



# You Are Growing All the Time

ASCA Alignment

Alignment by Dr. Danielle Schultz

Alignment by Danielle Schultz, Ph.D.

**Book Title:** *You Are Growing 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 4.	Self-confidence in ability to succeed

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

### **Self-Management Skills**

B-SMS 5.	Perseverance to achieve long-term and short-term goals
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### **Social Skills**

B-SS 3.	Positive relationships with adults to support success
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**ASCA Student Standards:** M 1, M 4, B-SMS 5, B-SS 3