

Living With Asynchrony: How Can Parents Help?



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Gifted Characteristics



INTELLECTUAL CHARACTERISTICS

- Exceptional reasoning ability
- Capacity for reflection
- Intellectual curiosity
- Rapid learning rate
- Facility with abstraction
- Complex thought processes
- Vivid imagination
- Early moral concern
- Passion for learning
- Powers of concentration
- Analytical thinking
- Divergent thinking/creativity
- Keen sense of justice

PERSONALITY CHARACTERISTICS

- Insightfulness
- Need to understand
- Need for mental stimulation
- Perfectionism
- Need for precision/logic
- Excellent sense of humor
- Sensitivity/empathy
- Intensity
- Perseverance
- Acute self-awareness
- Nonconformity
- Questioning of rules/authority
- Tendency toward introversion

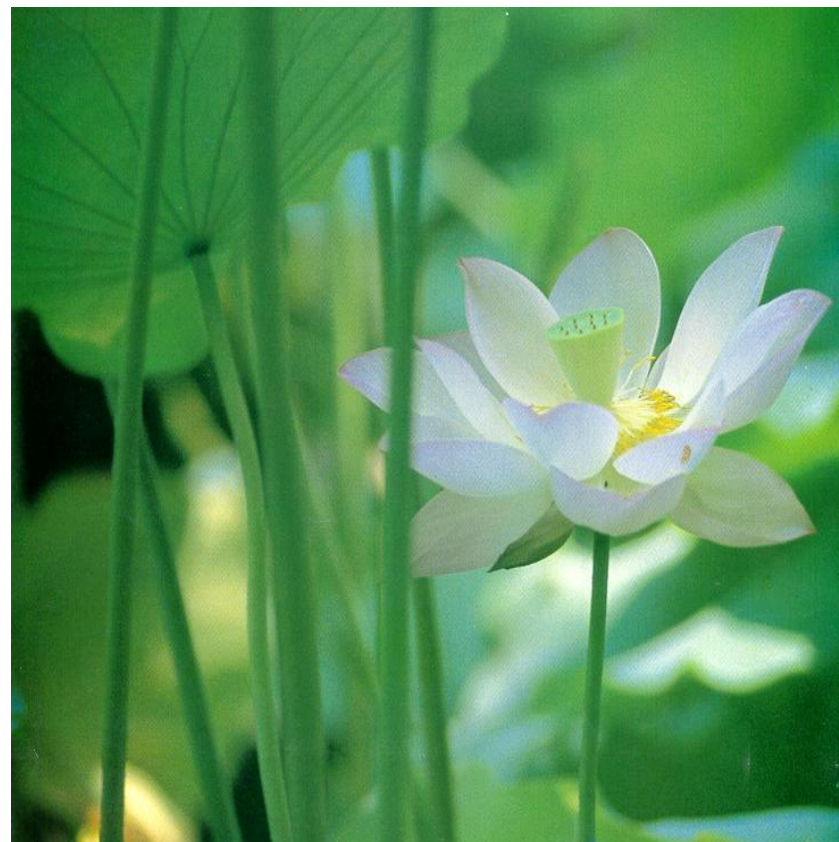
Source: Silverman, L. K. (1993). A developmental model for counseling the gifted. In L.K. Silverman (Ed.), *Counseling the Gifted and Talented* (pp. 51-78). Denver, CO: Love Publishing Co.

Respect



The child's inner agenda.

Your guidance: Allow feelings, provide “support not solutions,” offer genuine empathy; active listening.





Probe those who know and become educated about the social and emotional aspects of giftedness.

Connect with: Websites (SENG), Journals, Blogs/Twitter, NAGC Counseling Network, Social and Emotional Committee-IAGC



Recognize



Avenues for growth.

Teachable moments: Nature of being gifted; conflict resolution and decision-making; differences between excellence, effort, and perfectionism; kindness, mindful curriculum.





Their environment and experiences.

Find: places for passions to flourish, service projects at early ages, peers and mentors.





Teach self-soothing techniques, especially ones that are evidence-based.

Looks like: Meditation, visualization, deep breathing, mindfulness, yoga, journaling, singing, calligraphy, bibliotherapy.



Recharge



It's important to take care of yourself.

Make time for you: Stress-relievers, exercise, good friend, “date night,” vacations, hobbies—your passions



Repeat!



*When you do things from your soul,
you feel a river moving in you.
A joy.*

- Rumi



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