



# Slaying Digital Dragons

**Tips and Tools for Protecting Your Body, Brain, Psyche, and Thumbs from the Digital Dark Side**

ASCA Alignment

Alignment by Dr. Danielle Schultz

Alignment by Danielle Schultz

Book: *Slaying Digital Dragons: Tips and Tools for Protecting Your Body, Brain, Psyche, and Thumbs from the Digital Dark Side* by Alex J. Packer, Ph.D.

**ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-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:** School counselors encourage the following mindsets for all students.

|      |  |
|------|--|
| M 1. | Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being |
|------|--|

**Category 2: Behavior Standards:** School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

**Learning Strategies**

|          |  |
|----------|--|
| B-LS 1.  | Critical-thinking skills to make informed decisions        |
| B-LS 5.  | Media and technology skills to enhance learning            |
| B-LS 10. | Participation in enrichment and extracurricular activities |

**Self-Management Skills**

|          |  |
|----------|--|
| B-SMS 1. | Responsibility for self and actions                    |
| B-SMS 2. | Self-discipline and self-control                       |
| B-SMS 4. | Delay gratification for long-term rewards              |
| B-SMS 5. | Perseverance to achieve long-term and short-term goals |
| B-SMS 6. | Ability to identify and overcome barriers              |
| B-SMS 7. | Effective coping skills                                |
| B-SMS 8. | Balance school, home and community activities          |

|           |  |
|-----------|--|
| B-SMS 9.  | Personal safety skills                                       |
| B-SMS 10. | Ability to manage transitions and ability to adapt to change |

### **Social Skills**

|          |  |
|----------|--|
| B-SS 1.  | Effective oral and written communication skills and listening skills                                       |
| B-SS 2.  | Positive, respectful and supportive relationships with students who are similar to and different from them |
| B-SS 3.  | Positive relationships with adults to support success  |
| B-SS 4.  | Empathy  |
| B-SS 5.  | Ethical decision-making and social responsibility  |
| B-SS 8.  | Advocacy skills for self and others and ability to assert self, when necessary                             |
| B-SS 9.  | Social maturity and behaviors appropriate to the situation and environment                                 |
| B-SS 10. | Cultural awareness, sensitivity and responsiveness   |

**ASCA Student Standards:** M 1, B-LS 1, B-LS 5, B-LS 10, B-SMS 1, B-SMS 2, B-SMS 4, B-SMS 5, B-SMS 6, B-SMS 7, B-SMS 8, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 3, B-SS 4, B-SS 5, B-SS 8, B-SS 9, B-SS 10