



Sometimes When I'm Mad

ASCA Alignment

Alignment by Dr. Danielle Schultz

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Book: *Sometimes When I'm Mad* by Deborah Serani, Psy.D., Illustrated by Kyra Teis

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.

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| M 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: School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

Self-Management Skills

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| B-SMS 1. | Responsibility for self and actions |
| B-SMS 2. | Self-discipline and self-control |
| B-SMS 7. | Effective coping skills |
| B-SMS 9. | Personal safety skills |

Social Skills

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| B-SS 3. | Positive relationships with adults to support success |
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ASCA Student Standards: M 1, B-SMS 1, B-SMS 2, B-SMS 7, B-SMS 9, B-SS 3