



# Fighting Invisible Tigers

## Stress Management for Teens

ASCA Alignment

Alignment by Dr. Danielle Schultz

**Book Title:** *Fighting Invisible Tigers: 4th Edition* by Earl Hipp

**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

**Category 2: Behavior Standards**

**Learning Standards**

1.	Demonstrate critical-thinking skills to make informed decisions
2.	Demonstrate creativity
3.	Use time-management, organizational and study skills
5.	Apply media and technology skills
6.	Set high standards of quality
7.	Identify long- and short-term academic, career and social/emotional goals
9.	Gather evidence and consider multiple perspectives to make informed decisions

**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
6.	Demonstrate ability to overcome barriers to learning
7.	Demonstrate effective coping skills when faced with a problem
8.	Demonstrate the ability to balance school, home and community activities

9.	Demonstrate personal safety skills
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

### **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, BS.LS.1, BS.LS.2, BS.LS.3, BS.LS.5, BS.LS.6, BS.LS.7, BS.LS.8, BS.LS.9, BS.SMS.1, BS.SMS.2, BS.SMS.3, BS.SMS.4, BS.SMS.5, BS.SMS.6, BS.SMS.7, BS.SMS.8, BS.SMS.9, BS.SMS.10, BS.SS.1, BS.SS.2, BS.SS.3, BS.SS.4, BS.SS.5, BS.SS.8, BS.SS.9