

DESSA's 8 Competencies

SEPTEMBER **Self-Awareness:** A child's realistic understanding of her/his strengths and limitations and consistent desire for self-improvement.

- give an opinion when asked?
- describe how he/she was feeling?
- ask somebody for feedback?

OCTOBER **Optimistic Thinking:** A child's attitude of confidence, hopefulness, and positive thinking regarding herself/himself and her/his life situations in the past, present, and future.

- say good things about herself/himself?
- look forward to classes or activities at school?
- express high expectations for himself/herself?

NOVEMBER **Social-Awareness:** A child's capacity to interact with others in a way that shows respect for their ideas and behaviors, recognizes her/his impact on them, and uses cooperation and tolerance in social situations.

- get along with different types of people?
- cooperate with peers or siblings?
- forgive somebody that hurt or upset her/him?

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

- compliment or congratulate somebody?
- offer to help somebody?
- express concern for another person?

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

- keep trying when unsuccessful?
- seek out additional information?
- take steps to achieve goals?

FEBRUARY Personal Responsibility: A child's tendency to be careful and reliable in her/ his actions and in contributing to group efforts.

- remember important information?
- serve an important role at home or school?
- handle his/her belongings with care?

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

- follow the example of a positive role model?
- accept responsibility for what he/she did?
- learn from experience?

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

- wait for her/his turn?
- stay calm when faced with a challenge?
- adjust well to changes in plans?