



Embracing Your ADHD Brain

An Actually Helpful Guide for Teens

ASCA Alignment

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Book Title: *Embracing Your ADHD Brain: An Actually Helpful Guide for Teens* by Mary Hess and Randy Preston

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
M 2.	Sense of acceptance, respect, support and inclusion for self and others in the school environment
M 3.	Positive attitude toward work and learning
M 4.	Self-confidence in ability to succeed
M 5.	Belief in using abilities to their fullest to achieve high-quality results and outcomes
M 6.	Understanding that postsecondary education and life-long learning are necessary for long-term success

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
B-LS 3.	Time-management, organizational skills and study skills
B-LS 4.	Self-motivation and self-direction for learning
B-LS 7.	Long- and short-term academic, career and social/emotional goals
B-LS 8.	Engagement in challenging coursework
B-LS 9.	Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias
B-LS 10.	Participation in enrichment and extracurricular activities

Self-Management Skills

B-SMS 1.	Responsibility for self and actions
B-SMS 2.	Self-discipline and self-control
B-SMS 3.	Independent work
B-SMS 4.	Delay gratification for long-term rewards
B-SMS 5.	Perseverance to achieve long-term and short-term goals
B-SMS 6.	Ability to identify and overcome barriers
B-SMS 7.	Effective coping skills
B-SMS 8.	Balance school, home and community activities
B-SMS 9.	Personal safety skills
B-SMS 10.	Ability to manage transitions and ability to adapt to change

Social Skills

B-SS 1.	Effective oral and written communication skills and listening 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 5.	Ethical decision-making and social responsibility
B-SS 6.	Effective collaboration and cooperation skills
B-SS 7.	Leadership and teamwork skills to work effectively in diverse groups
B-SS 8.	Advocacy skills for self and others and ability to assert self, when necessary
B-SS 9.	Social maturity and behaviors appropriate to the situation and environment
B-SS 10.	Cultural awareness, sensitivity and responsiveness

ASCA Student Standards: M 1, M 2, M 3, M 4, M 5, M 6, B-LS 1, B-LS 2, B-LS 3, B-LS 4, B-LS 7, B-LS 8, B-LS 9, B-LS 10, B-SMS 1, B-SMS 2, B-SMS 3, B-SMS 4, B-SMS 5, B-SMS 6, B-SMS 7, B-SMS 8, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 3, B-SS 4, B-SS 5, B-SS 6, B-SS 7, B-SS 8, B-SS 9, B-SS 10