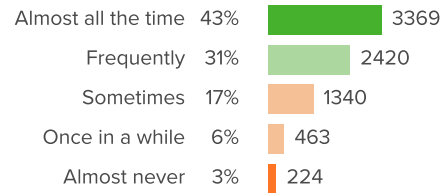
**Q.9: During the past 30 days...How often were you polite to other students?**



▼ 2 from last survey

Favorable: **82%**

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



▼ 2 from last survey

Favorable: **74%**



# Supportive Relationships

Your average

**82%**

7,861 responses

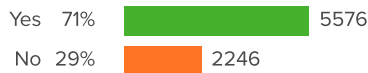
Change

**0**

since last survey

How did people respond?

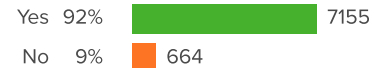
**Q.1: Do you have a teacher or other adult from school who you can count on to help you, no matter what?**



▲ 1 from last survey

Favorable: **71%**

**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: **92%**

**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: **87%**

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



▲ 1 from last survey

Favorable: **63%**

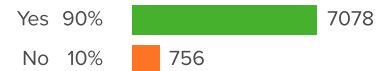
**Q.5: Do you have a family member or other adult outside of school who you can be completely yourself around?**



▼ 1 from last survey

Favorable: **88%**

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



▼ 1 from last survey

Favorable: **90%**