



EMPOWERING POTENTIAL:

Understanding the Emotional Needs of Gifted and Talented Students

WHAT WE KNOW

ASSETS

- Unique
- Sensitive and empathic
- Deeply curious
- High standards
- Complex thought process
- Academic Advancement
- Desire for Social Connection
- Talented

AND SO MUCH MORE!!!

DIFFICULTIES

- Lack of motivation/boredom
- Challenging behavior
- Impatience or low frustration tolerance
- Struggles with anxiety
- Unrealistic social-emotional expectations to act older than chronological age
- Feelings of disconnectedness

 **Affective Memory**

Ties & Attachments 

 **Fears & Anxiety**

Intense Feelings 

**Emotional
Intensity &
Sensitivity**

 **Critical of Self**

In the Body 

Inhibition 

PERFECTIONISM

PERFECTIONIST

HIGH ACHIEVER “Adaptive Perfectionists”

Fears and avoids

FAILURE

Accepts as unavoidable and does not beat self up

Rejects, expects endless positive emotion

NEGATIVE EMOTION

Accepts part of human experience

Unrealistic goals, brushes off achievements

SUCCESS

Sets challenging/achievable goals, celebrates achievement

Focuses on how “it should be” instead of how things are

REALITY

Accepts how things are, optimize what you have

MOTIVATION

<u>GOAL-SETTING</u>	FOCUS ON ONE ATTAINABLE GOAL AT A TIME
<u>INTERESTS</u>	SHOW INTEREST IN THEIR PASSION
<u>COMPARISON</u>	DON'T COMPARE, ISOLATE, OR PASS JUDGMENT
<u>ROUTINES</u>	SAFE SPACE, SET A TIME, OFFER ONLY A FEW OPTIONS
<u>REWARDS</u>	INTRINSIC - POSITIVE REINFORCEMENT
<u>GROWTH</u>	PERSONAL IMPROVEMENT & PERSEVERANCE
<u>LISTEN</u>	TAKE EVERY OPPORTUNITY TO FIND OUT MORE

SOCIAL CHALLENGES

Few Like-Minded Peers

Critical of Self

Introverted

Negative Previous Experiences

Unrealistic Social Expectations

Participate in a variety of activities
that interest your child

Openness & Communication

Ease Into Things

Role Play & Model Behaviors

Meet Child Where They Are At

HOW CAN WE SUPPORT OUR KIDS?

MICRO-STRATEGIES

ALLOW
VOICE &
CHOICE

ENCOURAGE
RISK-TAKING

REFLECT
ON
MISTAKES

IDENTIFY
STRESSORS

AVOID
POWER
STRUGGLES

PRAISE
PERSISTENCE
& GROWTH

STRATEGY SWAP!

Discuss or write down one thing strategy you use for your own children in response to the following social-emotional needs. *We will then share out!*

Perfectionism

Social Isolation

**Emotional
Sensitivity**

**Lack of
Motivation**



THANK
YOU!

Additional questions?
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