

DESSA Student Reflection Worksheet

Everyone has strengths and areas to grow. Use your DESSA results to learn more about yourself.

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 with what's going well.

- What is your strongest skill based on your results?
- Give an example of when you used this skill in your life.
(Examples can be from school, home, your activities, or with friends.)
- How can you keep using this strength?


