



# Bea's Balikbayan Box of Treasures

## ASCA Alignment

Alignment by Dr. Danielle Schultz

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**Book Title:** *Bea's Balikbayan Box Treasures* by Christine Alemshah

**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**

B-LS 1.	Critical-thinking skills to make informed decisions
B-LS 2.	Creative approach to learning, tasks and problems

### **Self-Management Skills**

B-SMS 2.	Self-discipline and self-control
B-SMS 4.	Delay gratification for long-term rewards
B-SMS 5.	Perseverance to achieve long-term and short-term goals
B-SMS 7.	Effective coping skills

### **Social Skills**

B-SS 1.	Effective oral and written communication skills and listening skills
B-SS 3.	Positive relationships with adults to support success
B-SS 4.	Empathy
B-SS 10.	Cultural awareness, sensitivity and responsiveness

**ASCA Student Standards:** M 1, B-LS 1, B-LS 2, B-SMS 2, B-SMS 4, B-SMS 5, B-SMS 7, B-SS 1, B-SS 3, B-SS 4, B-SS 10