Scores for Isabella Hawkins
September 1, 2018

ACT Tessera measures five important social and emotional skills, described below. Stars indicate your current level on each skill. Don’t worry too much if you get one star on any of the skills. You can always improve with practice.

For detailed information on improving the five Tessera skills, and for explanation of how star scores are related to percentiles, go to www.act.org/tesserareport.

Grit
Grit reflects the extent to which a student’s actions demonstrate persistence, goal striving, reliability, dependability, and attention to detail at school.

Teamwork
Teamwork reflects the extent to which a student’s actions demonstrate collaboration, empathy, helpfulness, trust, and trustworthiness.

Curiosity
Curiosity reflects the extent to which a student’s actions demonstrate creativity, inquisitiveness, flexibility, open mindedness, and embracing diversity.

Resilience
Resilience reflects the extent to which a student’s actions demonstrate stress management, emotional regulation, a positive response to setbacks, and poise.

Leadership
Leadership reflects the extent to which a student’s actions demonstrate assertiveness, influence, optimism, and enthusiasm.
Grit
Grit reflects the extent to which a student’s actions demonstrate persistence, goal striving, reliability, dependability, and attention to detail at school. To access videos and other tools to help you improve your grit, go to www.act.org/grit-test.

**YOUR SCORE**
- Responds to most helpful feedback received on school assignments
- Occasionally attempts challenging things and keeps trying, even when things get difficult
- Sometimes checks to see if he/she is meeting his/her goals with teacher help
- Seeks out and responds to all helpful feedback on school assignments
- Almost always attempts challenging things and keeps trying, even when things get difficult
- Often checks to see if he/she is meeting his/her goals, even without teacher help

A student who scores in this level is most likely developing the skills described in the other levels. This student can improve by working to:
- Use helpful feedback received on school assignments
- Attempt challenging things or persist when things get difficult
- Check to see if he/she is meeting his/her goals, with teacher help

Teamwork
Teamwork reflects the extent to which a student’s actions demonstrate collaboration, empathy, helpfulness, trust, and trustworthiness. To access videos and other tools to help you improve your teamwork, go to www.act.org/teamwork.

**YOUR SCORE**
- Sometimes shows compassion or empathy when others are feeling sad, frustrated, or angry (e.g., offers comforting words)
- Sometimes acknowledges and shows consideration for other students’ feelings, opinions, and perspectives
- Sometimes helps and supports others when doing work in groups
- Usually shows compassion or empathy when others are feeling sad, frustrated, or angry (e.g., offers comforting words)
- Usually acknowledges and shows consideration for other students’ feelings, opinions, and perspectives
- Usually helps and supports others when doing work in groups
- Almost always shows compassion or empathy when others are feeling sad, frustrated, or angry (e.g., offers comforting words)
- Almost always acknowledges and shows consideration for other students’ feelings, opinions, and perspectives
- Almost always helps and supports others when doing work in groups

A student who scores in this level is most likely developing the skills described in the other levels. This student can improve by working to:
- Show compassion or empathy when others are feeling sad, frustrated, or angry (e.g., offers comforting words)
- Acknowledge and show consideration for other students’ feelings, opinions, and perspectives
- Help and support others when doing work in groups
Curiosity
Curiosity reflects the extent to which a student’s actions demonstrate creativity, inquisitiveness, flexibility, open mindedness, and embracing diversity. To access videos and other tools to help you improve your curiosity, go to www.act.org/curiosity.

A student who scores in this level is most likely developing the skills described in the other levels. This student can improve by working to:

- Consider others’ points of view
- Be creative on school projects
- Think of new or different ways to solve problems

Sometimes is willing to consider others’ points of view
Sometimes attempts to be creative on school projects
Sometimes tries to think of new and different ways to solve problems

Usually is willing to consider others’ points of view
Usually attempts to be creative on school projects
Usually tries to think of new or different ways to solve problems

Resilience
Resilience reflects the extent to which a student’s actions demonstrate stress management, emotional regulation, a positive response to setbacks, and poise. To access videos and other tools to help you improve your resilience, go to www.act.org/resilience.

A student who scores in this level is most likely developing the skills described in the other levels. This student can improve by working to:

- Recognize when stress is affecting him/her and take steps to reduce it (such as journaling or taking deep breaths)
- Avoid worrying about things that have happened in the past
- Worry less about upcoming events that are out of his/her control

Sometimes recognizes feelings of anxiety or stress and takes steps to reduce them (such as journaling or taking deep breaths)
Sometimes worries about things that have happened in the past
Occasionally finds it hard to not worry about upcoming events, even if they are out of his/her control

Usually recognizes feelings of anxiety or stress and takes steps to reduce them (such as journaling or taking deep breaths)
Doesn’t usually worry about things that have happened in the past
Doesn’t usually worry about upcoming events that are out of his/her control

Almost always recognizes feelings of anxiety or stress and takes steps to reduce them (such as journaling or taking deep breaths)
Rarely worries about things that have happened in the past
Rarely worries about upcoming events that are out of his/her control
Leadership

Leadership reflects the extent to which a student’s actions demonstrate assertiveness, influence, optimism, and enthusiasm. To access videos and other tools to help you improve your leadership, go to www.act.org/leadership-training.

A student who scores in this level is most likely developing the skills described in the other levels. This student can improve by working to:

- Take on leadership roles, even when specifically asked to do so
- Express positive ideas or opinions
- Offer encouragement to others

Volunteers to be a leader, even when he/she is not asked to do so
Almost always expresses positive ideas or opinions
Almost always offers encouragement to others

★ ★ ★ ★ ★

Your Score

- Is often willing to take on leadership roles when specifically asked
- Sometimes expresses positive ideas or opinions
- Sometimes offers encouragement to others
Where you are today doesn’t have to be where you are tomorrow

Social and emotional skills change over time, and improving these skills can help you achieve your academic, professional, and personal goals.

This report provides you with your scores and some exercises that may help you learn more about each skill and improve. The more you practice your Grit, Curiosity, etc., the stronger you become in those skills.

Improve Your Grit
Other Words for Grit: Hard-working, organized, trustworthy, reliable, conscientious, and tenacious.

Improve Your Grit
One way you can improve your grit is to maintain an awareness of why you want to achieve your goals. What would it mean to you and others if you achieved your goal? Think about the steps you must take to achieve your goal and then monitor progress to stay on track.

Go to This Link
To access videos and other tools to help you improve your grit, go to www.act.org/grit-test.

Improve Your Teamwork
Other Words for Teamwork: Helpful, supportive, empathetic, respectful, collaborative, and agreeable.

Improve Your Teamwork
Considering other team members’ perspectives can enhance teamwork and cooperation. The next time you work with other team members, try to see things from their points of view.

Go to This Link
To access videos and other tools to help you improve your teamwork, go to www.act.org/teamwork.

Improve Your Curiosity
Other Words for Curiosity: Interested, inquisitive, eager to learn, creative, inventive, and imaginative.

Improve Your Curiosity
Try to consider several ways of solving a problem before you settle on a solution. Observe people you think are creative. How do they solve problems or come up with solutions?

Go to This Link
To access videos and other tools to help you improve your curiosity, go to www.act.org/curiosity.

Improve Your Resilience
Other Words for Resilience: Relaxed, calm, self-controlled, collected, not overly worried, and not overly stressed.

Improve Your Resilience
Being grateful can help improve your composure. Being grateful means being thankful for the things you have. Try to spend a little time each day thinking about the things in your life for which you are grateful.

Go to This Link
To access videos and other tools to help you improve your resilience, go to www.act.org/resilience.

Improve Your Leadership
Other Words for Leadership: Assertive, persuasive influential, optimistic, encouraging, and enthusiastic.

Improve Your Leadership
Great leaders are often optimistic and enthusiastic. They see that the “glass is half full” and are confident that the future will turn out well. Do your best to see the positive side of most situations.

Go to This Link
To access videos and other tools to help you improve your leadership, go to www.act.org/leadership-training.