



# How to Train Your Amygdala

## ASCA Alignment

Alignment by Dr. Danielle Schultz

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**Book Title:** *How to Train Your Amygdala* by Anna Housley Juster

**ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-Readiness Standards for Every Student**

*Each of the following standards can be applied to the academic, career and social/emotional domains.*

**Category 1: Mindset Standards:** School counselors encourage the following mindsets for all students.

M 1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
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**Category 2: Behavior Standards:** School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

### **Learning Strategies**

### **Self-Management Skills**

B-SMS 2.	Self-discipline and self-control
B-SMS 6.	Ability to identify and overcome barriers
B-SMS 7.	Effective coping skills
B-SMS 9.	Personal safety skills

### **Social Skills**

B-SS 2.	Positive, respectful and supportive relationships with students who are similar to and different from them
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**ASCA Student Standards:** M 1, B-SMS 2, B-SMS 6, B-SMS 7, B-SMS 9, B-SS 2