



# Tears Are Not Forever

## ASCA Alignment

Alignment by Dr. Danielle Schultz

Alignment by Danielle Schultz, Ph.D.

**Book Title:** *Tears are not Forever* by Elizabeth Verdick

**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 |
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**Category 2: Behavior Standards:** School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

**Learning Strategies**

**Self-Management Skills**

|           |  |
|-----------|--|
| B-SMS 1.  | Responsibility for self and actions                          |
| B-SMS 7.  | Effective coping skills                                      |
| B-SMS 9.  | Personal safety skills                                       |
| B-SMS 10. | Ability to manage transitions and ability to adapt to change |

**Social Skills**

|         |  |
|---------|--|
| B-SS 2. | Positive, respectful and supportive relationships with students who are similar to and different from them |
| B-SS 3. | Positive relationships with adults to support success  |
| B-SS 4. | Empathy  |

**ASCA Student Standards:** M 1, B-SMS 1, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 2, B-SS 3, B-SS