

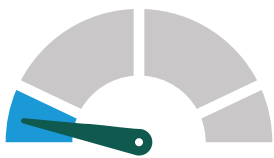
## SAMPLE STUDENT

April 23, 2020

Mosaic<sup>TM</sup> by ACT<sup>®</sup> SEL assessment measures five important social and emotional skills: Sustaining Effort, Getting Along with Others, Maintaining Composure, Keeping an Open Mind, and Social Connection. You can receive one of four scores for each skill: Developing, Approaching, Demonstrating, and Mastering.

For detailed information on improving the five SE skills, and for explanation of how these scores are determined, go to [www.act.org/sel](http://www.act.org/sel).

### DEVELOPING



You are unlikely to engage in skill-specific behaviors often, and you rarely do them without help yet. Try engaging in these behaviors more often and sometimes on your own.

### APPROACHING



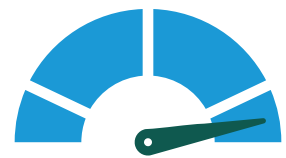
You are likely to engage in skill-specific behaviors sometimes, often with help from others. Try engaging in these behaviors more often and on your own.

### DEMONSTRATING



You are likely to engage in skill-specific behaviors most of the time, often without help from others. Try engaging in these behaviors regularly and on your own.

### MASTERING



You are likely to engage in skill-specific behaviors often and without others prompting you. Keep engaging in these behaviors.

## 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 current score on each skill and some exercises that may help you learn more about each skill and improve. The more you practice, the stronger you can become in each skill.

# SUSTAINING EFFORT



How your actions demonstrate diligence, effort, organization, self-control, and compliance with the rules.

## YOUR SUSTAINING EFFORT SCORE



### DEMONSTRATING

## WHEN YOU DEMONSTRATE SUSTAINING EFFORT, YOU...

- Complete tasks on time without needing reminders and even during difficult circumstances
- Actively seek feedback to improve work and make needed revisions
- Keep all of your materials organized
- Attempt challenging tasks and persevere through frustrations
- Set realistic goals for yourself and make realistic plans to achieve them

## WANT TO IMPROVE IN SUSTAINING EFFORT? HERE'S A WAY TO START:

Get organized. Start keeping track of all of your assignments and chores at home, and organize your time so that you can get all of your tasks done. To access videos and other tools to help you improve in Sustaining Effort, go to [www.act.org/sel](http://www.act.org/sel)

# GETTING ALONG WITH OTHERS



How your actions demonstrate positive interactions and cooperation with others, and kindness, friendliness, and tactfulness.

## YOUR GETTING ALONG WITH OTHERS SCORE



### APPROACHING

## WHEN YOU DEMONSTRATE GETTING ALONG WITH OTHERS, YOU...

- Consistently show compassion or empathy for others in a variety of circumstances
- Work pleasantly with others following conflict
- Are able to identify when others need help and help others without expecting anything in return
- Consistently speak to teachers and peers politely, using respectful language and tone
- Appropriately identify sources of conflict when disagreements arise and actively suggest solutions

## WANT TO IMPROVE IN GETTING ALONG WITH OTHERS? HERE'S A WAY TO START:

Consider other team members' perspectives. The next time you work with others, try to see things from their points of view. To access videos and other tools to help you improve in Getting Along with Others, go to [www.act.org/sel](http://www.act.org/sel)

# MAINTAINING COMPOSURE



How your actions demonstrate relative calmness, serenity, and the ability to manage emotions effectively.

## YOUR MAINTAINING COMPOSURE SCORE



### DEMONSTRATING

## WHEN YOU DEMONSTRATE MAINTAINING COMPOSURE, YOU...

- Recognize when you are being affected by stress and take steps to reduce stress
- Successfully manage stress related to activities or tasks
- Use multiple coping strategies to deal with negative feelings (e.g., seeking social support, relaxation)
- Manage negative emotions when you experience them
- Reframe past mistakes or events into something positive instead of dwelling on them

## WANT TO IMPROVE IN MAINTAINING COMPOSURE? HERE'S A WAY TO START:

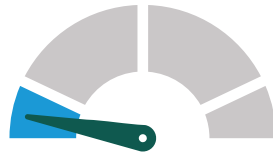
Be grateful. Being grateful means being thankful for the things and people in your life. Try to spend a little bit of time each day thinking about the things in your life for which you are grateful. To access videos and other tools to help you improve in Maintaining Composure, go to [www.act.org/sel](http://www.act.org/sel)

# KEEPING AN OPEN MIND



How your actions demonstrate open-mindedness and curiosity about a variety of ideas, beliefs, people, and experiences.

## YOUR KEEPING AN OPEN MIND SCORE



DEVELOPING

## WHEN YOU DEMONSTRATE KEEPING AN OPEN MIND, YOU...

- Generate new ideas or solve problems in new ways (e.g., by suggesting improvements or alternatives)
- Ask questions when trying to discover the answer to a question or solve a problem
- Participate in tasks that require imagination (e.g., creative arts, brainstorming)
- Seek out interactions with people, ideas, cultures, and opinions that differ from your own
- Consistently respect people whose cultural beliefs do not align with your own

## WANT TO IMPROVE IN KEEPING AN OPEN MIND? HERE'S A WAY TO START:

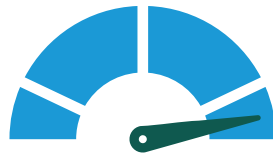
Try to consider several ways of solving a problem before you settle on a solution. Observe people you think are creative and take notice of how they solve problems or come up with solutions. To access videos and other tools to help you improve in Keeping an Open Mind, go to [www.act.org/sel](http://www.act.org/sel)

# SOCIAL CONNECTION



How your actions demonstrate a preference for social interaction, assertiveness in social situations, and optimism.

## YOUR SOCIAL CONNECTION SCORE



MASTERING

## WHEN YOU DEMONSTRATE SOCIAL CONNECTION, YOU...

- Actively share your own ideas during group tasks
- Offer potential courses of action during group work
- Consistently make encouraging comments and help others identify the good in difficult situations
- Express positive ideas or opinions
- Initiate and actively participate in socializing with others

## WANT TO IMPROVE IN SOCIAL CONNECTION? HERE'S A WAY TO START:

The next time you're working with a group, try taking on a leadership role. Speak up and be sure to share your ideas with everyone. To access videos and other tools to help you improve in Social Connection, go to [www.act.org/sel](http://www.act.org/sel)

For more information on Mosaic by ACT SEL skills and recommendations for strategies families can use to help students improve on each skill, visit [www.act.org/sel](http://www.act.org/sel)

# WHAT CAN I DO NOW?

Remember that social and emotional skills are like muscles; they will grow over time with regular exercise and effort.

We encourage you to share your score report with your parents or guardians. Together you can identify your areas of strength and your areas for growth. With practice, you can improve on each skill.