



ASCA Standards Alignment

Standards	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being	Defining Character and Reputation, Mental Health and Wellness, The Cool Bean Companion, The Good Egg Companion, The Smart Cookie Companion, The Bad Seed Companion, Giving Thanks, Choosing Gratitude	Managing Worry
M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment	Identifying Personal Values, Peer Pressure, Identifying Healthy Friendships, Understanding Identity, The Humble Pie	
M 3. Positive attitude toward work and learning	Positive Self-Talk, Identifying Parts of the Brain and Regulation Skills, Resiliency Skills, Growth Mindset	Attendance
M 4. Self-confidence in ability to succeed	Self-Love Skills, Identifying Comfortable Feelings, Identifying Tough Feelings, Understanding Gratitude and Thankfulness	Building Confidence and Self-Esteem, Self-Monitoring, Executive Functioning (Primary)
M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	Identifying Strengths and Passions	Positivity Flipbook, Executive Functioning (Upper)
M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success	Future Planning, Post-Secondary Pathways	
B-LS 1. Critical thinking skills to make informed decisions	Identifying Choices and Consequences, Size of the Problem, Conflict Resolution Strategies	CBT-Based Emotional Regulation, Conflict Resolution Flipbook
B-LS 2. Creative approach to learning, tasks and problem solving	Executive Functioning	Managing Anger

Note: Many resources align with multiple standards. However, for clarity and ease of reference, each resource is listed only once in the alignment document under the standard it most directly supports.

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Standards	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
B-LS 3. Time-management, organizational and study skills	Planning Skills, Learning Choices and Consequences, Ignoring Distractions, Test Taking Skills, Time Management	Study Skills Flipbook
B-LS 4. Self-motivation and self-direction for learning	Building Positive Self-Esteem, Super Student Listening, Organizing Skills	
B-LS 5. Media and technology skills to enhance learning	Respect	
B-LS 6. High-quality standards for tasks and activities	Connecting Effort to Outcome	
B-LS 7. Long and short-term academic, career and social/emotional goals	Types of Jobs, Connecting Personality to Career, Career Awareness	
B-LS 8. Engagement in challenging coursework	Bubble Gum Brain Companion	
B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	Perspective Taking	
B-LS 10. Participation in enrichment and extracurricular activities	Connecting School to Career, Goal Setting	
B-SMS 1. Responsibility for self and actions	Job Ownership, Digital Citizenship Respecting Yourself and Others, Responsibility and Problem Solving, That Rule Doesn't Apply to Me! Companion, Ricky Sticky Fingers Companion	Social Skills (Primary), Behavior Intervention Guide

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B-SMS 2. Self-discipline and self-control	Self-Control Skills, Correlating Emotions with Physical Symptoms, Tattling vs. Reporting, But It's Not My Fault Companion, I Can't Believe You Said That! Companion	Self-Control and Decision-Making
B-SMS 3. Independent work	Following Directions, Perseverance Skills	
B-SMS 4. Delayed gratification for long-term rewards	Sharing and Taking Turns	
B-SMS 5. Perseverance to achieve long- and short-term goals	Perseverance and Self-Talk	Solution-Focused Toolkit
B-SMS 6. Ability to identify and overcome barriers	Identifying Self-Worth, Helpful vs. Unhelpful Thinking, Flexible Thinking, Staying on Task	Resiliency Skills, Thoughts-Feelings-Actions Flipbook
B-SMS 7. Effective coping skills	Decision Making, Circle of Control, Calming Strategies, Types of Conflict, Better Than You Companion, Sportsmanship, Mindfulness, The Big Cheese Companion, Coping Skills, Identifying Happy, Identifying Worry	Identifying and Managing Feelings, Managing Feelings Flipbook
B-SMS 8. Balance of school, home and community activities	Self-Care Skills, The Couch Potato Companion	
B-SMS 9. Personal safety skills	Body Safety, Personal Safety, Digital Citizenship - Staying Safe, Personal Protection	
B-SMS 10. Ability to manage transitions and adapt to change	Friendship Problems, Identifying Worries, Transition to Middle School	Grief and Loss Toolkit, Grief and Loss Flipbook
B-SS 1. Effective oral and written communication skills and listening skills	Assertive Skills, Body Language Awareness, Identifying and Expressing Personal Views, Social Filter, Conversation Skills, Listening Skills, Delivering Apologies, Talk It Out, The Sour Grape Companion, Thinking Before Speaking	Making and Keeping Friends Flipbook

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Standards	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
B-SS 2. Positive, respectful and supportive relationships with students who are similar and different from them	Personal Space, Giving and Receiving Compliments, Recognizing Tone of Voice, Eliminating Gossip and Rumors, Understanding Diversity, A Flicker of Hope Companion, Making Friends, Compassion Skills, Hygiene	Making and Keeping Friends
B-SS 3. Positive relationships with adults to support success	How to Be an Upstander	
B-SS 4. Empathy	Being Caring, Empathy Skills, Setting Boundaries, Identifying Emotions in Others, Identifying Feelings, Fun vs. Hurtful Words, The Invisible Boy Companion, Be Where Your Feet Are Companion, Kind vs. Mean Words	
B-SS 5. Ethical decision-making and social responsibility	Understanding Impact of Words, Understanding Unfairness, Trouble Talk Companion, Understanding Injustice, Understanding Stereotypes	Healthy Friendships (Girls Group), Behavior Change Flipbook
B-SS 6. Effective collaboration and cooperation skills	Making Peaceful Choices, Playing Together Skills	Self-Control and Emotional Regulation (Boys Group)
B-SS 7. Leadership and teamwork skills to work effectively in diverse groups	Teamwork and Sportsmanship, Making Friends Is An Art! Companion	
B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary	Standing Up for Others, Recognizing Injustices and Taking Action, I-Messages, Problem Solving	
B-SS 9. Social maturity and behaviors appropriate to the situation and environment	Building a Positive Community, Defining Friendship, Conflict Escalator, Sorry! Companion	Social Skills (Upper)
B-SS 10. Cultural awareness, sensitivity and responsiveness	Body Positivity	