

# Arizona State Standards and DESSA Crosswalk

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The Arizona Department of Education provides guidance aligned with five domain competencies for districts to create social and emotional competence standards for their students. The DESSA is a standardized, norm-referenced behavior rating scale that assesses the social and emotional competencies of students in kindergarten to grade 12. It can be completed by teachers, guardians, and out of school time staff in about 5-8 minutes. The DESSA is strength-based; the items focus on positive social and emotional skills. The DESSA can be used to inform how a student is progressing with their social and emotional development. This crosswalk outlines the overlap between Aperture's competencies measured by the DESSA and Arizona state Social Emotional Learning Standards.

## **The DESSA is organized into subscales that provide information about eight social and emotional competencies. These competencies include:**

1. **Self-awareness:** a child's realistic understanding of their strengths and limitations and consistent desire for self-improvement;
2. **Social-awareness:** a child's capacity to interact with others in a way that shows respect for their ideas and behaviors, recognizes their impact on them, and uses cooperation and tolerance in social situations;
3. **Self-management:** a child's success in controlling their emotions and behaviors, to complete a task or succeed in a new or challenging situation;
4. **Goal-directed behavior:** a child's initiation of and persistence in completing tasks of varying difficulty;
5. **Relationship skills:** a child's consistent performance of socially acceptable actions that promote and maintain positive connections with others;
6. **Personal responsibility:** a child's tendency to be careful and reliable in their actions and in contributing to group efforts;
7. **Decision making:** an approach to problem solving that involves learning from others and from their previous experiences, using values to guide action, and accepting responsibility for decisions;
8. **Optimistic thinking:** an attitude of confidence, hopefulness, and positive thinking regarding themselves and their life situations in the past, present, and future.

**Table 1. Overview of Alignment of Aperture’s Competencies to Arizona State Standards**

Note. SA = Self-Awareness, SM = Self-Management, SO = Social Awareness, RS = Relationship Skills, DM = Decision-Making, GB = Goal-Directed Behavior, PR = Personal Responsibility, OT = Optimistic Thinking.

Standard	Core Competency	SA	SM	SO	RS	DM	GB	PR	OT
Self-Awareness (Identity)	Identify and label one’s feelings	X							
	Relating feelings and thoughts to behavior	X							
	Accurate self-assessment of strengths and challenges	X	X						X
	Self-efficacy	X							
	Optimism	X							X
	<b>Equity Elaborations</b>	<b>SA</b>	<b>SM</b>	<b>SO</b>	<b>RS</b>	<b>DM</b>	<b>GB</b>	<b>PR</b>	<b>OT</b>
	Engaging in identity exploration and coming to a resolution regarding one’s own identity	X							
	Examining the importance of both personal and collective identities	X		X					
	Recognizing one’s biases and deriving constructive meanings of social identities	X			X				
	Grounding in and affirming of cultural heritage(s)	X		X					
Recognizing how everything is interconnected in and across diverse contexts	X		X	X					

Standard	Core Competency	SA	SM	SO	RS	DM	GB	PR	OT
Self-Management (Agency & Efficacy)	Regulating one’s emotions	X	X						
	Managing stress	X	X						
	Self-control	X	X						
	Self-motivation	X	X						X
	Setting and achieving goals		X				X		X
	<b>Equity Elaborations</b>	<b>SA</b>	<b>SM</b>	<b>SO</b>	<b>RS</b>	<b>DM</b>	<b>GB</b>	<b>PR</b>	<b>OT</b>
	Coping with acculturative stress		X	X					
	Coping with discrimination/prejudice		X	X					
	Developing a sense of agency and resiliency		X						X
	Addressing personal & group challenges to achieve self & collective goals		X				X		

Standard	Core Competency	SA	SM	SO	RS	DM	GB	PR	OT
Social Awareness (Belonging & Engagement)	Perspective taking			X	X				
	Empathy			X	X				
	Respect for diversity			X	X				
	Understanding social/ethical norms			X				X	
	Recognizing family, school, and community supports			X					
	<b>Equity Elaborations</b>	<b>SA</b>	<b>SM</b>	<b>SO</b>	<b>RS</b>	<b>DM</b>	<b>GB</b>	<b>PR</b>	<b>OT</b>
	Engaging in perspective taking with people from different & similar backgrounds			X	X				
	Discerning the importance of diversity (situational)			X					
	Understanding the meaning of diversity in contexts (climate)			X					
	Recognizing cultural demands & opportunities			X					
	Understanding social norms for positive, constructive behavior across settings			X					X

Standard	Core Competency	SA	SM	SO	RS	DM	GB	PR	OT
Relationship Skills	Building relationships with diverse individuals and groups				X				
	Communicating clearly	X			X				
	Working cooperatively		X	X	X				
	Resolving conflicts		X		X				
	Seeking help				X				
	<b>Equity Elaborations</b>	<b>SA</b>	<b>SM</b>	<b>SO</b>	<b>RS</b>	<b>DM</b>	<b>GB</b>	<b>PR</b>	<b>OT</b>
	Demonstrating cultural competence				X				
	Leveraging cultural fluency			X	X				
	Collective efficacy & working collaboratively			X	X				
	Promoting collective wellbeing and positive social behaviors				X		X		X

Standard	Core Competency	SA	SM	SO	RS	DM	GB	PR	OT
Responsible Decision-Making (Belonging & Engagement)	Identifying problems					X		X	
	Analyzing situations					X		X	
	Solving problems					X		X	
	Evaluating					X		X	
	Reflecting	X				X		X	
	Ethical responsibility	X				X		X	
	<b>Equity Elaborations</b>	<b>SA</b>	<b>SM</b>	<b>SO</b>	<b>RS</b>	<b>DM</b>	<b>GB</b>	<b>PR</b>	<b>OT</b>
	Considering diversity salience and climate			X		X		X	
	Assessing the impact of beliefs and biases			X		X		X	
	Pursuing co-created, inclusive, mutually beneficial solutions					X	X		X
	Reflecting on the broader ethical consequences of one's decisions for intragroup, intergroup and institutional relations			X		X	X	X	



Aperture Education empowers over 3,000 schools and out-of-school-time programs across North America to measure, strengthen, and support social and emotional competence in K-12 youth and educators. This system enables education leaders to make strategic, data-based decisions about SEL within their organizations. The Aperture system includes the DESSA suite of strength-based assessments, aligned intervention strategies, and robust reporting, all in one easy-to-use digital platform. Aperture has supported over three million students in their social and emotional growth and continues to develop innovative solutions to bring the whole child into focus. To learn more, visit [www.ApertureEd.com](http://www.ApertureEd.com).