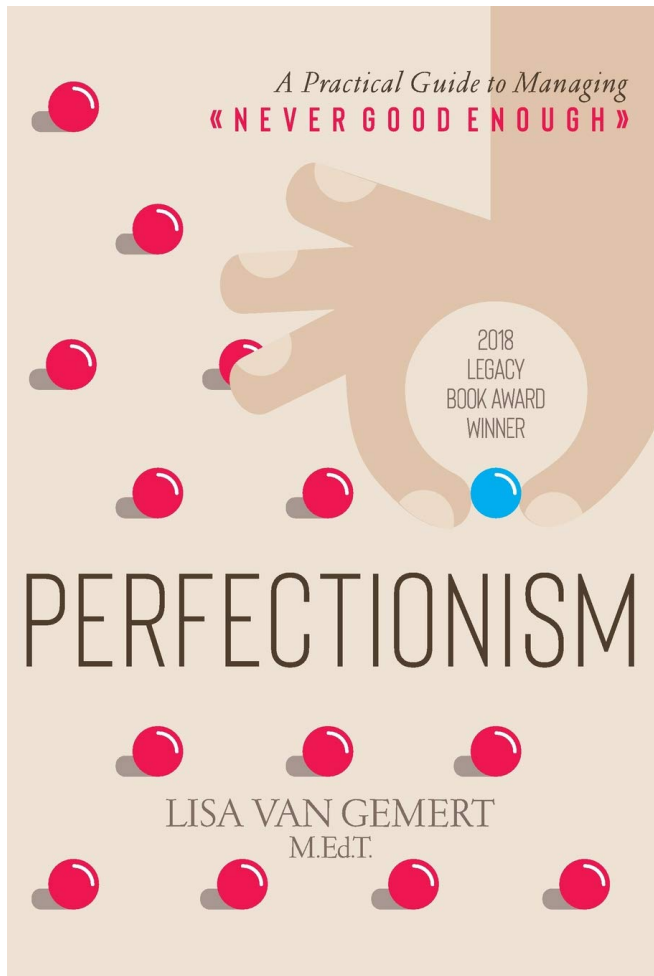


Awesome Gifted Resource!

Tips for Preventing Unhealthy Perfectionism

Lisa Van Gemert is the “Gifted Guru” and wrote this practical guide for managing perfectionism. The following tips are just two from one chapter- there are so many more! Also, check out her website for more resources:

www.giftedguru.com



What are unhealthy perfectionist characteristics?

- Work hard only to avoid failure
- Low self-esteem
- Highly sensitive to any feedback or criticism
- Believes that others expect them to be perfect
- Avoid mistakes
- Perceive outside expectations as pressure
- Constantly compare themselves to others

Lisa Van Gemert's Tips for Preventing Unhealthy Perfectionism "Talking Numbers"

Student Report Card	
English	99
Math	98
Science	90
History	99

Your child comes home with this report card. It's all A's!

However, Science was a 90- how do you react?

Sometimes we focus too much on the lowest grade, even if its not that low.

This encourages unhealthy perfectionism.

"Wow! Great job with English, Math, and History, but what's up with Science?"

"What can you do to get that Science grade up?"

"Can you bring this grade up to match your other grades?"

Lisa Van Gemert's Tips for Preventing Unhealthy Perfectionism Talking Numbers

Student Report Card	
English	99
Math	98
Science	90
History	99

Instead of gearing the conversation to finding ways to get the lowest A higher, ask questions that will help better understand your child's perception of the grade.

“Do you feel like this grade reflects your effort?”

“Do you feel like your plan for this class is working?”

“What do you think had the biggest impact on this grade?”

Lisa Van Gemert's Tips for Preventing Unhealthy Perfectionism "Rating the Task"

Sometimes gifted students give tasks or schoolwork too much energy. They want to give their best to everything and worry if it isn't perfect. This could be a child spending 2 hours on an assignment that should have been about 20 minutes.

Unfortunately, we can't give 110% to every task or we run out of time and energy.

Van Gemert suggests helping your child rate the amount of effort that should go into each task. This way, there are not as many arguments over trying to make every small assignment perfect.



Tips for Preventing Unhealthy Perfectionism

“Rating the Task”

5

Level Fives are tasks or activity in which something critically important is at stake. No school assignment is a Level Five. Ex: Taking test that determines if you get in the college of your dreams, taking medication correctly,

4

Level Fours require more time, effort, or skills than Level Threes. This is the highest level any school task should be and can create some warranted stress. Ex: Bigger projects that extend over time, assignments that count for more points than regular assignments

3

Level Threes require a higher level of effort, takes longer to complete and demands some focused attention. MOST schoolwork is a Level 3. Ex: Typical in-class and detailed homework assignment, washing dishes (home)

2

Level Twos are things that need a bit more attention and skill than Level 1s, but relatively little time and low stress involved. Ex: Math practice worksheets, Reading logs, cleaning a toilet (home)

1

Level Ones are things that just need to get done and should be stress free. Ex: Getting a signature in a planner, making a bed (home)

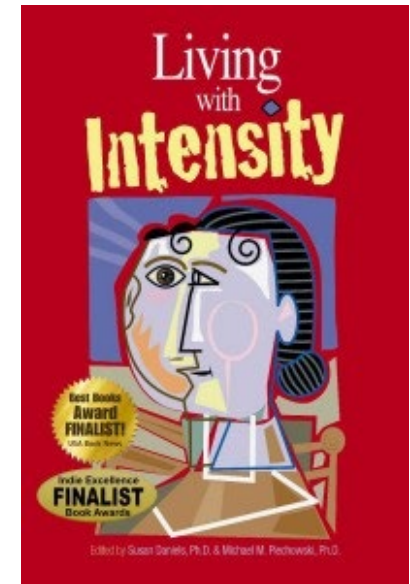
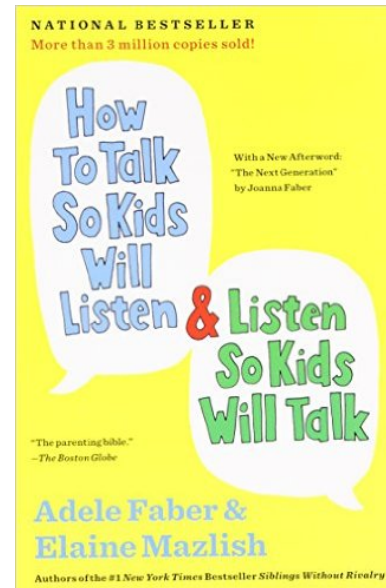
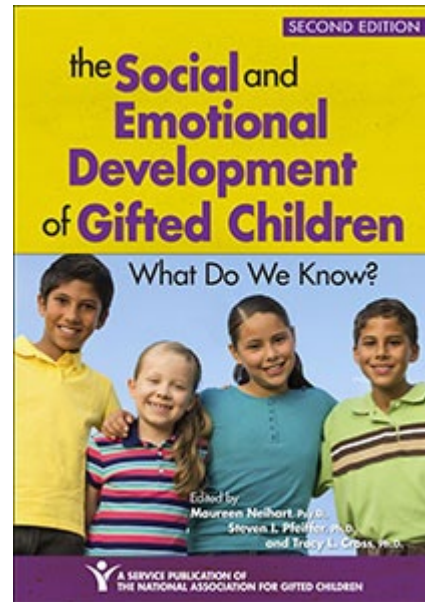
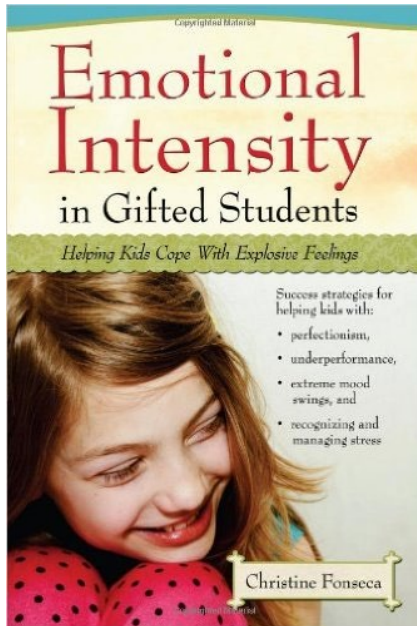
Lisa Van Gemert's Tips for Preventing Unhealthy Perfectionism "Rating the Task"

The problem with perfectionists is that they think EVERYTHING is a Level Five, when most things are a Level Three or lower. Helping our kids rate the tasks they are given can help them prioritize and allocate their time better. It can also help them reserve their stress and worries for things that matter the most.

If your child insists on spending an hour on a 15-minute assignment, ask their teacher to specify how long the homework should take and make that part of the assignment. Being able to complete work in a designated timeframe is an important skill.



More Great Resources



http://www.mtagate.org/uploads/1/1/7/4/11741428/shuler_perfectionism.pdf

<http://www.ericdigests.org/1997-2/students.htm>

<https://www.psychologytoday.com/articles/200803/pitfalls-perfectionism>

<http://news.health.com/2014/10/03/why-perfectionism-could-be-killing-you/>