



Mindset Power

A Kid's Guide to Growing Better Every Day

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *Mindset Power: Mindset Power: A Kid's Guide to Growing Better Every Day* by Shannon Anderson

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

1.	Demonstrate critical-thinking skills to make informed decisions
2.	Demonstrate creativity
4.	Apply self-motivation and self-direction to learning
6.	Set high standards of quality
7.	Identify long- and short-term academic, career and social/emotional goals
8.	Actively engage in challenging coursework
10.	Participate in enrichment and extracurricular activities

Self-Management Skills

2.	Demonstrate self-discipline and self-control
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
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills

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.4, MS.5, MS.6, BS.LS.1, BS.LS.2, BS.LS.4, BS.LS.6, BS.LS.7, BS.LS.8, BS.LS.10, BS.SMS.2, BS.SMS.4, BS.SMS.5, BS.SMS.7, BS.SMS.10, BS.SS.3, BS.SS.8