



Inside Out

A Parent Presentation for
Gifted and Talented Students
March 9, 2019



INSIDE OUT

Agenda

Inside Out Anxiety Workshop for Parents of Gifted and Talented Students

- Welcome
- Facilitator
 - Sharon Beatty
 - Anxiety and Gifted Students
 - Myths and Truths
 - Symptoms
 - Solutions
 - Questions and Answer Session
 - Resources
 - Conclusion

Myths and Facts

- Gifted students don't need help
- Teachers challenge all students, so they will be fine
- That student can't be gifted, if he is receiving poor grades
- Gifted children cannot have learning disabilities
- Gifted children are gifted in and out of school
- Gifted student's physical, emotional, social and intellectual growth is uneven
- As they get older, gifted students take fewer risks
- Their abstract intuition conflicts with concrete thinking

National Association for Gifted Children (NAGC)

“According to the National Association for Gifted Children (NAGC) and the Thomas B. Fordham institute.

- 58% of teachers have not received adequate training on how to challenge Gifted Students.
- 73% of teachers agreed “ Too often students are bored and/or under challenged.

Anxiety and Gifted Students



Anxiety and Gifted Students

- What is “Anxiety”? A feeling of worry, nervousness, or unease typically about an imminent event or something with an uncertain outcome.”
- How anxiety can manifest itself in gifted students.
 - Tension
 - Irritability
 - Separation from peers
 - Health complaints, seemingly to avoid situations or task.
 - Changes in temperament or attitude
 - Unprompted or inappropriate outbursts, tantrums, or withdrawal.

Anxiety and Gifted Students

- Continue
- Insomnia or excessive sleeping
- Lack of enthusiasm or carelessness
- Inability to concentrate, fidgeting and other “Hyper” behavior.
- Persistent worrying
- Self-Esteem
- Executive functioning deficits- Traditional learning is taking in facts. EF skills are output skills (organization, writing down assignments, structured writing, taking notes, and studying.)

Emotional Concerns



Asynchronously

- Imbalance or uneven growth of developing traits, skills and abilities.
- A gifted child's intellectual abilities can be years ahead of their emotional maturity and social skills.
- This deficit can lead to severe anxiety.
- Overexcitabilities- emotional intensities and sensitivities set off by stimuli cause anxiety.

Psychological risk factors

- – Overexcitabilities
- – Psychological type (introversion, anxiety)
- – Low self-esteem
- – Learning differences/disabilities
- – Unhealthy perfectionism
- – Asynchronous development
- – Poor social skills
- – Fixed mindset (Fixed mindset=growth attributed to ability and anxiety, Growth mindset= achievement is attributed to effort and overcoming obstacles).

National Association for Gifted Children (NAGC)

“According to the National Association for Gifted Children (NAGC) and the Thomas B. Fordham institute.

- 12% to 20% of all children experience anxiety severe enough to be referred for outside therapy.

- 3% to 5% of all children are diagnosed with a variety of anxiety disorders”.

Symptoms of Anxiety



Symptoms of Anxiety

- Suffer from perfectionism
- Fear of failure
- Above Average Anxiety – (Making small issues into large overwhelming issues.)
- They cannot live up to the expectations of others can cause the anxious child or student to lose control.
- Anxiety is often a trait gifted children are plagued with.

Strengths and Problems

- **Acquires Information quickly**
- **Inquisitive**
- **Intrinsic motivation**
- **Creative and inventive**
- **Large vocabulary**
- **High energy**
- **Independent; prefers individualized work**
- **Multiple interests and abilities**
- **Strong sense of humor**
- **Emphasizes truth, equity, and fair play**
- **Impatient with others; Dislikes drill and practice**
- **May ask too many questions;**
- **Resists direction**
- **May be seen as disruptive**
- **Peers may not relate**
- **Frustration with inactivity; May be seen as hyperactive**
- **May reject parent, peer, or teacher input or direction**
- **Frustrated over lack of time**
- **Peers may misunderstand; May become “class clown” for attention**
- **Worries about humanitarian concerns**

Perfectionism and Giftedness

- Suffer from “Perfectionism”
- What is “Perfectionism”?
 - “A refusal to accept any standard short of perfection”
 - Perfectionism is tied to other mental health issues, If it goes untreated it can potentially have a negative impact on students.
 - (i.e eating disorders, anxiety disorders and physical abuse to ones self (cutting)).

Supporting Gifted Students



Supporting the Gifted Student

- Teach coping mechanisms and relaxation techniques.
- Encourage positive social interactions with peers and adults.
- Practice using positive “I” statements and to help them talk through their issues and/or concerns.
- Avoid underestimating their feelings of anxiety.

Supporting the Gifted Student

- Help them set short and long term goals
- Make sure the expectations are realistic
- Avoid negative and threatening consequences.
- Teach the students life skills that can help them through out their educational journey.
 - Organizational skills
 - Timers

Supporting Gifted Students

- Con't
 - Color Coding
 - Agendas
 - Accordion Folders
 - Avoid “over correcting”
 - Set a rubric and stick to it
 - Help your child know when to quit
 - Model social interactions
 - Model letting go and facing fears
 - Concentrate on modifying problem-solving strategies
 - Break down, teach, practice and master skills in smaller increments
 - Establish good study habits
 - Teach to the strengths
 - Build social skills
 - Provide opportunities for socialization with cognitive peers
 - Volunteer opportunities
 - “regular” kid activities with peers

Mindfulness



Mindfulness

- Mindfulness can be an antidote to an anxious environment
- Being Present not perfect
- low-stigma treatment approach that can improve resilience to stress
- By focusing on the here and now
- teaching methods designed to cultivate deepened awareness, concentration, and insight.

Questions and Answer



Resources

- <http://www.davidsongifted.org/Search-Database/entry/A10750>
- <http://crushingtallpoppies.com/2015/04/01/anxiety-in-gifted-children-3-simple-steps-parents-and-educators-can-take/>
- <http://anxietyfreechild.com/gifted-children/>
- <https://www.nsgt.org/4-ways-support-gifted-children-anxiety/>
- <https://www.nagc.org/blog/management-anxiety-begins-home>

Contact Information

If you would like more information on this topic you may contact:

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Parent Survey



Conclusion

The End