

DESSA Student Self-Report (SSR) for Grades 6–12

Competencies and Associated Items

Self-Awareness is the ability to understand emotions, thoughts, and values and how they influence one's behavior; recognize strengths and limitations; and develop healthy identities and a sense of purpose.

- 1. I can recognize my strengths.
- 6. I can recognize my emotions.
- 8. I feel comfortable asking for help when I don't understand something.
- 11. I can describe the things that matter most to me.
- 21. I listen to feedback so I can improve.
- 22. I can list the personal traits that are most important to me.
- 28. I know how my emotions influence my behavior.
- 39. I can tell when my emotions make it hard to pay attention.
- 47. I feel comfortable being myself in different situations.

Self-Management is the ability to manage emotions and behaviors across different situations and environments and to demonstrate agency as one works to set and achieve personal and collective goals.

- 5. I stay focused despite a distraction.
- 14. I take action to solve problems.
- 20. I adapt well to new situations.
- 23. I set goals for myself.
- 27. I can motivate myself when I don't want to do something.
- 30. I keep working until I achieve a goal.
- 34. I can calm down when I'm upset.
- 48. I make positive contributions to my class, school, or community.

Social Awareness is the understanding of social norms for behavior; the ability to empathize with, respect, and take the perspectives of others; and the feeling of connection and belonging with family, peers, schools, and community groups.

- 9. I respect a person's right to have a different opinion.
- 12. I show appreciation for others.
- 16. I respond to others' feelings in kind and safe ways.
- 19. I help make my class a place where everyone can learn.
- 26. I feel like I belong in my school.
- 33. I make others feel welcome or included.
- 41. I can adjust my behavior to match different settings.
- 44. I agree to and follow expectations for my behavior.

Relationship Skills are the abilities to establish and maintain healthy and positive relationships including effective communication, collaborative problem-solving, negotiating conflict, and demonstrating helpful and supportive behaviors.

- 4. I get along well with different types of people.
- 17. I encourage my friends or classmates.
- 24. I listen to others.
- 29. I compliment or congratulate others.
- 32. I do nice things for people.
- 38. I am able to resolve conflicts positively.
- 42. I cooperate with others to solve a problem.
- 45. I am good at making and keeping friends.

Responsible Decision Making is the ability to make careful, reliable, and constructive choices about personal and social behavior that are appropriate across diverse situations; to consider the personal, social, and collective impact of one's actions; and to demonstrate curiosity and an open-mindedness to learning.

- 2. I prepare for school, activities, or upcoming events.
- 10. I ask questions when learning new things.
- 13. I can update my thinking as I learn more about something.
- 18. I ask for advice when needed.
- 31. I do the right thing in a difficult situation.
- 35. I can compromise for the good of the group.
- 36. I accept responsibility for my actions.
- 49. I gather information before making an important decision.

Optimistic Thinking is the belief and demonstration of confidence, hopefulness, and positive thinking regarding oneself, others, and one's life situations in the past, present, and future.

- 3. I believe I can overcome setbacks.
- 7. I can imagine a positive future for myself.
- 15. I seek out things that challenge me.
- 25. I can make a positive difference in the world.
- 37. I believe my contributions to a group or team matter.
- 40. I believe I can achieve my goals.
- 43. I focus on the positive side of things.
- 46. I expect that I will be successful.
- 50. I believe working with others leads to greater success.