

Self-Management Summary

A child's success in controlling their emotions and behaviors to complete a task or succeed in a new or challenging situation.

How the DESSA Measures Self-Management

DESSA K-8	DESSA-HSE
43. pay attention 44. wait for her/his turn 46. focus on a task despite a problem or distraction 48. act comfortable in a new situation 51. perform the steps of a task in order 53. think before he/she acted 54. pass up something he/she wanted, or do something he/she did not like, to get something better in the future 56. accept another choice when his/her first choice was unavailable 60. stay calm when faced with a challenge 67. adjust well to changes in plans 72. adjust well when going from one setting to another	27. stay focused despite a problem or distraction? 28. adjust well to a new situation? 30. do the steps of a task in order? 31. think before he/she acted? 33. accept another choice when his/her first choice was not available? 39. cope well with changes in plans?

Aspects of Self-Management	<ul style="list-style-type: none"> Controlling emotions and behaviors in order to complete a task DESSA K-8 Items: 43, 44, 46, 51, 54 DESSA-HSE Items: 27, 30 Controlling emotions and behaviors in order to succeed in new or challenging situations DESSA K-8 Items: 48, 53, 56, 60, 67, 72 DESSA-HSE Items: 28, 31, 33, 39
Developing Self-Management	<ul style="list-style-type: none"> The ability to regulate emotions and behavior develops rapidly in early childhood and, with support, continues to grow steadily throughout adolescence. Home and classroom environments that are structured, have stable routines, and provide consistent expectations can support children's self-management skills.

	<ul style="list-style-type: none"> • Recognizing children’s emotions and acknowledging that emotions and distractions are natural will help support the development of self-management skills. • Adults can intentionally teach self-regulation strategies to help children gain control of strong emotions or off-task behaviors throughout the day. • Providing reinforcement, guidance, or encouragement as children practice and use self-management strategies will help children learn to successfully use these strategies in their daily lives. • It is important for adults to model their own use of effective self-management strategies during times when remaining calm and refocusing attention are needed.
<p>Benefits of Self-Management</p>	<p>Self-Management skills at home can...</p> <ul style="list-style-type: none"> • Reduce conflict and lead to a more peaceful and positive home environment. • Limit the amount of time parents spend resolving conflicts, disciplining children, and managing children’s behaviors for them. <p>Self-Management skills at school or out-of-school time programs can...</p> <ul style="list-style-type: none"> • Provide more instructional time and less time needed for behavioral management and discipline. • Lead to better academic achievement and successful high school completion. • Help contribute to a calm, organized, and effective classroom environment. <p>Self-Management skills can lead to a future of...</p> <ul style="list-style-type: none"> • Higher education and career success. • Better physical and mental health. • Personal and community success, such as financial security, reduced criminal convictions, and healthy relationships.

For more detailed information about Self-Management, please see the full competency guide found in the DESSA Comprehensive SEL System.