

## Gifted & Distractible

*Newsletter for the Twice Exceptional Community*




WITH UNDERSTANDING COMES CALM, LLC

*Compassionate Guidance. Durable Strategies.*

*For the 2e Community.*

This issue of "Gifted & Distractible" sponsored by:

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The [John Dewey Academy](#) provides an individualized and comprehensive college preparatory education in a therapeutic setting.

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As Springtime blossoms there is great potential for happiness as we all enjoy longer hours of sunshine. For twice exceptional folks, however, longer days may mean restlessness and wishful thinking to be like those around us who seem to have it "easy."

In this month's issue of Gifted & Distractible, we take a look at the interplay of positive self concept, struggles and internal motivation.

In this issue read:

- Julie's blog "Self-Esteem, Self-Confidence, Self-Love"
- How to Banish Negative Thoughts and Feelings
- How Learning and Attention Issues can Cause Trouble with Making Friends
- 19 Ways of Doing What We Hate Doing

2 Days of 2e 2018 Virtual Conference EXTENDED through May 2019. Watch on-demand before it goes away! 2019 2 Days of 2e is in production...stay tuned!

Find out where With Understanding Comes Calm has been and where it will be in the Community.

Learn about Events for twice exceptional families and educators.

## Julie's Blog



In this month's blog, ["Self-Esteem, Self-Confidence, Self-Love,"](#) Julie considers the importance of balancing the feeling like you can do anything with loving yourself for the things you can't do or don't do well. This idea is so important for the twice exceptional population who often live in two worlds where "easy things can be hard and hard things can be easy." [Read it.](#)



# ARTICLES

## **ADDITUDE** *Inside the ADHD mind*

["How to Banish Negative Thoughts and Feelings"](#) shares 8 tips to help face negative thinking often experienced by people with ADHD. [Check it out here.](#)

## **Understood**

*for learning & attention issues*

Social interaction can often be a place of struggle for 2e people. This article looks at specific learning differences and how they may hinder social connections while making suggestions on how to get the social success ball rolling. [Read "How Learning and Attention Issues can Cause Trouble with Making Friends."](#)

## **Psychology Today**

["19 Ways of Doing What We Hate Doing"](#) discusses findings from a recent study on 'self-regulatory strategies for completing disagreeable tasks.' Tricking our brains into finding inner motivation is a necessary strategy for 2e folks. [Read it.](#)

**With Understanding Comes Calm**



# With Understanding Comes Calm in the Community



## 2 Days of 2e Virtual Conference

EXTENDED! ON-DEMAND THROUGH MAY 2019

Join Parents Educators and Clinicians from all over the world at  
[2 Days of 2e Virtual Conference!](#)

- Learn from **Renowned Experts** about everything from
  - identification,
  - misdiagnosis,
  - anxiety,
  - perfectionism, and
  - underachievement, to
  - strengths based strategies,
  - talent development, and
  - advocacy
- Build community in our parent and teacher **Chat Forums**
- Interact with over thirty resources in our **Exhibitor Hall**

[Register today!](#)

*What people are saying about  
2 Days of 2e Virtual Conference:*

*"I just finished watching all 10 sessions of the Virtual Conference and thoroughly loved every session. The idea of twice exceptional is not something I learned about in my educational studies (bachelors or masters programs). I had first hand experience with a 2e student in my classroom early on in my career... if only I had resources back then like you provided in this conference. I wish I could go back and fix things that could have been handled differently. While I am a former full-time teacher I am currently a stay at home mother of gifted children (1 possibly 2e) and things I learned in this conference will be used in my home with my children right away." -Parent and Educator*

*"Not only are you providing impactful information and strategies but the fact that it is a virtual conference you are able to reach so many more people. Full time working parents who are busy but can watch sessions at night, teachers who can't afford to take a day off but can watch sessions on a Saturday, or parents and teachers watching sessions on their own but then being able to discuss the ideas in a group setting (grade level meeting times, etc.). Truly the virtual aspect of the conference opens the door to so many possibilities!!!" -Parent*

*"I really appreciated the reminder of what school is like for 2e students, and why it is so important that they have teachers who see their gifts, their strengths, and their potential. Even though we as educators are pulled in so many directions, we cannot afford to lose this population. We owe it to them to consider creative approaches to engage them in learning." -Educator*

*"Although the focus of the conference was 2e children, the content was applicable to other demographics, including in my case, as a professional working with and supervising some 2e adults. I gained a deeper understanding of 2e topics and learned practical tools for helping to empower 2e individuals to thrive. The conference made resoundingly clear that while 2e populations face challenges, they bring tremendous gifts to our world that we all have the ability to foster with proper knowledge and understanding." -Adult*

[Register to attend 2 Days of 2e Virtual Conference](#)  
[ON DEMAND through April 2019!](#)



With Understanding Comes Calm, LLC is a proud supporter of "The G Word" movie. Join hundreds of people who are participating in The G Word [kickstarter campaign](#) ensuring the success of this comprehensive and thoughtful film about "who gets to be gifted in America and why" by producer, Marc Smolowitz. Learn more about the film [here](#) and donate [here](#).



Julie is delighted to present TWICE at this summer's SENG Annual Conference in Houston, TX on July 20 and July 21:

**"Cycle for Success: Parenting and Teaching 2e"**



and with colleague, Joanna Haase, Ph.D.:

**"Irritability and the 2e Brain"**

[Learn more and Register here.](#)

**Study with the Masters of 2e Education**

An Exceptional Week for Teachers of Twice-Exceptional Students!



Hosted by the 2e Center for Research and Professional Development at Bridges Academy

Julie is honored to present on a Panel and at a Round Table Discussion at this summer's "Study with the Masters" Institute hosted by the Bridges 2e Center for Research and Professional Development in Los Angeles, CA on July 25. [Learn about the Institute and Register Here.](#)

**A WORLD OF POSSIBILITIES: GIFTS, TALENTS, & POTENTIAL**

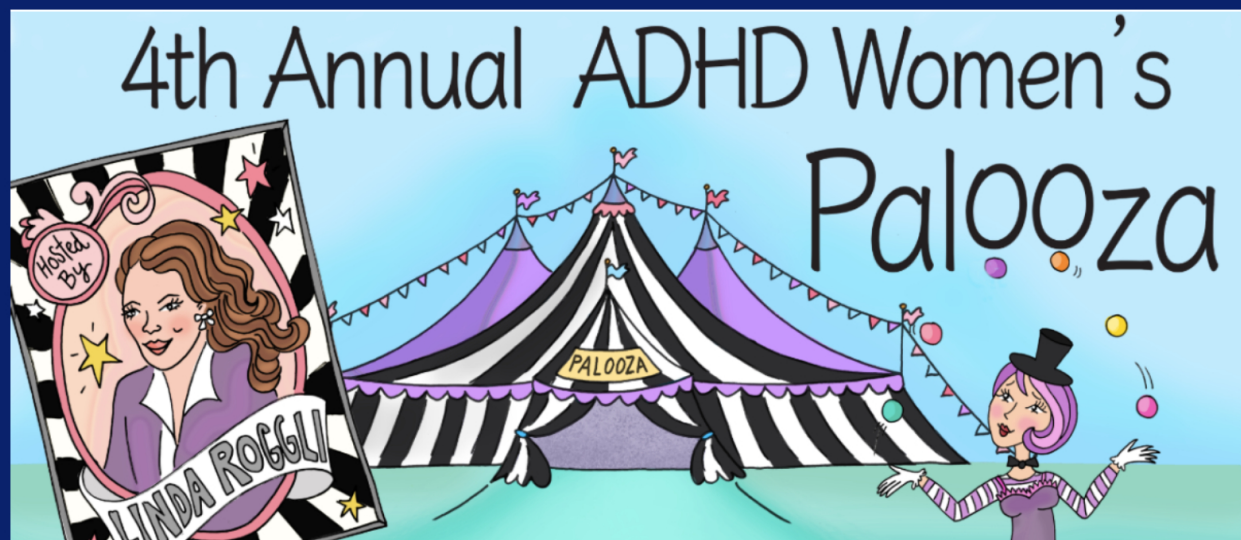
23rd World Conference  
July 24 - 28, 2019  
Nashville, Tennessee, USA

[www.worldgifted2019.com](http://www.worldgifted2019.com)



It's a busy summer! Julie will present with colleague, Joanna Haase, Ph.D. at the Biennial World Conference for the Gifted on "Irritability and the 2e Brain."

[Learn more and Register here.](#)



Still Available!

Julie presented at the [2019 ADHD Women's Palooza](#) on "Twice Exceptional Women: Gifted and ADHD."

If you google "women and 2e" all of the results are for extra wide sneakers! This sums it up – being a woman and 2e is just not an easy fit in this world. Women identified with ADHD and diagnosed gifted, experience strengths and struggles personally and professionally. What is your job satisfaction? What is your relationship satisfaction? How do you feed your soul? These questions are all interrelated. In this session, Julie Skolnick, M.A., J.D. will help you understand what it means to be 2e (twice exceptional), how that affects your satisfaction in the world, and what to do about it. [Register](#) for this awesome event featuring 30 experts!

# 2e News

## Opportunity for "Gifted & Distractible" Readers!

Use code: RIRRMW9IW4\_WUCC at [www.2enews.com](http://www.2enews.com) to get \$10 off a full subscription to 2e News! This is a fabulous resource for parents, educators and professionals. All you have to do to sign up is click subscribe, enter your information, enter the code, submit payment and you are all set!

## UPCOMING EVENTS FOR FAMILIES, GIFTED AND TWICE EXCEPTIONAL CHILDREN

- April 4; Maryland Educators of Gifted Students (MEGS) annual dinner, Conversation with Dr. Joy Lawson Davis, "Advocacy for Underrepresented Gifted Students: A Matter of Social Justice" will provide updated accounts of how proactive advocacy has improved access to gifted and advanced learner programs in districts across the nation. **6:30 - 8:30 PM, Francis Scott Key Elementary/Middle School, 1425 E. Fort Avenue Baltimore, MD 21230.**
- April 10; Sleep Training for Adolescents and Adults, 7:30 pm - 9:00 pm, Join Dr. Susan Van Ost at The Chesapeake Center for an informative presentation on the importance of sleep and ways to improve your ability to get it! [Register](#). (Providers are eligible to receive 1.5 CE credits for attending.)
- May 11; 1:30 - 3:00, How to Develop Talents in a One Size Fits All World, Presented by Maryland Coalition for Gifted and Talented Education (McGate), featuring Dr. Jeanne Paynter, Annapolis, MD, [Register](#).
- May 16-18 Breakthroughs in 2e Education Conference. **Cooper Union, 41 Cooper Sq  
New York, NY 10003** [Register](#)



- July 18-21; SENG Annual Conference, Houston, TX, [More information and to Register.](#)

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- July 21-26; Study with the Masters of 2e Education at Bridges Academy, Los Angeles, CA, [Learn more and Register.](#)

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- July 24-28; 23rd Biennial World Conference on Gifted, The 2019 World Conference will be hosted by the WCGTC Executive Committee in Nashville, Tennessee during July 24-28. The WCGTC Executive Committee is excited to welcome you to Nashville to discuss *A World of Possibilities, Gifts, Talents, & Potential!* Nashville, TN. [Register.](#)

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- Aug 18-22; Camp Summit for the Gifted, Camp Summit for the gifted, talented, creative is a multi-night sleepover summer camp designed specifically for gifted students ages 9 through 14 in northern Maryland <http://www.campsummitforthegifted.com/>

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#### ONGOING EVENTS:

- Gender Journey Parenting Support Group; Growing Minds Center for Child and Family Therapy, 90 minute meetings in the evenings from 7:30-9:00. Meetings at: 3204 Tower Oaks Blvd . Suite 180 . Rockville, MD 20852. Contact: [intake@growingmindstherapy.com](mailto:intake@growingmindstherapy.com)  
**301-235-9927 x 0** [www.growingmindstherapy.com](http://www.growingmindstherapy.com)

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- Through May 2019: 2 Days of 2e Virtual Conference; On Demand through April 2019! Content, Community, Collaboration. Learn from 2e Thought Leaders, build community and gain resources. [More Information](#) and [Register.](#)

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- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER.](#)

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- First Sunday evening of each month; Procrastination Webinar & Student Group Discussion. Includes discussion how procrastination is an emotional response to task aversion - includes current research and strategies to help avoid procrastination. Student group discussions for high school and college age students. **Contact Michael Bromley at** [info@school4schools.com](mailto:info@school4schools.com)

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- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland [info@ccl-md.com](mailto:info@ccl-md.com) to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>

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**WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"  
EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S  
DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.**

## What is With Understanding Comes Calm, LLC?

Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.

- **Guiding Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Mentoring Individuals** Connection, Fulfillment, Validation,

Solutions

- [Collaborating with Educators and Clinicians](#) Collaboration, Training, Best Practices, Resolution.

Contact Founder and President, [Julie Skolnick](#) with any inquiries.

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