

Maine's Life and Career Ready Standards and DESSA Crosswalk

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The [Maine Life and Career Ready Standards](#), published in 2020, include an emphasis on multiple pathways toward meaningful careers and focus on life skills and experiences that will allow students to pivot as economic needs change and personal interests evolve. They have been crafted to ensure all students exhibit key skills required to successfully navigate the changing career landscape.

The DESSA suite of assessments measures key social and emotional competencies essential for student success now and into the future. The DESSA assessments span kindergarten through 12th grade and can be completed by educators, students, and parents or guardians. The assessments are nationally standardized, norm-referenced, strength-based behavior rating scales, measuring the positive skills, behaviors, and mindsets necessary for students to thrive.

This crosswalk highlights the alignment between Maine Life and Career Ready Standards and DESSA assessment items. It demonstrates how the DESSA assessments can be used by districts and schools to ensure every Maine student becomes a well-prepared and resilient member of the future workforce.

Alignment between Maines Life and Career Ready Standards and DESSA Items

A. Self-Knowledge and Life Skills	
Standard	DESSA Items
A.1 Self-Knowledge Students demonstrate an understanding of their own capabilities, characteristics, attitudes and how these attributes impact their future choices, including local, state, national, and global opportunities.	<ul style="list-style-type: none">• Recognize their strengths• Can list the personal traits that matter the most to them• Can describe the things that matter most to them• Feel comfortable being themselves in different situations• Make positive contributions to their class, school, or community• Can imagine a positive future for themselves
A.2 Life Skills Students demonstrate positive interpersonal and life skills and understand how they are important to success in relationships, school, work, and community.	<ul style="list-style-type: none">• Respond to others' feelings in kind and safe ways• Help make their class a place where everyone can learn• Make others feel welcome or included• Get along well with different types of people• Encourage their friends or classmates• Listen to others• Do nice things for people• Ask for advice when needed• Believe their contributions to a group or team matter

<p>A.3 Problem Solving</p> <p>Students are engaged community members who identify problems and apply skills to resolve problems within local and global communities.</p>	<ul style="list-style-type: none"> • Take action to solve problems • Respect a person's right to have a different opinion • Resolve conflicts positively • Cooperate with others to solve a problem • Compromise for the good of the group • Contribute to group or team goals • Do the right thing in a difficult situation • Believe working with others leads to greater success • Believe they can make a positive difference in the world
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B. Aspirations	
Standard	DESSA Items
<p>B.1 Exploring Opportunities</p> <p>Students understand their options and can navigate choices and experiences concerning interests and future opportunities.</p>	<ul style="list-style-type: none"> • Can imagine a positive future for themselves • Expect that they will be successful • Describe the things that matter most to them • Can list the personal traits that are most important to them • Feel comfortable being themselves in different situations • Prepare for school, activities, or upcoming events • Ask questions when learning new things • Ask for advice when needed • Update their thinking as they learn more about something • Gather information before making an important decision

C. Building Pathways for the Future	
<i>Standard</i>	<i>DESSA Items</i>
<p>C.1 Planning Students develop goals and implement career and life plans.</p>	<ul style="list-style-type: none"> • Seek out things that challenge them • Set goals for themselves • Believe they can achieve their goals • Expect that they will be successful • Keep working until they achieve a goal • Gather information before making an important decision • Prepare for school, activities, or upcoming events • Ask for advice when needed
<p>C.2 Career Awareness and Adaptability Students integrate personal aptitudes and interests, changing employment trends, community and societal needs, and current economic conditions into ongoing career plans, adapting as necessary.</p>	<ul style="list-style-type: none"> • Adapt well to new situations • Update their thinking as they learn more about something • Gather information before making an important decision • Prepare for school, activities, or upcoming events • Describe the things that matter most to them • Can list the personal traits that are most important to them • Make positive contributions to their class, school, or community • Can make a positive difference in the world • Believe they can achieve their goals • Expect they will be successful



The DESSA System from Aperture Education: A Riverside Insights Company is a student resilience system that helps educators measure and strengthen social, emotional, and behavioral skills to reduce challenges that interfere with learning. The DESSA universal screening and supplemental assessments are widely used, practical, evidence-based measures of social and emotional competence of students in grades K-12. These powerful data analytic tools enable educators to identify trends, validate curriculum effectiveness, and drive positive academic and well-being outcomes for students. Robust reporting in the DESSA System provides insights for educators and staff to proactively differentiate instruction using DESSA-provided instructional strategies and tiered intervention resources. The DESSA System's strength-based approach is grounded in resilience theory and designed to bring the whole child into focus. To learn more, visit www.ApertureEd.com.