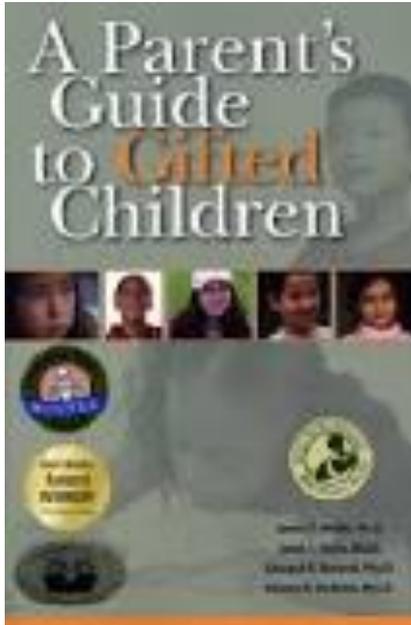


Making the Transition to Middle School



Kristen Litchfield, MA, LPC, NBCT
Anthony DeRiso, MA, LPCA, NBCT, NCC
Bailey Middle School

Common Characteristics of Gifted Children

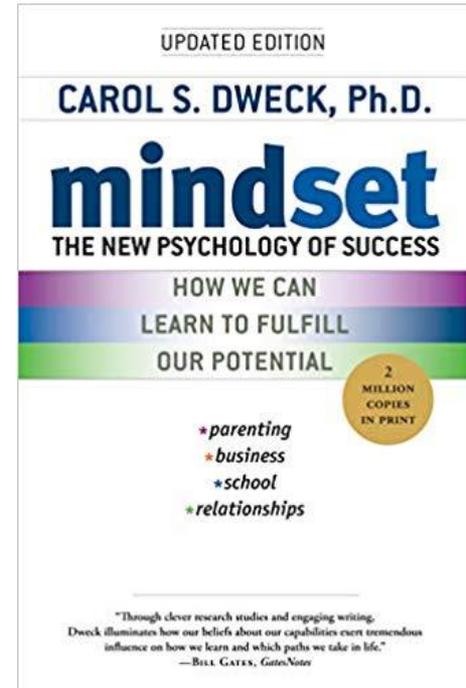


Common Characteristics of Gifted Children

- Unusual emotional depth; intense feelings and reactions; highly sensitive
- Thinking is abstract, complex, logical and insightful
- Idealism and sense of justice appear at an early age
- Impatient with self or others' inability or slowness
- Keen and sometimes unusual sense of humor, particularly with puns

Growth vs. Fixed Mindset

- Is your intelligence something basic that you cannot change?
- You can't teach an old dog new tricks.
- No matter how smart you are there is always room for growth.
- I am not good at this...YET.



The Fixed Mindset

- The fixed mindset leans more towards black and white thinking. Thinking that the status quo cannot change/will not change.
- Perfectionism is a character trait of a fixed mindset.

“I am smart or I am dumb”

“I am not good at sports”

“I am the next
Michael Jordan”



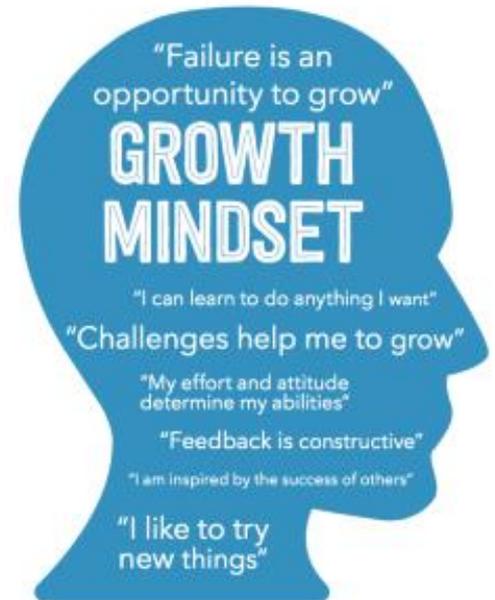
The Growth Mindset

- The growth mindset is one that is set in optimism. Failure is seen as an opportunity to learn and grow skills.
- Encouraging people to try new things and be comfortable with being uncomfortable fosters a growth mindset.

“I will do better next time”

“I am just not there yet”

“I don’t know everything, but I can learn”



Perfectionism



- “Shoulds”
 - I “should” get all A’s
 - Research regarding **real world success** “B” students vs. “A” students
 - I “should” be able to handle everything on my own (reluctance to ask for help)
 - I “should” take all of the highest level classes (Parents tend to reinforce this)

Paralyzation



- Not wanting to try or experience something that he / she may not be good at
 - Vs. being “Well-Rounded”
 - Denied the experience of not being good at something
 - Empathy for others
 - Realization that it is ok to not be perfect
 - Satisfaction that comes with seeing improvement in performance

Empathy / Judgement

- Asynchronous Development
- Sense of social justice
- May expect world to be perfect



Intensity / Mistaken Conclusions

Situations → Mistaken Conclusion → Over-Reaction

- Regarding selves
- Regarding others



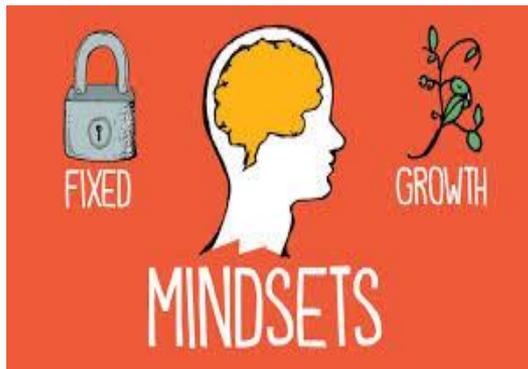
Messages to children

The Fixed Message

“You learned so fast, you're so smart!”

“You got an A without even studying, you're brilliant!”

“You are just a natural born athlete.”



The Growth Message

“You went out there and gave it your all”

“You put in the work and it really shows”

“Keep trying and you will get there”

FIXED MINDSET

- SOMETHING YOU'RE BORN WITH
- FIXED

- SOMETHING TO AVOID
- COULD REVEAL LACK OF SKILL
- TEND TO GIVE UP EASILY

- UNNECESSARY
- SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH

- GET DEFENSIVE
- TAKE IT PERSONAL

- BLAME OTHERS
- GET DISCOURAGED

SKILLS

CHALLENGES

EFFORT

FEEDBACK

SETBACKS

GROWTH MINDSET

- COME FROM HARD WORK.
- CAN ALWAYS IMPROVE

- SHOULD BE EMBRACED
- AN OPPORTUNITY TO GROW.
- MORE PERSISTANT

- ESSENTIAL
- A PATH TO MASTERY

- USEFUL
- SOMETHING TO LEARN FROM
- IDENTIFY AREAS TO IMPROVE

- USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

Strategies

Encourage Pride in attempts

Praise effort not results

Problems = opportunities

Relaxation / Mindfulness- Getting “out” of her head



“The gifted child’s mind can be her worst enemy in creating stress, but it can also be her greatest ally in managing stress.” (p.117)