

DESSA Student Reflection Worksheet

Use this worksheet after taking the DESSA to help understand your social and emotional strengths and grow your skills.

Part 1: First Thoughts

Think about your experience taking the DESSA.

What was it like taking the DESSA?



How do you feel about your results?

Excited Confused Curious Proud Unsure Other: _____

Did anything surprise you? Why or why not?



Part 2: Your Strengths

Start by identifying what's going well for you.

- **What are 1–2 of your strongest social-emotional skills based on your results?**
- **What do these strengths look like in your life?** *(Examples can be from school, home, your activities, friends, etc.)*
- **How can you use these strengths to support your future goals?**


