


Gifted Parent Training

MARCH 23RD 2017

GIFTED DISTRICT GIFTED TEAM

HELEN DIMARE



STRESS & THE GIFTED

PARENT TRAINING

DISTRICT GIFTED TEAM: MEGAN MILLER & CHRISTINA MILTON

ENCOURAGING CREATIVITY THROUGH PLAY

GIFTED PARENT TRAINING
ERIN ARNOLD & BETH UPCHURCH



STRESS & THE GIFTED

PARENT TRAINING

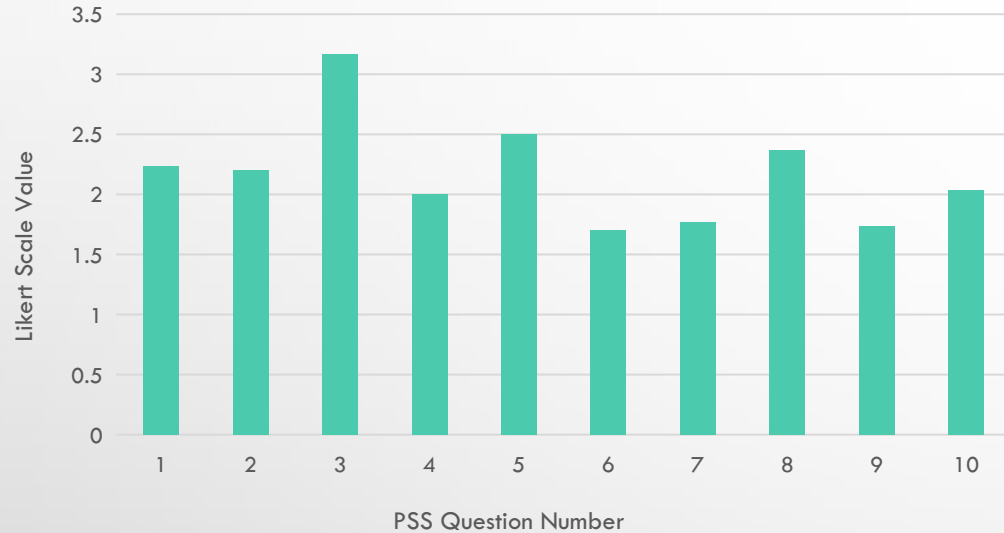
DISTRICT GIFTED TEAM: MEGAN MILLER & CHRISTINA MILTON

STRESS TRIGGERS

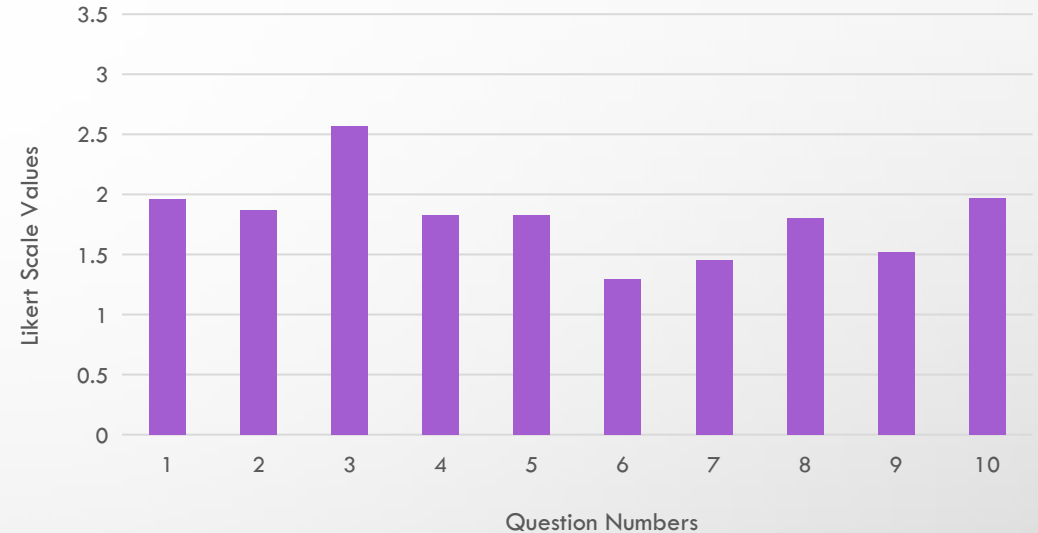
- WHAT STRESSES YOUR KIDS OUT?
 - ACADEMIC?
 - WHAT ELSE?
- WHAT PART DO YOU PLAY?
- PERCEIVED STRESS

PERCEIVED STRESS DATA

BTHS PSS Data Totals



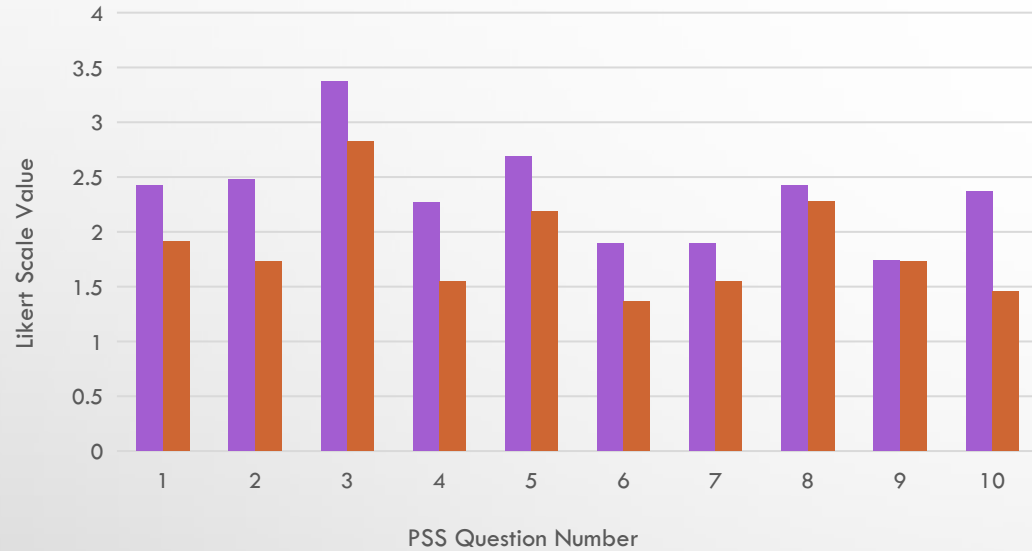
CHS PSS Data Totals (average response)



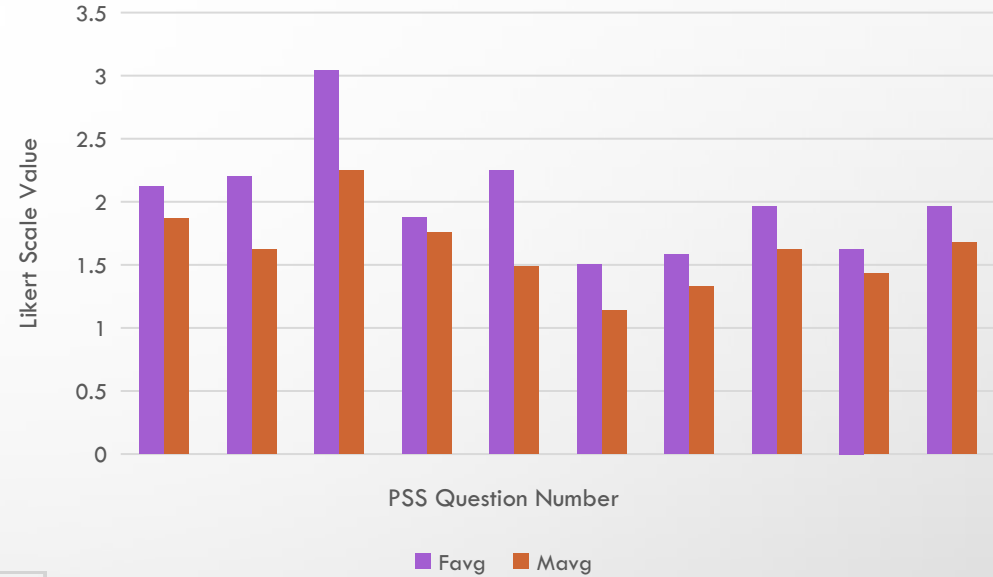
<u>Question</u>	<u>Topic</u>
1	stress from unexpected happenings (surprise stress)
2	no control of important things
3	nervous and stressed (anxiety)
4	angry because things are out of personal control
5	cannot overcome things that are piling up (overwhelmed)
6	not confidence to handle personal problems (self-confidence)
7	things not going your way
8	no coping skills
9	not in control of life irritations (frustration)
10	not on top of things (organization of time and materials)

PSS DATA

BTHS- Female vs Male PSS Responses



CHS- Female v. Male PSS Responses



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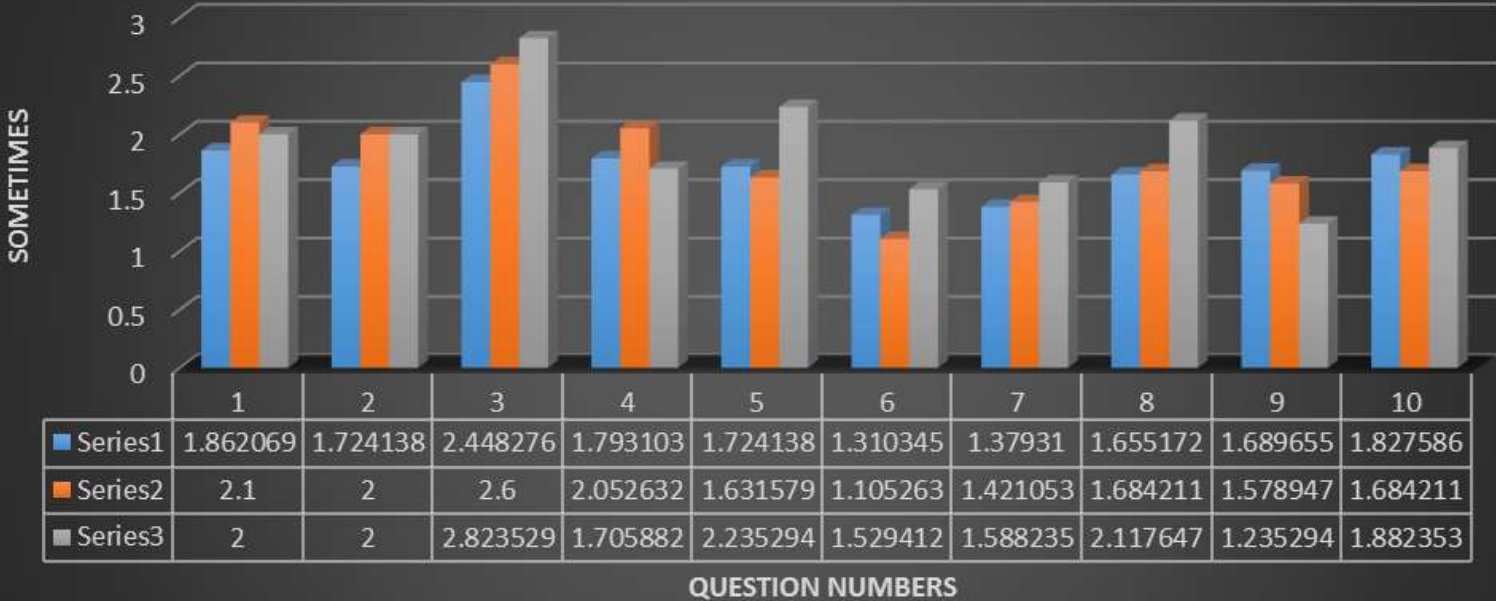
Individual scores for Perceived Stress can range from 0-40

0-13 = Low Perceived Stress

14-26 = Moderate Perceived Stress

27- 40 = High Perceived Stress

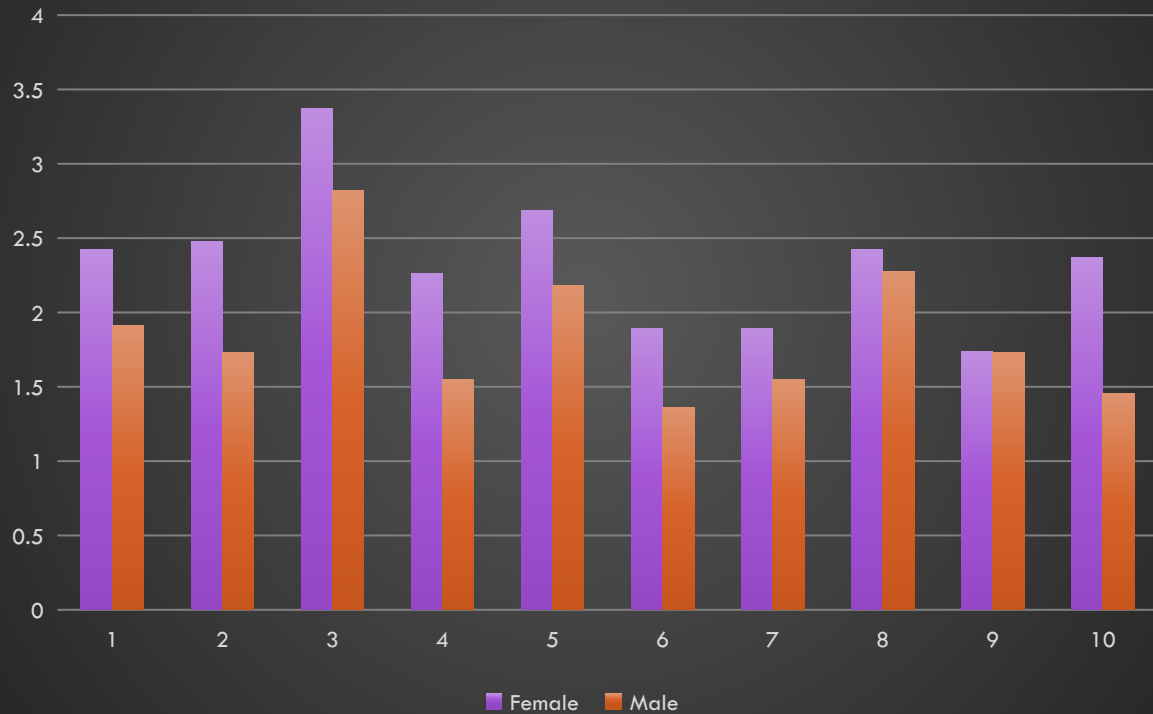
Comparison of PSS by Grade Level



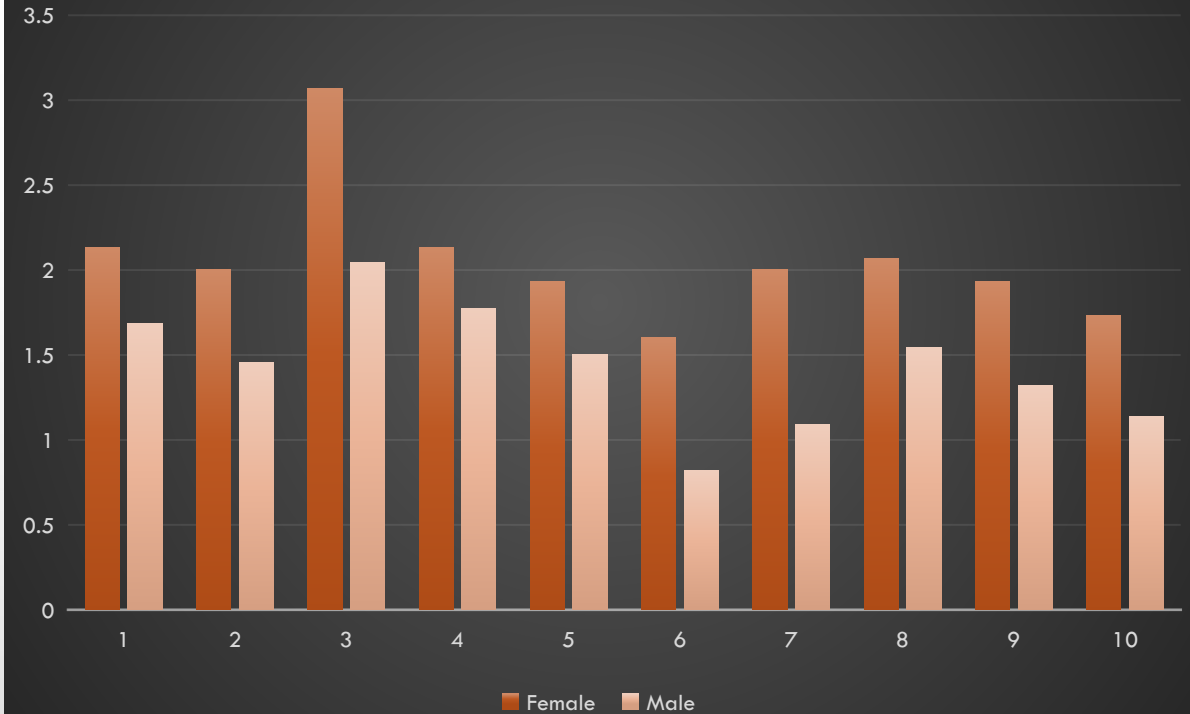
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2016- 2017 BTHS

**BTHS 2016 PSS Responses
Freshman Female vs Male**



**BTHS 2017 PSS Responses
Freshman Female vs Male**



STRESS REDUCTION- PROBLEM SOLVING

SCIENTIFIC METHOD OF STRESS REDUCTION:

1. DEFINE AND STATE THE PROBLEM. WHAT DO I FEEL? WHY? WHO? WHERE? WHEN? WHAT DO I WANT?
2. SEARCH OUT KNOWN SOLUTIONS TO THE PROBLEM OR GET ADVICE FROM EXPERTS, TRUSTED FRIENDS, OR ACQUAINTANCES, ETC. WE'RE HUMAN AND USUALLY HAVE THE SAME PROBLEMS AS EVERYONE ELSE.
3. IDENTIFY SEVERAL WAYS TO SOLVE THE PROBLEM. WE ARE ALLOWED TO USE OUR BRAINS.
 - WHAT ARE THE POSSIBLE OUTCOMES?
4. TRY THE WAY MOST LIKELY TO SOLVE THE PROBLEM AND EVALUATE IT. IF IT DOESN'T WORK, TRY SOMETHING ELSE - - NOT MORE OF THE SAME THING.

TEST ANXIETY- CAUSES

- **Fear of failure.** While the pressure to perform can act as a motivator, it can also be devastating to individuals who tie their self-worth to the outcome of a test.
- **Lack of preparation.** Waiting until the last minute or not studying at all can leave individuals feeling anxious and overwhelmed.
- **Poor test history.** Previous problems or bad experiences with test-taking can lead to a negative mindset and influence performance on future tests.

MY EXAM DAY	
morning	
exam starts	
exam ends	
I passed	I failed
	

SYMPTOMS OF TEST ANXIETY



- **PHYSICAL SYMPTOMS.** HEADACHE, NAUSEA, DIARRHEA, EXCESSIVE SWEATING, SHORTNESS OF BREATH, RAPID HEARTBEAT, LIGHT-HEADEDNESS AND FEELING FAINT CAN ALL OCCUR.
 - TEST ANXIETY CAN LEAD TO A PANIC ATTACK, WHICH IS THE ABRUPT ONSET OF INTENSE FEAR OR DISCOMFORT IN WHICH INDIVIDUALS MAY FEEL LIKE THEY ARE UNABLE TO BREATHE OR HAVING A HEART ATTACK.
- **EMOTIONAL SYMPTOMS.** FEELINGS OF ANGER, FEAR, HELPLESSNESS AND DISAPPOINTMENT ARE COMMON EMOTIONAL RESPONSES TO TEST ANXIETY.
- **BEHAVIORAL/COGNITIVE SYMPTOMS.** DIFFICULTY CONCENTRATING, THINKING NEGATIVELY AND COMPARING YOURSELF TO OTHERS ARE COMMON SYMPTOMS OF TEST ANXIETY.



METHODS FOR TACKLING TEST ANXIETY



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Be prepared.

Develop good test-taking skills.

Maintain a positive attitude.

Stay focused.

Practice relaxation techniques.

Stay healthy. Get enough sleep

Visit the guidance/counseling center if needed

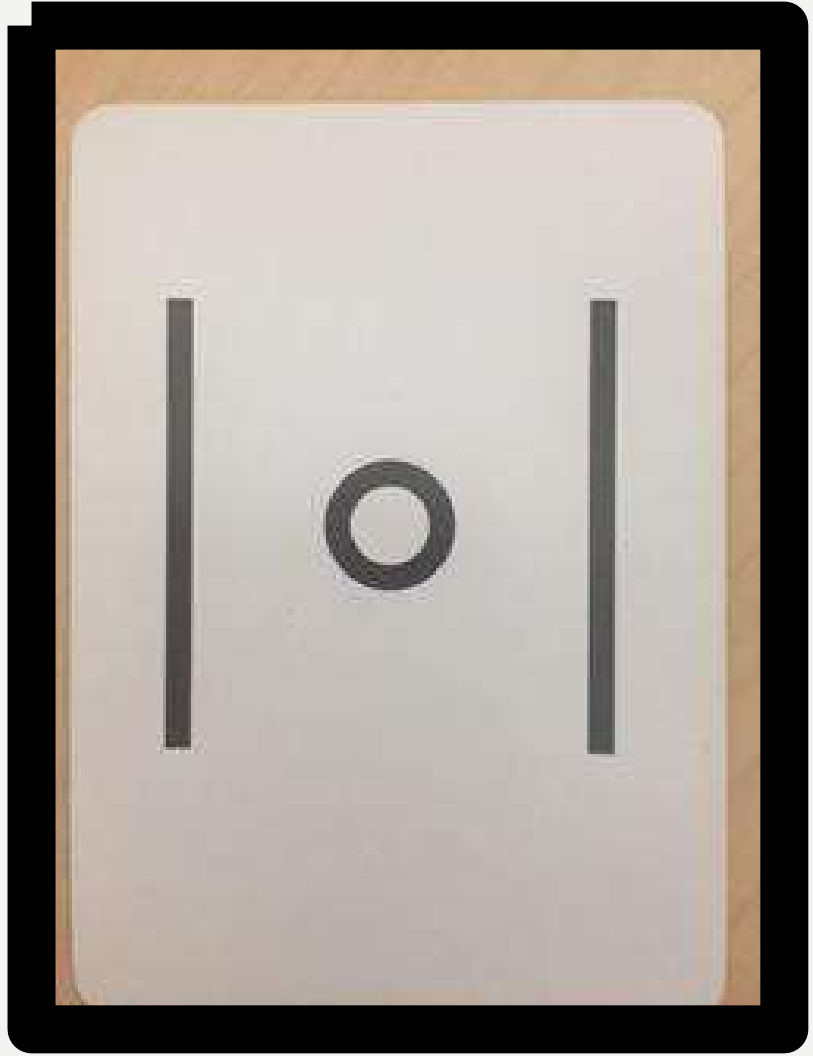


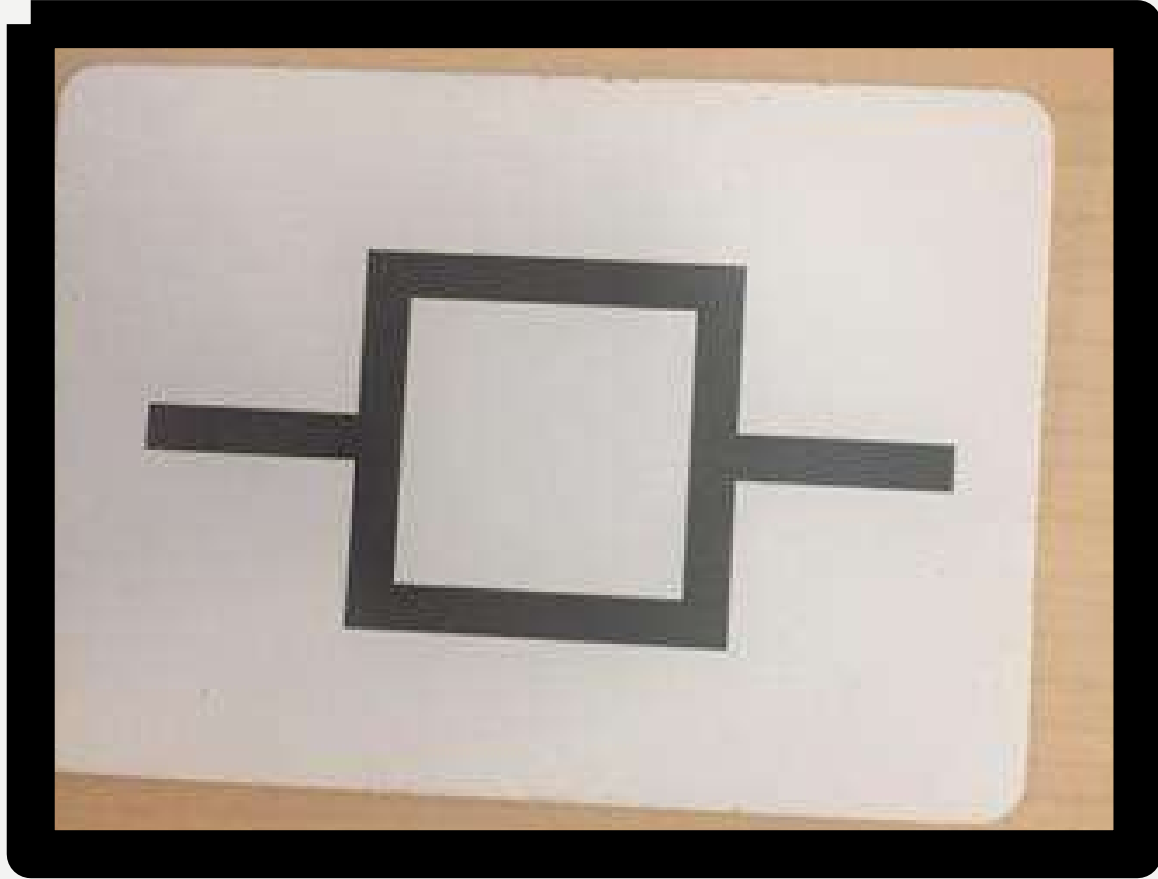
**ENCOURAGING
CREATIVITY
THROUGH PLAY**

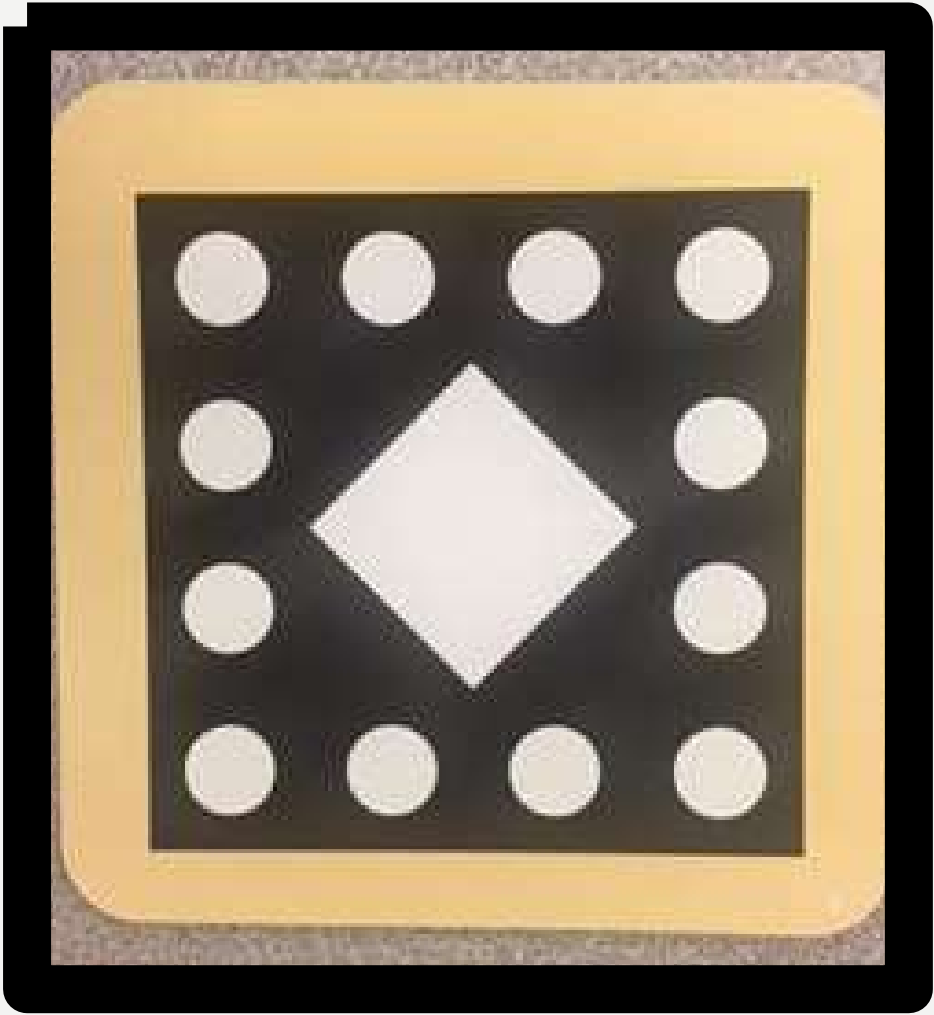
**GIFTED PARENT TRAINING
ERIN ARNOLD & BETH UPCHURCH**

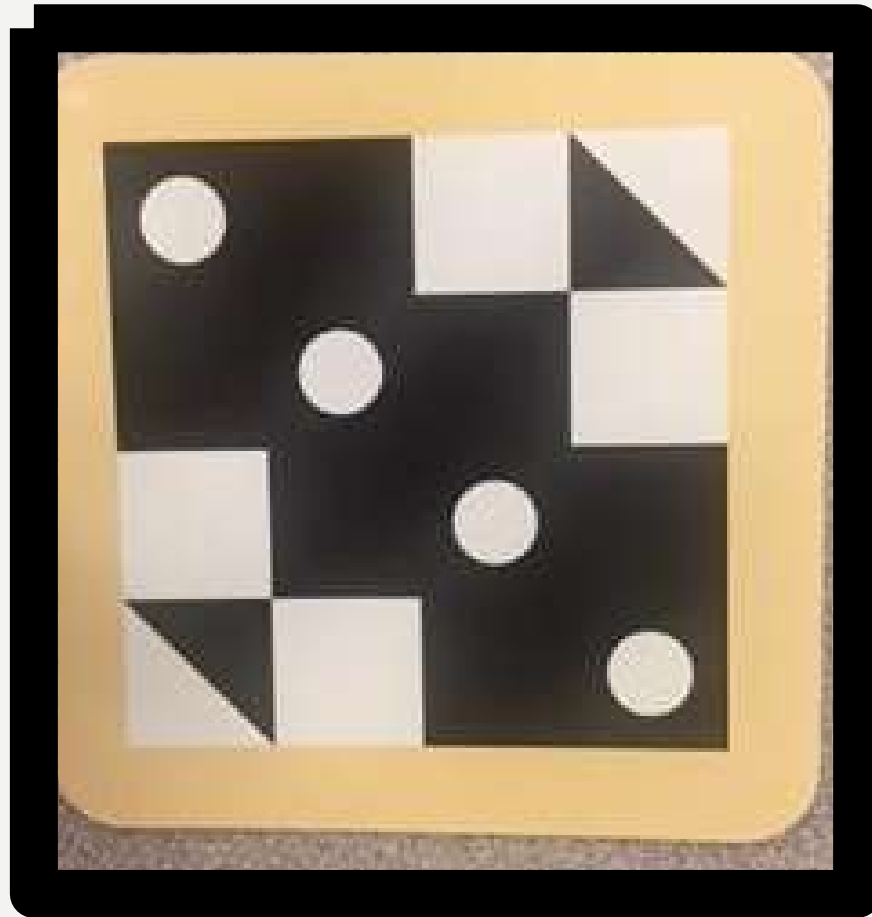












MAKER SPACE

curiosity
experimental
peer learning
invention
transliteracy
participatory
project-based
community
inquiry
technology
knowledge networks
collaborative
inquiry based
creation
community
experiential
MakerSpace



FREE WEBSITES TO ENHANCE CREATIVITY & CRITICAL THINKING

- <https://scratch.mit.edu/> - Basic game coding and Boolean logic introduction
- <https://www.tinkercad.com/> - Free online AutoCad design studio for learners
- <http://www.setgame.com/set/puzzle-Free> online site for playing the games of SET (Visual spatial puzzles, Quiddler word building, and Xactika)
- <http://storybird.com/#>
- Free tool to create and publish your own writing, stories, picture books, and poetry with artwork
- <http://whyville.net/smmk/nice#what>
- Whyville is a virtual world where children play, explore, create and learn together. From solving math puzzles to protecting coral reefs, from programming robots to running virtual businesses, Whyville has a currency (clams!), an economy, a newspaper (The Whyville Times) and even a Senate. The richness of the virtual world fosters creativity, initiative, critical thinking and entrepreneurial spirit, all within a safe, monitored environment.