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.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Description</th>
<th>Star Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grit</td>
<td>Grit reflects the extent to which a student's actions demonstrate persistence, goal striving, reliability, dependability, and attention to detail at school.</td>
<td>★★★☆☆</td>
</tr>
<tr>
<td>Teamwork</td>
<td>Teamwork reflects the extent to which a student's actions demonstrate collaboration, empathy, helpfulness, trust, and trustworthiness.</td>
<td>★★★☆☆</td>
</tr>
<tr>
<td>Curiosity</td>
<td>Curiosity reflects the extent to which a student's actions demonstrate creativity, inquisitiveness, flexibility, open mindedness, and embracing diversity.</td>
<td>★★★★★</td>
</tr>
<tr>
<td>Resilience</td>
<td>Resilience reflects the extent to which a student's actions demonstrate stress management, emotional regulation, a positive response to setbacks, and poise.</td>
<td>★★★☆☆</td>
</tr>
<tr>
<td>Leadership</td>
<td>Leadership reflects the extent to which a student's actions demonstrate assertiveness, influence, optimism, and enthusiasm.</td>
<td>★★★☆★</td>
</tr>
</tbody>
</table>

- ★ at or below the 16th percentile. Approximately 84% of the national tested sample scored higher than students in this range.
- ★★ between the 17th and 50th percentiles (inclusive). Approximately 16% scored lower and 50% scored higher than students in this range.
- ★★★ between the 51st and 84th percentiles (inclusive). Approximately 50% scored lower and 16% scored higher than students in this range.
- ★★★★ at or above the 85th percentile. Approximately 84% scored lower than students in this range.
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](http://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](http://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](http://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](http://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](http://www.act.org/leadership-training).