



Dream On!

A Book About Possibilities

ASCA Alignment

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Book Title: *Dream On!* by Cheri J. Meiners, M.Ed.

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
4.	Understanding that postsecondary education and life-long learning are necessary for long-term career success
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

2.	Demonstrate creativity
4.	Apply self-motivation and self-direction to learning
7.	Identify long- and short-term academic, career and social/emotional goals

Self-Management Skills

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
3.	Demonstrate ability to work independently
4.	Demonstrate ability to delay immediate gratification for long-term rewards
5.	Demonstrate perseverance to achieve long- and short-term goals
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
6.	Use effective collaboration and cooperation skills
7.	Use leadership and teamwork skills to work effectively in diverse teams
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.4, MS.5, MS.6, BS.LS.1, BS.LS.2, BS.LS.4, BS.LS.7, BS.SMS.1, BS.SMS.2, BS.SMS.3, BS.SMS.4, BS.SMS.5, BS.SMS.7, BS.SS.1, BS.SS.2, BS.SS.3, BS.SS.4, BS.SS.5, BS.SS.6, BS.SS.7, BS.SS.8, BS.SS.9