



When I Feel Afraid

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *When I Feel Afraid* 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
6.	Positive attitude toward work and learning

Category 2: Behavior Standards

Learning Standards

1.	Demonstrate critical-thinking skills to make informed decisions
9.	Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

2.	Demonstrate self-discipline and self-control
7.	Demonstrate effective coping skills when faced with a problem
9.	Demonstrate personal safety skills
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

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
4.	Demonstrate empathy
8.	Demonstrate advocacy skills and ability to assert self, when necessary

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