



You Have Feelings All the Time

ASCA Alignment

Alignment by Dr. Danielle Schultz

Book Title: *You Have Feelings All the Time* by Deborah Farmer Kris

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
M 3.	Positive attitude toward work and learning

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 2.	Creative approach to learning, tasks and problems
B-LS 4.	Self-motivation and self-direction for learning

ASCA Student Standards: M 1, M 3, B-LS 1, B-LS 2, B-LS 4