



Gifted Parent Advisory Council Presents:

Perfectionism

In Gifted Students

Characteristics, Challenges, and Compassion

Join the SJCSD Gifted Team for hands on activities and a presentation on perfectionism- helping gifted students identify personal abilities, talents, strengths and weaknesses for certain tasks, recognizing the power to influence one's own destiny.

WELCOME!



St. Johns County School District K-12 Gifted Program

Vision: Empowering all students to reach their optimal potential through meaningful connections.

Mission: Advocate, Educate, Engage with integrity and compassion

A continuum of services is offered in grades K-12 throughout the district. Gifted services support a challenging and rigorous curriculum that aligns with *Florida's Framework for K-12 Gifted Learners* in addition to [research-based gifted materials](#).



G.K12.5.1.2e Identify personal abilities, talents, strengths and weaknesses for certain tasks, recognizing the power to influence one's own destiny.

Parent Day

NAGC 23

November 11, 2023

10:00 a.m. - 4:00 p.m. CST

Virtual Event | Free Admission

AGENDA

10:00 a.m. - 10:15 a.m. Check in & Badge Pick-up—Join us for a Photo Session with your child and NAGC staff.

10:15 a.m. - 10:30 a.m. Program Overview & Introduction

10:30 a.m. - 11:00 a.m. **KEYNOTE**

Dr. Jennifer Davis, Author, *Unleash the Power of Your Child's Mind*
 How to harness your child's natural abilities and foster a love of learning.

11:00 a.m. - 11:30 a.m. **KEYNOTE**


Dr. Michael Thompson, President of the American Psychological Association
 The importance of emotional regulation in children's development.

11:30 a.m. - 12:00 p.m. **Guest Remarks**—Dr. NAGC President & Executive Director, Dr. Michael Thompson

12:00 p.m. - 12:30 p.m. **Breakfast**—Join us for a light breakfast.

12:30 p.m. - 1:00 p.m. Attendees attend NAGC 23 sessions and visit the Exhibit Hall.

1:00 p.m. - 1:30 p.m. Lunch and Exhibit Hall Tour

1:30 p.m. - 4:00 p.m. Roundtable Discussions* sponsored by NAGC Parent, Family & Community Network

*Roundtable discussions will be held in the Convention Center Ballroom and will be open to all attendees and NAGC members.

NAGC 23 Parent Day gives families and caregivers the tools, resources, and networking opportunities they need to support their gifted and talented children. After attending the exclusive two-hour program, attendees may select from NAGC 23's Saturday afternoon sessions in 35 topic areas and visit the Exhibit Hall. All attendees must [pre-register](#) since registration is not available.

Registration closes on Friday, November 3, 2023.

FREE
Individuals \$50 per adult

NOTE: The event is subject to change in content, program and schedule and not available.

REGISTER NOW!
nagc.org/parentday/2023

Parent Day QR Code



Perfectionism

In Gifted Students

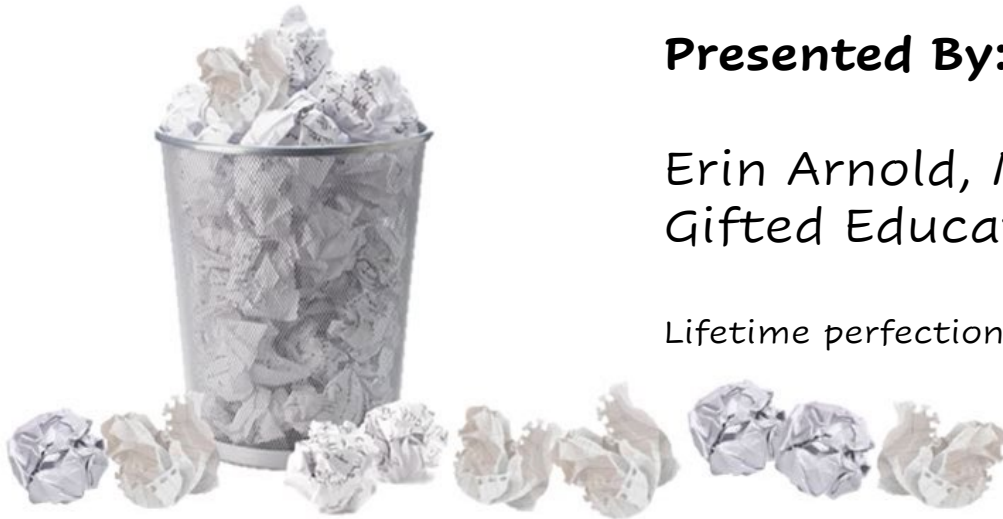
Characteristics, Challenges, and Compassion

Presented By:

Erin Arnold, M. Ed.
Gifted Education



Lifetime perfectionist- not always the "good" kind



Common Misconceptions about Perfectionism

- Perfectionism is the same as striving for excellence
- Perfectionists always look put together on the outside
- Perfectionists are control freaks
- Perfectionists are extremely confident



Turn and talk: What other misconceptions do people have about perfectionism?





Back it up a bit...

Asynchronous Development:

Term used to describe the mismatch between cognitive, emotional, and physical development of gifted individuals. (NAGC)



Asynchrony is so prominent in gifted children that it is considered by some professionals as a **defining characteristic** of giftedness.

Asynchronous Development:

What does it look like?



- A gifted child who communicates ideas intellectually with adults but struggles to play at recess with peers.
- A gifted child who behaves much older at school but throws tantrums at bedtime.
- A gifted child who can read at a high school level in 3rd grade but lacks fine motor skills to write neatly.
- A gifted child who can ACE any test at any time but loses every homework assignment before they get off the bus.
- A gifted student who is 3 grade levels ahead in Math, but on or below grade level in Reading.
- A gifted student who can conceptualize the product they want to create, but lack the skills to complete it (music, art, etc.)



Turn and Talk- Did you connect with any of these? Do you have any other examples? Why would this lead into our talk on perfectionism?



What is perfectionism? (technically speaking)

perfectionism noun

per·fec·tion·ism (pər-ˈfek-shə-ni-zəm)

- 1 **a** : the doctrine that the **perfection** of moral character constitutes a person's highest good 
- 1 **b** : the theological doctrine that a state of freedom from sin is attainable on earth
- 2 : a disposition to regard anything short of perfection as unacceptable 

Fun fact- this was the first known use of the term "perfectionism" back in 1835

The “Good” Kind

“Healthy Perfectionism”
“Adaptive Perfectionism”
“Self Oriented Perfectionism”
“Intrinsic Perfectionism”



- ☐ Organized
- ☐ Agreeable
- ☐ Sets attainable goals
- ☐ Enjoys Challenges
- ☐ Internal drive to do their best
- ☐ High achieving
- ☐ Takes feedback well
- ☐ Attempts to learn from mistakes
- ☐ Does their best with the time and tools they have
- ☐ Demonstrates self-compassion
- ☐ Sees outside expectations as inspiration not pressure
- ☐ Has “Grit” or “Growth Mindset”

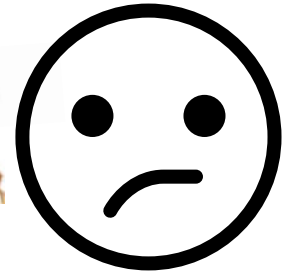
The “Not So Good” Kind

“Unhealthy Perfectionism”

“Maladaptive Perfectionism”

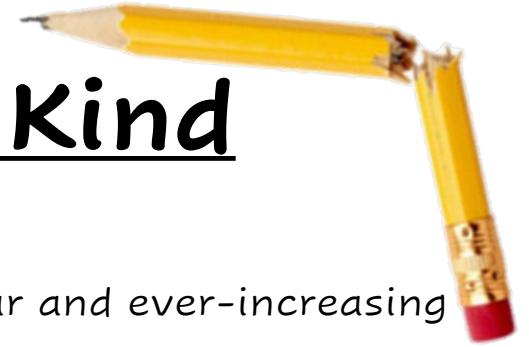
“Socially Prescribed Perfectionism”

“Extrinsic Perfectionism”

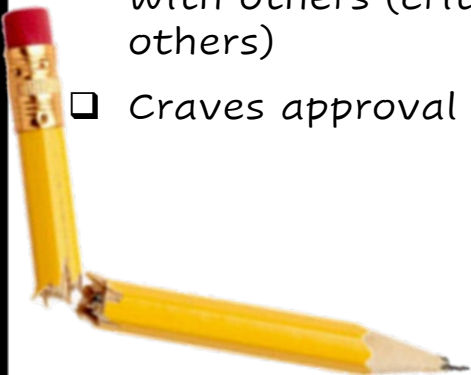


Warning: Some of this content might be triggering. Causes and examples of this type of perfectionism do not apply to everyone who struggles with perfectionism.

The “Not So Good” Kind



- ❑ Driven out of fear of failure
- ❑ Focuses on mistakes no matter how small
- ❑ “All or Nothing” Mentality
- ❑ Equates personal value with achievement
- ❑ Compares their intellect to others (critical of self and others)
- ❑ Compares their outside appearances with others (critical of self and others)
- ❑ Craves approval from everyone
- ❑ Sets unclear and ever-increasing goals
- ❑ Has difficulty bouncing back from mistakes
- ❑ Procrastinates on important projects
- ❑ Afraid to try new things they may not be good at
- ❑ Excessive focus on control
- ❑ Feedback causes defensive reactions
- ❑ Feels guilty for not staying productive at all times

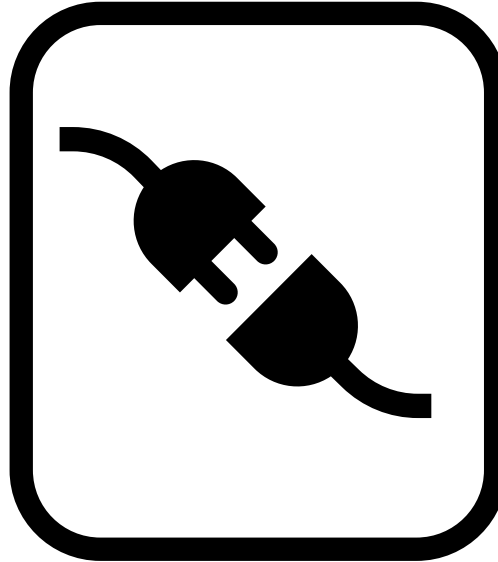


A lot of these behaviors occur as internal dialogue in our gifted students



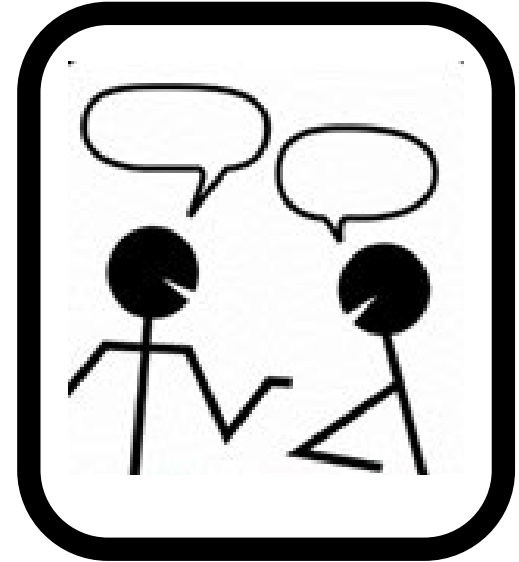
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Listen to the
thought
example



2

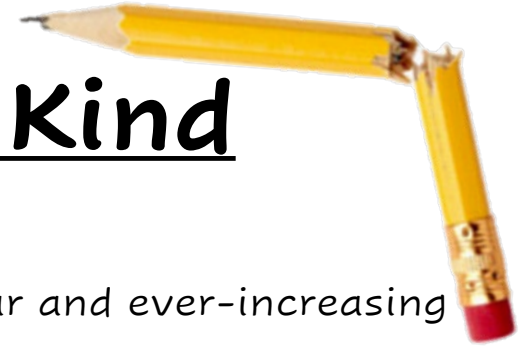
Connect it to one
or more of the
adverse traits



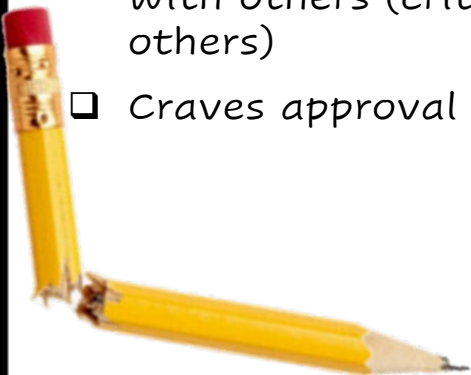
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Share your
connection with
a neighbor

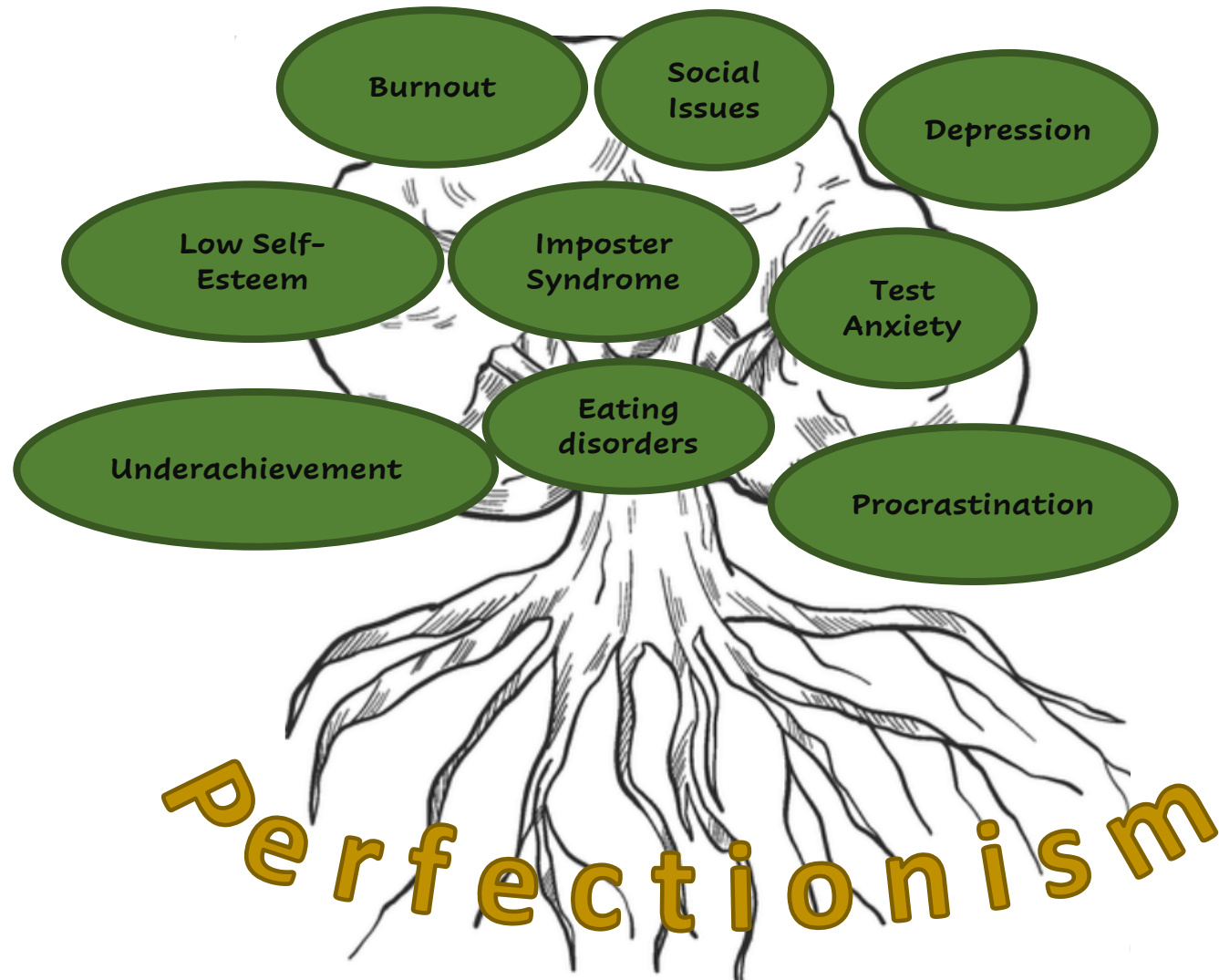
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**The greatest gifted challenges students face
are almost always rooted in perfectionism!**



What to look for by school level:

Elementary (K-5)	Middle (6-8)	High (9-12)
<ul style="list-style-type: none">• Tantrums or meltdowns over mistakes• Restarting a drawing or work over and over-insisting on new paper• Taking too long on simple tasks• Always having to be right	<ul style="list-style-type: none">• Self Conscious Behavior or comparison• Negative body image comments• Obsession with checking grades• Refusal to try new activities• Social media/outside perception	<ul style="list-style-type: none">• Everything is an emergency- no prioritization• Avoiding school or tasks• Disorganized or scattered• Substance use• Anger, aggression, hopelessness over perceived failures

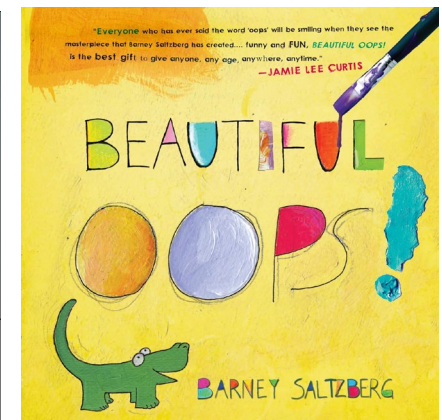
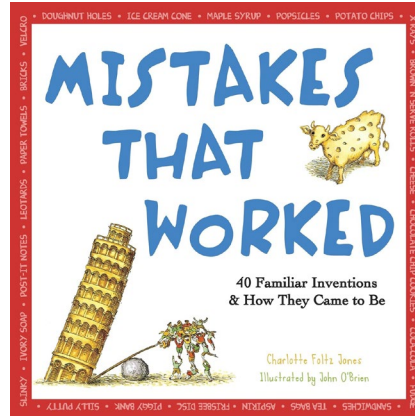
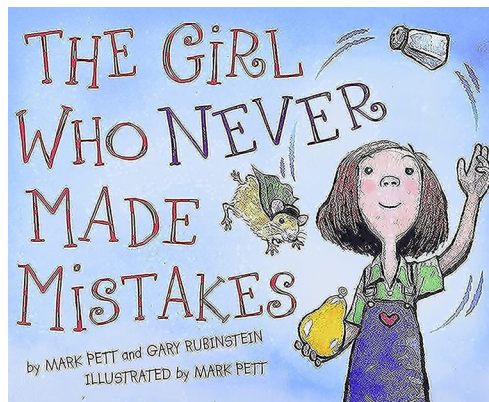
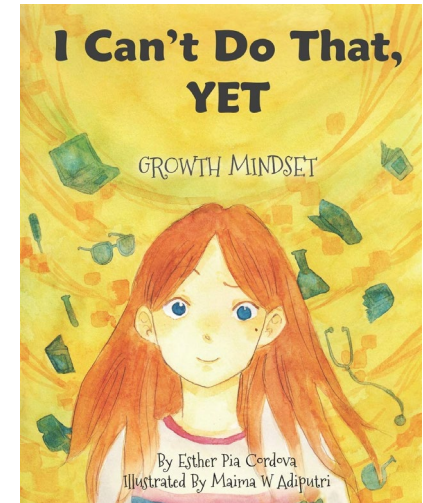
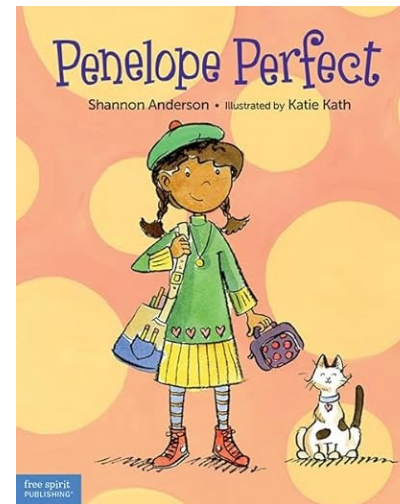
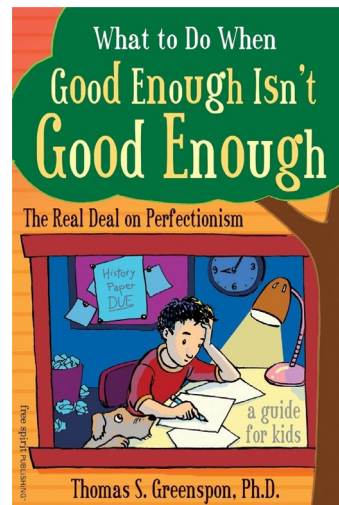
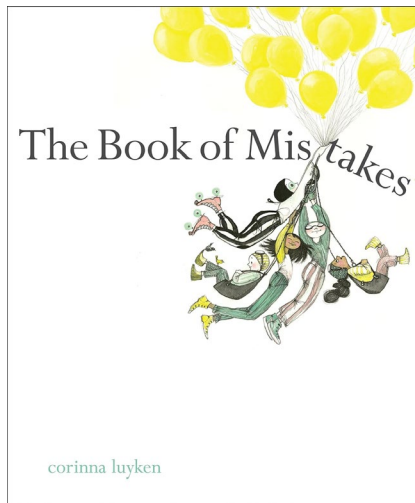


There is hope!

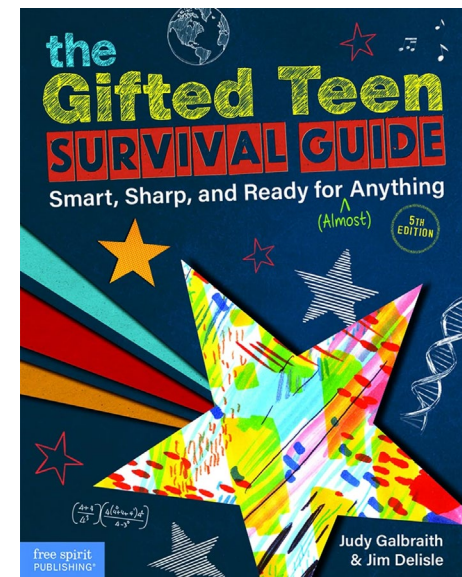
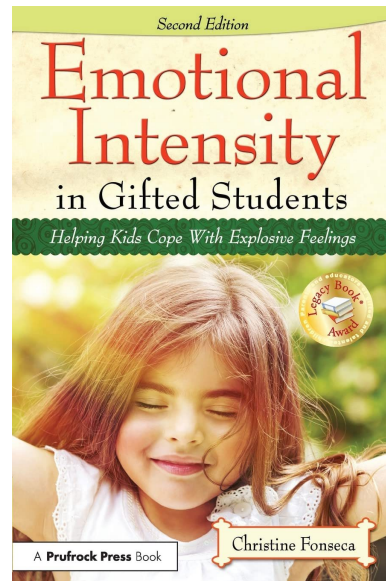
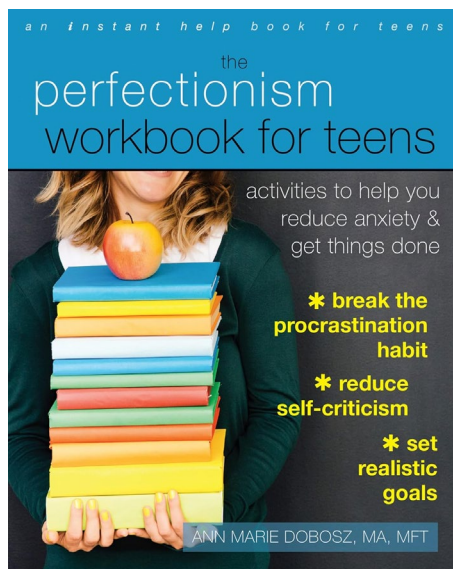
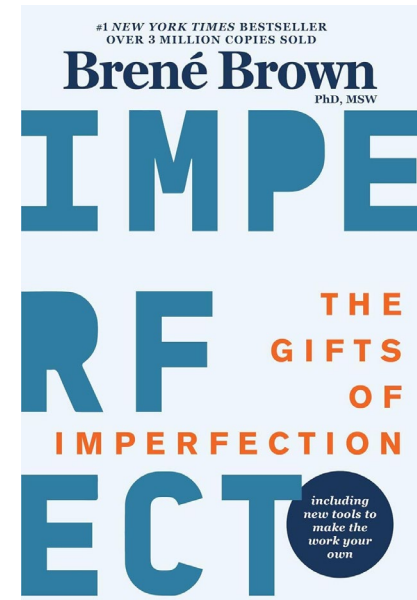
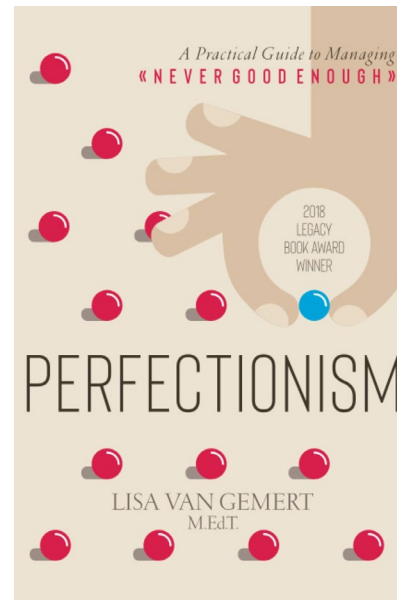
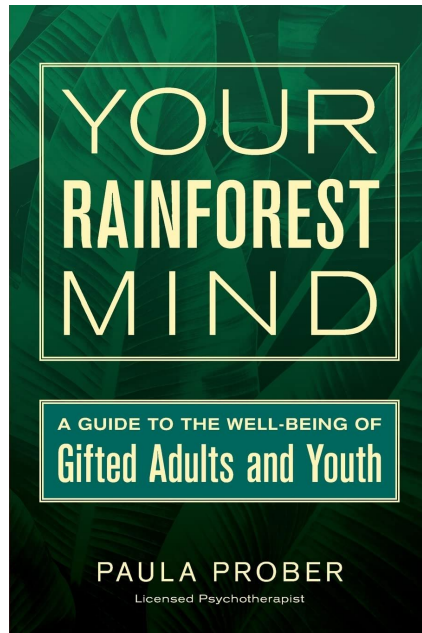
Parents and Teachers Have a HUGE Impact on How Perfectionism Manifests: General Advice

- Model healthy reactions to our own mistakes- tell them about mistakes you have made
- Be aware of our own compulsive drive to perfection
- Avoid “All or Nothing” consequences to grades/sports success
- Do not withhold affection, support, or encouragement if goals are not met
- Help them set clear and attainable goals

Literature Resources for Kids



Literature Resources for Teens and Adults



Links to Perfectionism Resources



Hoagies' Gifted Education Page

The "all things gifted" page

Gifted Parent Advisory Council Exit Ticket



Resources

Galbraith, Judy, and James R. Delisle. *The Gifted Teen Survival Guide: Smart, Sharp, and Ready for (Almost) Anything*. Hawker Brownlow Education, 2023.

"Perfectionism." *Perfectionism* | National Association for Gifted Children, dev.nagc.org/resources-publications/resources-parents/social-emotional-issues/perfectionism. Accessed 11 Oct. 2023.

Prober, Paula. *Your Rainforest Mind: A Guide to the Well-Being of Gifted Adults and Youth*. GHF Press, 2016.

