



# My Life as an Asthmanaut

**A book about asthma**

ASCA Alignment

Alignment by Dr. Danielle Schultz

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**Book Title:** *My Life as an Asthmanaut: A Book About Asthma* by Jake Lockett

**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 2.	Sense of acceptance, respect, support and inclusion for self and others in the school environment
M 4.	Self-confidence in ability to succeed

**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 1.	Responsibility for self and actions
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
B-SS 3.	Positive relationships with adults to support success
B-SS 4.	Empathy
B-SS 8.	Advocacy skills for self and others and ability to assert self, when necessary

**ASCA Student Standards:** M 2,M 4, B-SMS 1, B-SMS 2, B-SMS 6, B-SMS 7, B-SMS 9, B-SS 2, B-SS 3, B-SS 4, B-SS 8