



# Livermore Valley Joint Unified School District

Grades 6-12  
Spring 2024



Report created by  
Panorama Education



## Summary

Topic Description	Results	Benchmark
<b>Emotion Regulation</b> How well students regulate their emotions.	<b>55%</b> ▲ 2 since last survey	 80th - 99th percentile compared to others nationally
<b>Growth Mindset</b> Student perceptions of whether they have the potential to change those factors that are central to their performance in school.	<b>55%</b> 0 since last survey	 60th - 79th percentile compared to others nationally
<b>Self-Management</b> How well students manage their emotions, thoughts, and behaviors in different situations.	<b>75%</b> ▼ 1 since last survey	 60th - 79th percentile compared to others nationally

5,125 responses



## Emotion Regulation

Your average

55%

5,125 responses

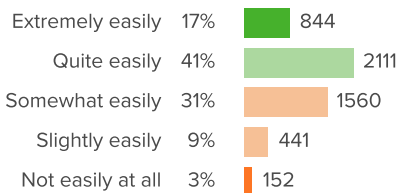
Change

▲ 2

since last survey

### How did people respond?

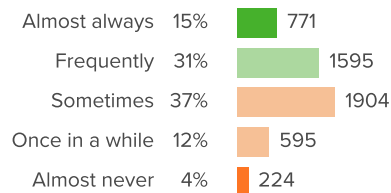
**Q.1: When you are feeling pressured, how easily can you stay in control?**



▲ 2 from last survey

Favorable: 58%

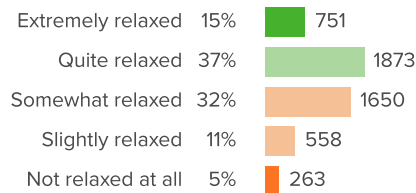
**Q.2: How often are you able to pull yourself out of a bad mood?**



▲ 3 from last survey

Favorable: 46%

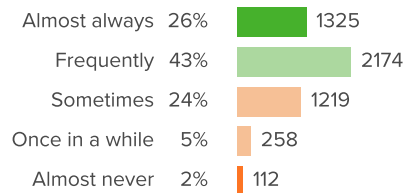
**Q.3: When everybody around you gets angry, how relaxed can you stay?**



▲ 2 from last survey

Favorable: 52%

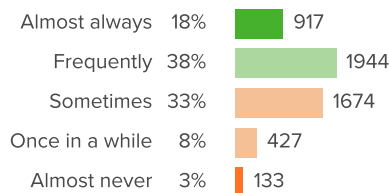
**Q.4: How often are you able to control your emotions when you need to?**



▲ 2 from last survey

Favorable: 69%

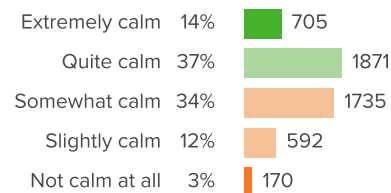
**Q.5: Once you get upset, how often can you get yourself to relax?**



▲ 2 from last survey

Favorable: 56%

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



▲ 3 from last survey

Favorable: 51%



## Growth Mindset

Your average

**55%**

5,125 responses

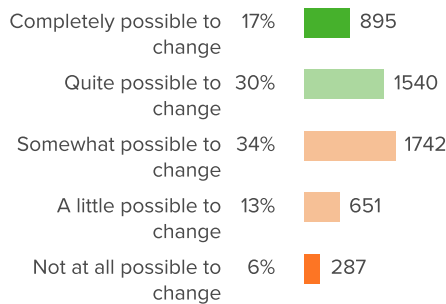
Change

**0**

since last survey

How did people respond?

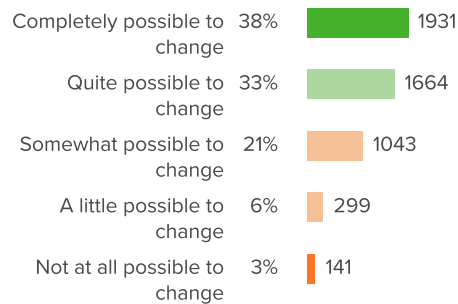
**Q.1: In school, how possible is it for you to change:  
Being talented**



▼ **1** from last survey

Favorable: **48%**

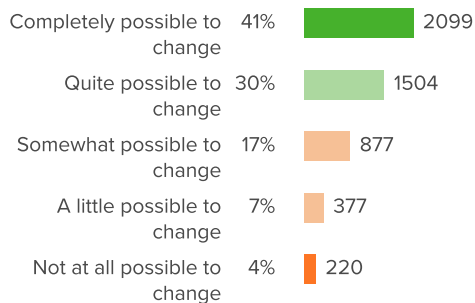
**Q.2: In school, how possible is it for you to change:  
Putting forth a lot of effort**



▲ **0** from last survey

Favorable: **71%**

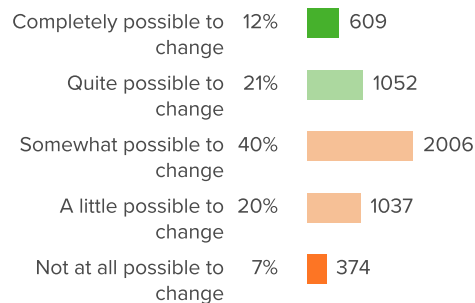
**Q.3: In school, how possible is it for you to change:  
Behaving well in class**



▲ **0** from last survey

Favorable: **71%**

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

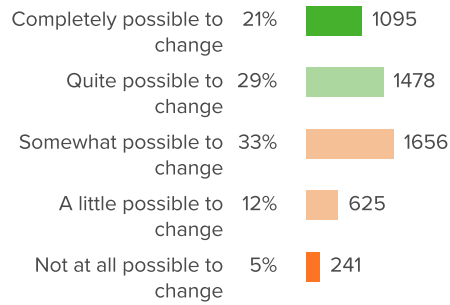


▲ **1** from last survey

Favorable: **33%**



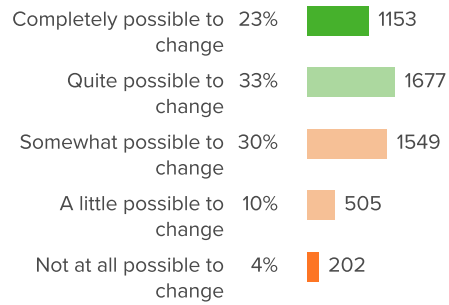
**Q.5: In school, how possible is it for you to change:  
How easily you give up**



▲ 1 from last survey

Favorable: **51%**

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



▼ 1 from last survey

Favorable: **56%**



## Self-Management

Your average

**75%**

5,125 responses

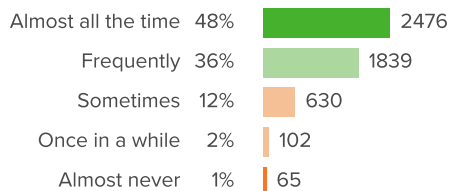
Change

▼ **1**

since last survey

How did people respond?

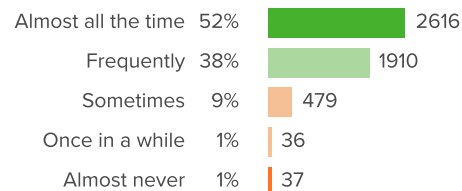
**Q.1: During the past 30 days...How often did you come to class prepared?**



▼ **1** from last survey

Favorable: **84%**

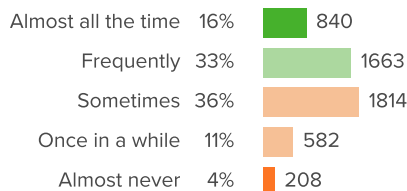
**Q.2: During the past 30 days...How often did you follow directions in class?**



▲ **0** from last survey

Favorable: **89%**

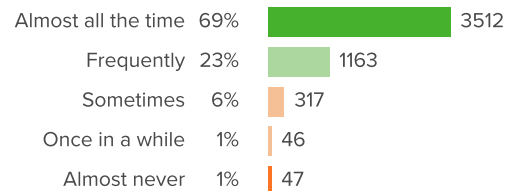
**Q.3: During the past 30 days...How often did you get your work done right away, instead of waiting until the last minute?**



▲ **0** from last survey

Favorable: **49%**

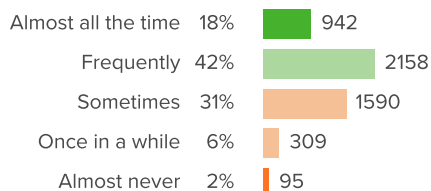
**Q.4: During the past 30 days...How often were you polite to adults?**



▼ **2** from last survey

Favorable: **92%**

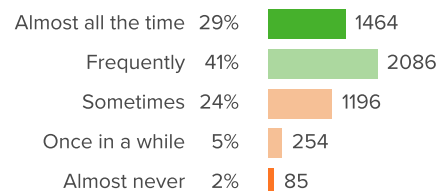
**Q.5: During the past 30 days...How often did you pay attention and resist distractions?**



▲ **0** from last survey

Favorable: **61%**

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

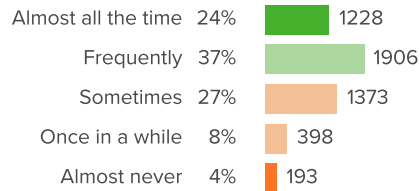


▲ **0** from last survey

Favorable: **70%**



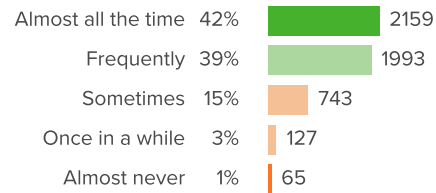
**Q.7: During the past 30 days...How often did you remain calm, even when someone was bothering you or saying bad things?**



▲ 1 from last survey

Favorable: **61%**

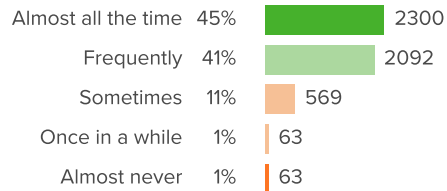
**Q.8: During the past 30 days...How often did you allow others to speak without interruption?**



▲ 0 from last survey

Favorable: **82%**

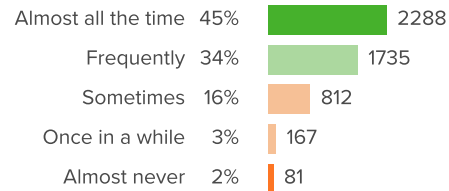
**Q.9: During the past 30 days...How often were you polite to other students?**



▼ 1 from last survey

Favorable: **86%**

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



▲ 0 from last survey

Favorable: **79%**