



Next Generation Social and Emotional  
Learning Assessment System

# STUDENT SAMPLE Report

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## INTRODUCTION TO THE ACT TESSERA SOCIAL AND EMOTIONAL LEARNING ASSESSMENT SYSTEM

The Tessera Social and Emotional Learning Assessment System was made to measure six important foundational skills. Research has shown these skills can help individuals be more successful at school, at work, and in life. Below are these skills.

SKILL	DESCRIPTION
Tenacity/Grit	How hard are you trying to reach your goals? Do you act like you want to fulfill your potential?
Organization/Responsibility	How reliable, responsible, careful, and thorough are you at school these days?
Teamwork/Cooperation	How well are you getting along with others these days?
Composure/Resilience	How well are you handling stress currently?
Curiosity/Ingenuity	Are you currently developing strong habits of being open-minded, curious, and creative?
Leadership/Communication Style	How assertive, persuasive, optimistic, enthusiastic, and confident are you at school these days?

- Each of these skills have been shown to be related to important outcomes
- For example, people do better at school and work if they have more Tenacity/Grit
- Also, as another example, people who have more Composure/Resilience tend to be happier with their lives

- It is very important to know that you can improve in all of these skills if you practice.
- You should think of each of these like a muscle. The more you exercise, the stronger your muscles get. In the same way, the more you practice your Tenacity/Grit, Curiosity/Ingenuity, etc., the stronger you become in those skills.
- Your teacher or school may have developed material to help you improve these skills. Having done the assessment and seen this report, you can also be mindful of this possibility.

## YOUR SCORES

Let's talk for just a little bit about what your scores mean. Here is an example:

### Tenacity / Grit: Where are you now?

The extent to which you try hard to reach your goals and fill your potential

#### How do you currently see yourself?



- Don't worry too much if you get one star on any of the skills. You can always improve with practice.
- Now you will see your scores. First, you will get a summary page that shows all six of your scores on one page. After that, you will be provided with more detailed information about each skill.

- Stars indicate your current level on each skill
- The more stars you have, the more you are currently demonstrating the skill
- In this example, the student got one star on Curiosity/Ingenuity

## YOUR TESSERA SCORES AT A GLANCE

### Tenacity/Grit



How hard are you trying to reach your goals?  
Do you act like you want to fulfill your potential?

### Organization/ Responsibility



How reliable, responsible, careful, and thorough are you at school these days?

### Teamwork/Cooperation



How well are you getting along with others these days?

### Composure/Resilience



How well are you handling stress currently?

### Curiosity/Ingenuity



Are you currently developing strong habits of being open-minded, curious, and creative?

### Leadership/ Communication Style



How assertive, persuasive, optimistic, enthusiastic, and confident are you at school these days?

## Tenacity / Grit: Where are you now?

The extent to which you try hard to reach your goals and fill your potential

How do you currently see yourself?



DEVELOPING

**What would you do in a real-world situation? One Example:**

In English class, you write a paper about a book that you did not enjoy and receive a barely passing grade on your first assignment. Your teacher has explained the areas to work on in order to improve your grade on the next paper.

Here you can see how experts in Tenacity/Grit rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
Hope that the next book you have to write about is one that you like.		Somewhat ineffective
Ask the teacher to read your paper again to see if they might give you a better grade.		Somewhat ineffective
Try harder and make sure to address the teacher's concerns when writing the next paper.		Very effective
Do the best you can on the next paper without really thinking about the comments from the teacher.		Somewhat ineffective
Decide that you will probably not get a very good grade in that class, since the teacher is too picky.		Very ineffective

## Tenacity / Grit: What is it?

The extent to which you try hard to reach your goals and fill your potential

**People with 1 star like you currently tend to**

- Not always try their hardest to learn everything in school
- Stop trying after they have failed once
- Not always do what is expected of them

**People with 3 stars tend to**

- Try extremely hard to learn everything in school
- Only stop trying after they have failed many times
- Do more than what is expected of them

## Organization / Responsibility: Where are you now?

The extent to which you tend to be reliable, responsible, and dependable

How do you currently see yourself?



DEMONSTRATING

**What would you do in a real-world situation? One Example:**

Your teacher has given directions for a group assignment. Everything from the format to the content of the assignment needs to be done a certain way. Your group has done a great job on the content of the assignment, but you are not sure that the format matches her expectations. How likely are you to do each of the following?

Here you can see how experts in Organization/Responsibility rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
Ask the teacher whether she will accept other formats.		Neutral
Turn in the assignment as it is, since the content meets all of her expectations.		Somewhat ineffective
Try to make sure that at least some of the formatting requirements are met.		Neutral
Offer to format everything together to make sure that the assignment meets the teacher's expectations.		Very effective
Make sure that your section of the assignment follows the right format, even if the rest does not.		Neutral

## Organization / Responsibility: What is it?

The extent to which you tend to be reliable, responsible, and dependable

**People with 3 stars like you currently tend to**

- Almost always turn their homework in on time
- Check all their homework for mistakes
- Complete all of the work for which they are responsible

**You are currently at 3 stars. Keep up the good work!**

## Teamwork / Cooperation: Where are you now?

The extent to which you get along well with others

How do you currently see yourself? 
  
**APPROACHING**

What would you do in a real-world situation? One Example:

Science class has become more challenging, and you’ve noticed that one of your classmates is having a hard time keeping up. When the teacher assigns a group project, this student needs someone to work with. How likely are you to do each of the following?

Here you can see how experts in Teamwork/Cooperation rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
Ask the student to join your team, then offer to help the student outside of class.		Very effective
Suggest the student join another student who also doesn't seem to find a partner to work with.		Neutral
Offer to help the student outside of class but tell them you already have a full team for the project.		Somewhat effective
Feel bad that the student is having a hard time but you already have enough school work and can't do more.		Neutral
Let the teacher find a group for the student. It's not your problem.		Somewhat ineffective

## Teamwork / Cooperation: What is it?

The extent to which you get along well with others

**People with 2 stars like you currently tend to**

- Cooperate pretty well with peers
- Care somewhat about how other people feel
- Usually try to take other people’s perspective

**People with 3 stars tend to**

- Cooperate very well with peers
- Care a lot about how other people feel
- Almost always try to take other people’s perspective

## Composure / Resilience: Where are you now?

The extent to which you handle stress well

How do you currently see yourself?



**APPROACHING**

**What would you do in a real-world situation? One Example:**

You are sick and miss an entire week of school. You have tried to keep up with all the makeup work from the days you missed. Your social studies teacher has just announced a test at the end of the week that will cover all the class work you missed. How likely are you to do each of the following?

Here you can see how experts in Composure/Resilience rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
Panic and give up. There's no way you can get all this work done successfully.		Very ineffective
Ask your social studies teacher for help preparing for the test and keep doing your make up work.		Somewhat effective
Get frustrated and angry with the amount of work the school gives you.		Very ineffective
Do the best you can even though you feel overwhelmed.		Very effective
Focus on studying for the test only.		Neutral

## Composure / Resilience: What is it?

The extent to which you handle stress well

**People with 2 stars like you currently tend to be**

- Pretty good at controlling negative emotions
- Pretty good at tolerating stress
- Pretty good at adapting to changes at home and school

**People with 3 stars tend to be**

- Extremely good at controlling negative emotions
- Extremely good at tolerating stress
- Extremely good at adapting to changes at home and school

## Curiosity / Ingenuity: Where are you now?

The extent to which you are open-minded, curious, and creative

How do you currently see yourself?



DEMONSTRATING

**What would you do in a real-world situation? One Example:**

Your teacher has assigned a project to the class and there are two choices of topics. One topic is one that is very familiar to you. The other is something that interests you, but you have very little knowledge about it. How likely are you to do each of the following?

Here you can see how experts in Curiosity/Ingenuity rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
You choose the unfamiliar topic because you think it will impress the teacher and help you get a better grade.		Neutral
You choose the familiar topic, but try to find a way to make it more interesting.		Somewhat effective
You choose the unfamiliar topic because it will give you the chance to learn something new.		Very effective
You choose the familiar topic. You know you can do a good job with the information you have.		Neutral
You choose the familiar topic. The project could be pulled together with very little effort.		Very ineffective

## Curiosity / Ingenuity: What is it?

The extent to which you are open-minded, curious, and creative

**People with 3 stars like you currently tend to**

- Enjoy learning new things very much
- Be extremely curious and imaginative
- Enjoy interacting with different types of people very much

**You are currently at 3 stars. Keep up the good work!**

## Leadership / Communication Style: Where are you now?

The extent to which you are assertive, persuasive, optimistic, enthusiastic, and confident at school

How do you currently see yourself?



APPROACHING

### What would you do in a real-world situation? One Example:

Your school choir needs money to travel to a competition. A student committee is forming to help plan a fundraiser for the choir’s trip. The committee will need to come up with an idea for the fundraiser and plan and coordinate the event. How likely are you to do each of the following?

Here you can see how experts in Leadership/Communication style rated the options in comparison to how you responded. The more likely you were to say that you would choose a response that the experts rated as effective, the better.

Response Option	How likely did you say you were to choose this option?	How effective is each response as rated by experts?
Volunteer to lead the committee, as you are happy to be in charge.		Very effective
Join the committee and go along with whatever plan the group creates.		Neutral
Some of the other students will sign up to run the fundraiser, so you don't volunteer.		Very ineffective
Sign up to serve on the committee, but let another classmate take the lead.		Neutral
Volunteer to lead the committee along with some others.		Very effective

## Leadership / Communication Style: What is it?

The extent to which you are assertive, persuasive, optimistic, enthusiastic, and confident at school

**People with 2 stars like you currently tend to**

- Find it easy to express themselves only in some situations
- Be somewhat optimistic and cheerful and usually try to make others happy
- Enjoy being around others somewhat

**People with 3 stars tend to**

- Find it very easy to express themselves in most situations
- Be extremely optimistic and cheerful and try to make others happy
- Enjoy being around others very much

