



# Get Organized Without Losing It

ASCA Alignment

Alignment by Dr. Danielle Schultz

**Book Title:** *Get Organized Without Losing It* by Janet S. Fox

**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
6.	Positive attitude toward work and learning

**Category 2: Behavior Standards**

**Learning Standards**

3.	Use time-management, organizational and study skills
4.	Apply self-motivation and self-direction to learning
6.	Set high standards of quality

**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

**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
8.	Demonstrate advocacy skills and ability to assert self, when necessary

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