

ASCA Student Standards: Mindsets & Behaviors for Student Success and DESSA Crosswalk

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The [ASCA Student Standards: Mindsets & Behaviors for Student Success](#) describe the knowledge, attitudes and skills students need to achieve academic success, college and career readiness and social/emotional development. The standards are based on a survey of research and best practices in student achievement from a wide array of educational standards and efforts.

This crosswalk highlights the alignment between the ASCA Student Standards: Mindsets & Behaviors for Student Success and DESSA assessment items. It demonstrates how the DESSA assessments can be used to prepare students for success now and into the future.

Alignment between ASCA Student Standards and DESSA Items

Category 1: Mindset Standards School counselors encourage the following mindsets for all students.	
<i>Standards</i>	<i>DESSA Items</i>
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • List the personal traits that are most important to them • Can imagine a positive future for themselves
M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment	<ul style="list-style-type: none"> • Feel like they belong in their school • Show appreciation for others • Make others feel welcome or included • Respond to others' feelings in kind and safe ways • Encourage others • Respect a person's right to have a different perspective • Do nice things for people • Help make their class a place where everyone can learn
M 3. Positive attitude toward work and learning	<ul style="list-style-type: none"> • Contribute to creating a positive learning environment • Listen to feedback so they can improve • Seek out challenging tasks • Work carefully on projects or schoolwork • Ask questions when they did not understand something • Ask questions when learning new things

M 4. Self-confidence in ability to succeed	<ul style="list-style-type: none"> • Expect that they will be successful • Believe they can overcome setbacks • Believe they can achieve their goals • Speak positively about their future potential
M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	<ul style="list-style-type: none"> • Recognize their strengths • Work to develop their personal strengths • Express high expectations for themselves • Make positive contributions to their class, school, or community • Can make a positive difference in the world • Believe their contributions to a group or team matter
M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success	<ul style="list-style-type: none"> • Update their thinking as they learn more about something • Demonstrate openness to new situations, experiences, and people • Accept that making mistakes is part of learning • View negative outcomes as a learning opportunity

Category 2: Behavior Standards	
School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:	
<i>Standards</i>	<i>DESSA Items</i>
Learning Strategies	
B-LS 1. Critical thinking skills to make informed decisions	<ul style="list-style-type: none"> • Gather information before making an important decision • Ask questions when they did not understand something • Ask for advice when needed • Show a willingness to examine their beliefs and opinions • Update their thinking as they learn more about something • Do the right thing in a difficult situation
B-LS 2. Creative approach to learning, tasks and problem solving	<ul style="list-style-type: none"> • Demonstrate openness to new situations, experiences, and people • Adapt well to new situations • Take action to solve problems • Think before they acted

B-LS 3. Time-management, organizational and study skills	<ul style="list-style-type: none"> • Prepare for school, activities, or upcoming events • Work carefully on projects or schoolwork • Keep working until they achieve a goal
B-LS 4. Self-motivation and self-direction for learning	<ul style="list-style-type: none"> • Ask questions when learning new things • Motivate themselves when they don't want to do something
B-LS 5. Media and technology skills to enhance learning	<ul style="list-style-type: none"> • Update their thinking as they learn more about something • Adapt well to new situations
B-LS 6. High-quality standards for tasks and activities	<ul style="list-style-type: none"> • Express high expectations for themselves
B-LS 7. Long- and short-term academic, career and social/emotional goals	<ul style="list-style-type: none"> • Set goals for themselves • Persist to achieve a goal • Contribute to group or team goals • Believe they can achieve their goals
B-LS 8. Engagement in challenging coursework	<ul style="list-style-type: none"> • Seek out things that challenge them
B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	<ul style="list-style-type: none"> • Gather information before making an important decision • Ask for advice when needed • Show a willingness to examine their beliefs and opinions • Do the right thing in a difficult situation
B-LS 10. Participation in enrichment and extracurricular activities	<ul style="list-style-type: none"> • Feel comfortable being themselves in different situations • Adjust their behavior to match different settings
Self-Management Skills	
<i>Standards</i>	<i>DESSA Items</i>
B-SMS 1. Responsibility for self and actions	<ul style="list-style-type: none"> • Accept responsibility for their actions • Agree to and follow expectations for their behavior
B-SMS 2. Self-discipline and self-control	<ul style="list-style-type: none"> • Can tell when their emotions make it hard to pay attention • Stay focused despite a distraction • Motivate themselves when they don't want to do something • Think before they acted

B-SMS 3. Independent work	<ul style="list-style-type: none"> • Prepare for school, activities, or upcoming events • Ask questions when learning new things • Set goals for themselves • Seek out things that challenge them • Take action to solve problems
B-SMS 4. Delayed gratification for long-term rewards	<ul style="list-style-type: none"> • Imagine a positive future for themselves
B-SMS 5. Perseverance to achieve long and short-term goals	<ul style="list-style-type: none"> • Persist to achieve a goal • Believe they can achieve their goals
B-SMS 6. Ability to identify and overcome barriers	<ul style="list-style-type: none"> • Stay calm when faced with a challenge • Believe they can overcome setbacks • Keep trying when unsuccessful • Seek out challenging tasks • View negative outcomes as a learning opportunity
B-SMS 7. Effective coping skills	<ul style="list-style-type: none"> • Calm down when they're upset • Accept that making mistakes is part of learning • Focus on the positive side of things • Know how their emotions influence their behavior
B-SMS 8. Balance of school, home and community activities	<ul style="list-style-type: none"> • Feel comfortable being themselves in different situations • Adjust their behavior to match different settings • Make positive contributions to their class, school, or community
B-SMS 9. Personal safety skills	<ul style="list-style-type: none"> • Think before they acted • Agree to and follow expectations for their behavior
B-SMS 10. Ability to manage transitions and adapt to change	<ul style="list-style-type: none"> • Adapt well to new situations • Adjust their behavior to match different settings
Social Skills	
<i>Standards</i>	<i>DESSA Items</i>
B-SS 1. Effective oral and written communication skills and listening skills	<ul style="list-style-type: none"> • Listen to others • Ask questions when learning new things • Ask questions when they did not understand something

<p>B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them</p>	<ul style="list-style-type: none"> • Interact positively with classmates • Encourage their friends or classmates • Get along well with different types of people • Good at making and keeping friends • Respect a person's right to have a different perspective • Compliment or congratulate others • Help make their class a place where everyone can learn • Demonstrate openness to new situations, experiences, and people
<p>B-SS 3. Positive relationships with adults to support success</p>	<ul style="list-style-type: none"> • Ask for advice when needed • Feel comfortable asking for help when they don't understand something • Get along well with different types of people • Show appreciation for others
<p>B-SS 4. Empathy</p>	<ul style="list-style-type: none"> • Recognize others' emotions • Respond to others' feelings in kind and safe ways
<p>B-SS 5. Ethical decision-making and social responsibility</p>	<ul style="list-style-type: none"> • Do the right thing in a difficult situation • Compromise for the good of the group • Accept responsibility for their actions
<p>B-SS 6. Effective collaboration and cooperation skills</p>	<ul style="list-style-type: none"> • Cooperate with others to solve a problem • Contribute to group or team goals • Believe working with others leads to greater success
<p>B-SS 7. Leadership and teamwork skills to work effectively in diverse groups</p>	<ul style="list-style-type: none"> • Resolve conflicts positively • Respect a person's right to have a different perspective • Make positive contributions to their class, school, or community • Listen to others
<p>B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary</p>	<ul style="list-style-type: none"> • Stand up for a friend or classmate • Ask for advice when needed • Feel comfortable asking for help when they don't understand something
<p>B-SS 9. Social maturity and behaviors appropriate to the situation and environment</p>	<ul style="list-style-type: none"> • Adjust their behavior to match different settings • Adapt well to new situations
<p>B-SS 10. Cultural awareness, sensitivity and responsiveness</p>	<ul style="list-style-type: none"> • Respect a person's right to have a different perspective • Get along well with different types of people • Help make their class a place where everyone can learn



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.