**First Gifted Parent Training a Success!**

The Gifted Resource And Curriculum Enrichment team (GRACE itinerant teacher team) lead by Helen DiMare presented the first Gifted Parent Training meeting on a rainy Thursday, October 20th, at 6:30 pm in the Liberty Pines Academy media center.

Over 60 parents and several students representing all areas of St. Johns County were in attendance as the members of the itinerant gifted teacher team presented the topics of Gifted Characteristics, Setting S.M.A.R.T. Goals, and Creating a Growth Mindset. Parents and students alike participated in small group discussions and a “Mindset Drama”, learning while having a good time.

Gifted Characteristics were discussed, including Gifted Intensities such as aversion to noises, lights, textures and smells (sensory intensities), physical intensities, and emotional intensities. Characteristics such as hyper focusing, inattentiveness, perfectionism, and leadership were also discussed.

Helping students learn to set their own goals, both academic and personal, was discussed within the framework of S.M.A.R.T. goals, a specific approach that keeps the focus narrow and the action steps achievable within a given timeframe and with a measurable outcome.

Parents completed a Mindset quiz to see whether their own current status was closer to a fixed (unchanging) or growth (don’t have it “yet”) mindset. A brief explanatory video was followed by a circle activity in which some participants read and/or acted out a particular mindset and others identified it as fixed or growth. There were definitely some contenders for this year’s Oscars!

The next Gifted Parent Training meeting will be held on Thursday, March 23rd, at 6:30 pm in the Sebastian Middle School multipurpose room. We would love to see you all there! In addition to presenting new topics, we will discuss what you would like us to focus on next year, as we hope to make these a quarterly event in 2017-18.