



From A to Z with Energy!

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *From A to Z with Energy!* by Connie Bergstein Dow

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
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Category 2: Behavior Standards

Learning Standards

2.	Demonstrate creativity
10.	Participate in enrichment and extracurricular activities

Self-Management Skills

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
7.	Demonstrate effective coping skills when faced with a problem
9.	Demonstrate personal safety skills
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social 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

ASCA MINDSET AND BEHAVIOR STANDARDS: MS.1, BS.LS.2, BS.LS.10, BS.SMS.1, BS.SMS.2, BS.SMS.7, BS.SMS.9, BS.SMS.10, BS.SS.2, BS.SS.3, BS.SS.4, BS.SS.5,