

DESSA High School Edition Student Self-Report (DESSA-HSE SSR) Scales and Associated Items

Self-Awareness/Optimistic Thinking: A youth's realistic understanding of their strengths and limitations and consistent desire for self-improvement. A youth's attitude of confidence, hopefulness, and positive thinking regarding themselves and their life situations in the past, present, and future.

- 4. think about positive things?
- 5. look forward to classes or activities at school?
- 11. say good things about your classmates?
- 24. have high expectations for yourself?
- 29. agree with the way others think about you?
- 36. teach someone how to do something?
- 42. ask questions when you did not understand something?
- 44. ask somebody for feedback?
- 52. recognize your personal strengths?

Self-Management: A youth's success in controlling their emotions and behaviors, to complete a task or succeed in a new or challenging situation.

- 33. stay focused despite a problem or distraction?
- 37. do the steps of a task in order?
- 38. think before you acted?
- 41. accept another choice when your first choice was not available?
- 48. cope well with changes in plans?
- 54. stay calm when faced with a challenge?
- 55. cope well when going from one setting to another?

Social Awareness: A youth'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.

- 6. get along well with different types of people?
- 12. show respect for others in a game or competition?
- 14. respect another person's opinion?
- 18. contribute to group efforts?
- 21. share with others?
- 28. cooperate with peers or siblings?

Relationship Skills: A youth's consistent performance of socially acceptable actions that promote and maintain positive connections with others.

- 32. show appreciation of others?
- 39. make a suggestion or request in a polite way?
- 43. respond to another person's feelings?
- 51. offer to help somebody?
- 53. share credit when appropriate?

Goal-Directed Behavior: A youth's initiation of, and persistence in completing, tasks of varying difficulty.

- 1. take steps to reach a goal?
- 2. keep trying when unsuccessful?
- 9. take an active role in your learning?
- 13. ask to take on additional work or responsibilities?
- 19. seek out more information when wanted or needed?
- 23. work hard on projects or schoolwork?

Personal Responsibility: A youth's tendency to be careful and reliable in their actions and in contributing to group efforts.

- 3. serve an important role at home or school?
- 8. do chores, tasks, or homework without being reminded?
- 16. encourage positive behaviors in others?
- 17. prepare for school, activities, or upcoming events?
- 22. get things done in a timely fashion?
- 26. work carefully on projects or schoolwork?

Decision Making: A youth's approach to problem solving that involves learning from others and from their own previous experiences, using their values to guide action, and accepting responsibility for their decisions.

- 27. follow the example of a positive role model?
- 31. show good judgment?
- 34. ask for advice?
- 46. learn from experience?
- 47. follow the advice of a trusted adult?
- 49. do the right thing in a difficult situation?