



# *Inside Out*

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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