

# EMPOWERING POTENTIAL:

Understanding the Emotional Needs of Gifted and Talented Students

### WHAT WE KNOW

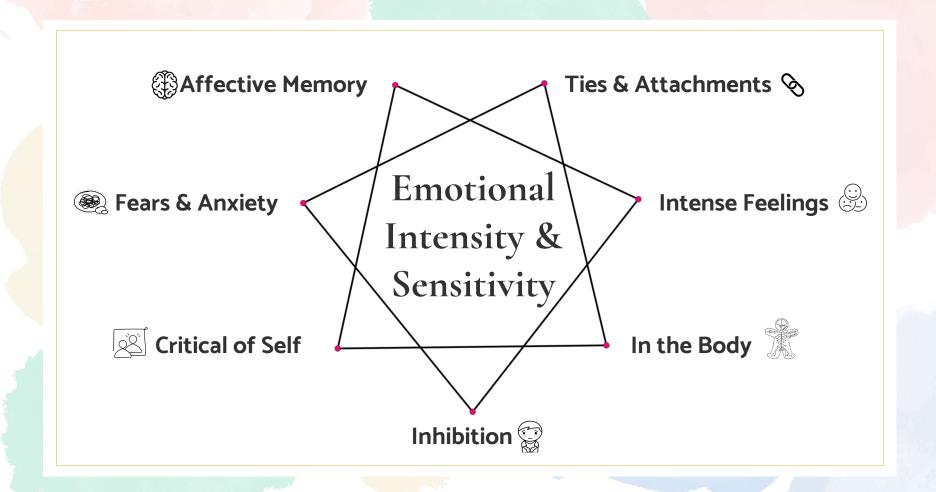
#### **ASSETS**

- 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



#### **PERFECTIONISM**

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**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**

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



**Few Like-Minded Peers** 

Participate in a variety of activities that interest your child

**Critical of Self** 

**Openness & Communication** 

Introverted

**Ease Into Things** 

**Negative Previous Experiences** 

**Role Play & Model Behaviors** 

**Unrealistic Social Expectations** 

**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? <a href="mailto:agriffith@conejousd.org">agriffith@conejousd.org</a>