

## Gifted & Distractible

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Do we ever outgrow our giftedness or 2e-ness? Not so much.

Perspectives do shift as gifted and 2e children grow into big kids, adolescents, teenagers and on into adulthood, but gifted and 2e characteristics remain the same. It's all about compensatory strategies and above all embracing our strengths throughout our lives in order to reach our potential and experience joy.

This month's edition of "Gifted & Distractible" addresses both adults and kids. Julie's blog, "Success for Gifted and 2e Adults" is about the importance of self-awareness and positive reframe.

A great way to start this process of self-reflection and positivity is to attend our Screening Event on May 2 at the Silver Spring Civic Center in Silver Spring, MD.

[Purchase your tickets](#) and experience a wonderful evening of **mingling** with parents, educators, and professionals, watching the **inspirational** film "2e: Twice Exceptional," hearing Julie give a short talk about "The True Meaning of Giftedness and Twice Exceptionality," receiving a **goody bag** filled with resources and entering our **free raffle** for relevant products and services.

**This month's "Gifted and Distractible" lineup of articles includes:**

- Julie's new blog: ["Success for Gifted and 2e Adults"](#)
  - May Screening Event! Our exhibitor space is SOLD OUT. Tickets are going fast, [buy yours now!](#)
  - Photo from the annual MEGS (Maryland Educators of Gifted Students) awards banquet where Julie was the guest speaker!
  - Articles about Gifted/2e Adults:
    - Gifted Adults in Work
    - Read about Dr. Gail Saltz's book, [The Power of Different: The Link Between Disorder and Genius](#).
    - 13 Coping Skills
    - Advice for 2e Adults
    - Spousal issues
  - General 2e Articles
    - Differentiating between high achievers and Gifted
    - Boosting Self Esteem through Community Service
    - Movement helps kids learn math
    - Teens and Executive Functioning Skills
  - A week-long SUMMER OASIS for Gifted Kids! Sign up your 9-14 year old child for [Camp Summit for the Gifted](#) August 20-26.
  - Spotlight on a great game: Patchwork
  - SENG Conference 2017 - What a great line up! [Register](#).
  - Upcoming events in and around Maryland, Virginia and DC.
  - Survey of interest for a Parent Empowerment Group.
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Julie's Monthly Blog:

**[Success for Gifted and 2e Adults](#)**

For 2e children or adults, the key to success is recognizing and celebrating their own strengths despite destructive messaging, and using these assets to formulate strategies to support their challenges. [Read how.](#) Start the conversation - comment on this blog.

**SCREENING EVENT!**  
**Featuring Award-Winning documentary,**  
**"2e: Twice Exceptional"**



**Date: May 2, 2017**

**Where: Silver Spring Civic Center, 8525 Fenten, Silver Spring, MD.**

**Time: 7:00 pm - 9:00 pm**

**Cost: \$8.50**

Ticket Purchase:

<http://www.WithUnderstandingComesCalm.brownpapertickets.com>

Join parents, educators and professionals for this incredible documentary and a chance to meet and greet experts in giftedness and learning differences.

Evening includes:

- **Exhibitors**
- **Free Raffle**
- **Free Give-Away Bags**
- **A Short Talk About "*The True Meaning of Giftedness and Twice Exceptionality*"**

Contact Julie to advertise; [Julie@WithUnderstandingComesCalm.com](mailto:Julie@WithUnderstandingComesCalm.com)

### **Our FREE Raffle Includes Awesome Prizes From Our Partners!**

[Bass Education](#) - ACT/SAT Consult

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[Center for Communication and Learning](#) - Consultation

[Fusion Academy](#) - Session in Recording Studio

[Gifted Homeschoolers Forum](#) - Books

[Imagine Possibility](#) - Book and Consultation

[My Learning Springboard](#) - Consultation

[Weinfeld Education Group](#) - Consultation

[With Understanding Comes Calm](#) - 30 minute consultation

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I had a great time presenting at the MEGS (Maryland Educators of Gifted Students) banquet and awards night. What an honor to speak to this awesome audience of educators and administrators and to show them the award-winning documentary, "2e: Twice Exceptional." [Contact Julie](#) to arrange your group's screening.

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## Articles re. 2e Adults

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### [Gifted Adults in Work](#)

This article talks about what makes for a productive or challenging atmosphere for gifted adults. When reading this article think about the similarities for the classroom

for our gifted and 2e kids.



Health » Diet + Fitness | Living Well | Parenting + Family

## [The Genius of People with Learning Disabilities, Mental Health Disorders](#)

This article discusses Dr. Gail Saltz's book which concludes that those same brain differences that cause disorders such as dyslexia, depression and autism can lead to more creativity and artistic abilities, more empathy and an ability to visualize things in a different way. Our default, Saltz says, as a society and even for parents whose child has learning difficulties or mental health disorders, is to focus on the weakness. However, experts say 20% of time should be spent working on the problem and 80% on exploring and enhancing strengths. [Read more.](#)

# ADDITUDE

Strategies and Support for ADHD & LD

## [13 Coping Skills You Haven't Mastered - Yet](#)

This article discusses important strategies for adults with ADHD. Since ADHD and Gifted has similar characteristics - this article resonates with gifted and 2e adults.



## [Advice For 2e Adults](#)

This article gives great advice for the 2e kid all grown up. The upside is as adults we have more control over who we hang out with, how we control our overexcitabilities and what we want to do during our professional and private time.

# ADDITUDE

Strategies and Support for ADHD & LD

## [My Husband has ADHD and It's Hurting Our Marriage](#)

The title of this article says it all. Gifted and 2e adults are drawn toward each other and often times we see marriages where excitabilities repel one another or serve to be the perfect "button pusher."

## General 2e Articles

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**LoudounNow**

## [The Truth About 'Gifted' Versus High Achieving Students](#)

Read this essay differentiating between high achievers and "gifted."



The National Resource on ADHD

## [Boost Self Esteem with Community Service](#)

Service projects and involvement are great for feeding our (adult and child) spiritual souls as well as helping us feel connected to others.

Medical  press

[Math Learned Best When Children Move](#)



## Math Learned Best When Children Move

Results from this study underscore that many children improve at math when their bodies are engaged during instruction, and that math instruction should be individualized.



## Teens and Executive Function Skills

Great advice for parents of teens. Teaching executive function skills and maintaining a personal connection with your teen goes a long way in avoiding risky behavior.



Check out one of Maryland's Amazing GT Summer Center!

## [Camp Summit for the Gifted.](#)

- What: An AWESOME week-long overnight camp for gifted and 2e kids
- When: August 20-26
- Where: [NorthBay Adventure](#), on the Chesapeake Bay in North East, Maryland

*"Every year I have to wait 51 weeks for Camp Summit." Camper, age 11*

Activities:

Science in the Floating Eco Lab

Zip lines (land right in the bay!)

Kayaking

Snorkeling

High Ropes

Ga Ga

Epic Capture the Flag

Swimming

Art

Dungeons & Dragons

Creative Machine Making

Digital Animation

Swimming

Campfires

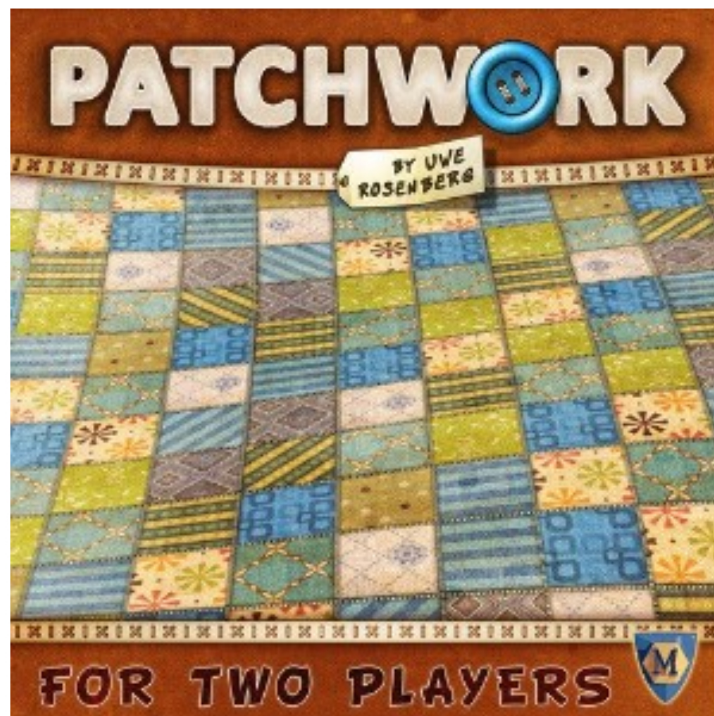
and so much more...

For more information and to [Register](#)

Contact Founder: [Wendy Zinn](#)

Director of Programming: [Michael Postma, Ph.D](#)

Director of Community Outreach, [Julie Skolnick, M.A., J.D.](#)



Game Spotlight: What a clever game! For 2 players. Includes spatial challenges, strategy, math, creativity and SO MUCH FUN!



## CHANGE YOUR LIFE: GO TO THIS CONFERENCE!

**SENG *Supporting the Emotional Needs of the Gifted*** is holding their annual conference in Naperville, Chicago on July 22-24.

This is a **DO NOT MISS** opportunity to learn about the emotional experience of the gifted and to mingle with like minded parents, educators and professionals (CE Credits available). [Register](#).

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Meet these 2e Resources at our May 2 Event!

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### Upcoming Area Events for Families of Gifted and Twice Exceptional Children:

- Registration NOW OPEN for **Camp Summit for the Gifted** in North East, Maryland. August 20-26 overnight adventure camp. [More information and to Register.](#)

- April 6, 7:00-8:30 pm, Diener School **“You’ve Got to be Joking!” Using Humor to Increase Social Interactions, Higher Order Language and Flexible Thinking in Elementary School Students (K-8)**, Har Shalom Social Hall 11510 Falls Road, Potomac, MD 20854, [RSVP](#) by April 5, 2017.
- April 18, 6:00-8:00 pm, **Experiential Open House**, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA 22046. [More information.](#)
- April 18, **Flash forward! - Postsecondary Ed and Employment Options for Students with IEPs**, Woodson High School, 9825 Main St, Fairfax, VA, This event for students with IEPs and their parents will highlight supported employment, competitive employment and postsecondary education. Exhibit tables will provide additional information and supports. [Info and Registration](#)
- Sunday April 23rd 2-4 p.m., **Experiential Open House**, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA 22046. [More information.](#)
- April 30, **Registration Closes for Maryland Dept. of Education GT Summer**

**Centers.** [Check out all the great offerings!](#)

- May 2; **"2e: Twice Exceptional" Documentary Screening**; Silver Spring Civic Center, Event includes: Award-winning documentary screening, Exhibitors, Give-away bags, Raffle, Light Refreshments; Tickets \$8.50 at [www.WithUnderstandingComesCalm.brownpapertickets.com](http://www.WithUnderstandingComesCalm.brownpapertickets.com)
- May 3, 7:00-9:00 pm, **MONA School Fair**, Congressional School 3229 Sleepy Hollow Rd., Falls Church, VA 22042. [More information.](#)
- May 4: **Helping Your Child Manage Their Own Anxiety**; Parent Child Excursions: Special Topics in Raising Your Challenging Child with Dr. Dan Shapiro. [More information.](#)
- May 25: **Helping Siblings Learn to Get Along**; Parent Child Excursions: Special Topics in Raising Your Challenging Child with Dr. Dan Shapiro. [More information.](#)

Ongoing:

Thinking Organized Clinics:

- [Just Write](#)
- [Ready Reader](#)
- [Master Math](#)



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Interested in getting together with other parents of gifted and distractible children in a safe and confidential setting to discuss unique challenges and accomplishments that gifted children bring to families? As a SENG certified parent group facilitator, Julie will start a Parent Empowerment Group in Maryland based on interest. Please email her if you are interested and specify whether you prefer morning or evening. [Julie@WithUnderstandingComesCalm.com](mailto:Julie@WithUnderstandingComesCalm.com)

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