



# Stress Can Really Get on Your Nerves

ASCA Alignment

Alignment by Dr. Danielle Schultz

**Book Title:** *Stress Can Really Get on Your Nerves* by Cheri J. Meiners, M.Ed.

**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
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
3.	Use time-management, organizational and study skills
4.	Apply self-motivation and self-direction to learning
5.	Apply media and technology skills
9.	Gather evidence and consider multiple perspectives to make informed decisions
10.	Participate in enrichment and extracurricular activities

**Self-Management Skills**

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
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

10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities
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### **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
9.	Demonstrate social maturity and behaviors appropriate to the situation and environment

**ASCA MINDSET AND BEHAVIOR STANDARDS:** MS.1, MS.2, MS.5, MS.6, BS.LS.1, BS.LS.2, BS.LS.3, BS.LS.4, BS.LS.5, BS.LS.8, BS.LS.9, BS.LS.10, BS.SMS.1, BS.SMS.2, BS.SMS.6, BS.SMS.7, BS.SMS.8, BS.SMS.9, BS.SMS.10, BS.SS.1, BS.SS.2, BS.SS.3, BS.SS.8, BS.SS.9