



# **The Struggle to Be Strong**

## **True Stories by Teens About Overcoming Tough Times**

**ASCA Alignment**

Alignment by Dr. Danielle Schultz

**Book Title:** *The Struggle to be Strong Updated Edition: How to Foster Resilience in Teens*  
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**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  |
| 4. | Apply self-motivation and self-direction to learning                          |
| 6. | Set high standards of quality   |
| 9. | Gather evidence and consider multiple perspectives to make informed decisions |

**Self-Management Skills**

|    |  |
|----|--|
| 1. | Demonstrate ability to assume responsibility                               |
| 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             |
| 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   |

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|-----|--|
| 9.  | Demonstrate personal safety skills   |
| 10. | Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities |

### **Social Skills**

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|----|--|
| 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                                  |
| 4. | Demonstrate empathy  |
| 5. | Demonstrate ethical decision-making and social responsibility                          |
| 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.4, BS.LS.6, BS.LS.9, BS.SMS.1, BS.SMS.2, BS.SMS.4, BS.SMS.5, 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.4, BS.SS.5, BS.SS.8, BS.SS.9