



# Cool Down and Work Through Anger

## ASCA Alignment

Alignment by Dr. Danielle Schultz

Alignment by Danielle Schultz

**Book Title:** *Cool Down and Work Through Anger* by Cheri J. Meiners

**The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-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**

1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
2. Self-confidence in ability to succeed
3. Sense of belonging in the school environment
5. Belief in using abilities to their fullest to achieve high-quality results and outcomes
6. Positive attitude toward work and learning

**Category 2: Behavior Standards**

**Learning Standards**

1. Demonstrate critical-thinking skills to make informed decisions
9. Gather evidence and consider multiple perspectives to make informed decisions

**Self-Management Skills**

1. Demonstrate ability to assume responsibility
7. Demonstrate effective coping skills when faced with a problem

**Social Skills**

1. Use effective oral and written communication skills and listening skills
2. Create positive and supportive relationships with other students
3. Create relationships with adults that support success
4. Demonstrate empathy
5. Demonstrate ethical decision-making and social responsibility
8. Demonstrate advocacy skills and ability to assert self, when necessary
9. Demonstrate social maturity and behaviors appropriate to the situation and environment

**ASCA MINDSET AND BEHAVIOR STANDARDS:** MS.1, MS. 2, MS.3, MS.5, MS.6, BS.LS.1, BS.LS.9, BS.SMS.1, BS.SMS.7, BS.SS.1, BS.SS.2, BS.SS.3, BS.SS.4, BS.SS.5, BS.SS.8, BS.SS.9