

# Gifted & Distractible

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**We are firmly within the holiday season, a time famous for frivolity and fun for some, overstimulation and social/emotional challenges for others.**

**Julie's new blog this month is "Loneliness: Often the Norm for Gifted/2e Children and Adults." With great potential comes great emotionality and feeling different - and therefore lonely - is an emotion gifted/2e kids and adults tend to experience."**

tena to know well.

In this issue of "Gifted & Distractible" you will find ways to help yourself, your child or your student find ways to feed the soul - to feel connection and diffuse some of those feelings of isolation.

### Articles:

- **Giftedness and ADHD: A Strengths-Based Approach**
- **Communicating - When your Mind Travels at Warp Speed**
- **Understanding Very Very Smart People**
- **Music Therapy: Sound Medicine for ADHD**

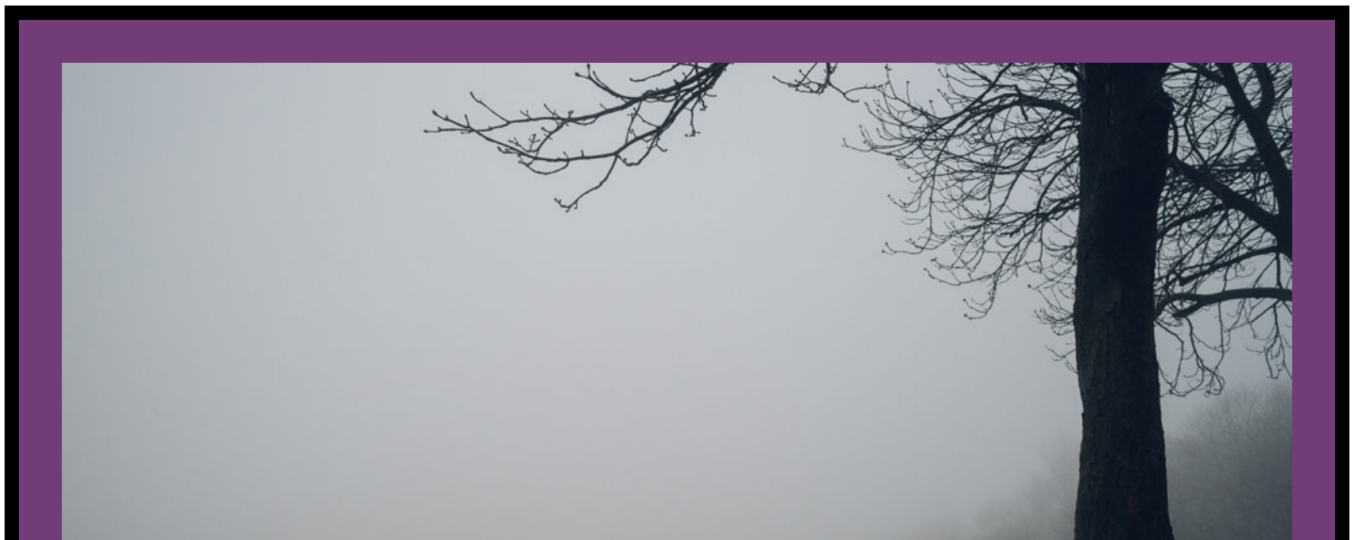
### With Understanding Comes Calm Out and About in the Community:

- **December 6 Speaker Series: Julie will present a comprehensive talk on the 2e profile along with strategies**
- **Screening Event on November 14 was a HUGE success and so much fun! Check out our photo gallery.**
- **March 10 Diamonds in the Rough Conference - Julie presenting**

### Upcoming Events

- **See a list of events, conferences and classes relevant to the gifted and 2e community.**

### What is With Understanding Comes Calm, LLC?





Julie's Monthly Blog:

["Loneliness: Often the Norm for Gifted/2e Children and Adults"](#)

Gifted and 2e people often think differently, experience emotions differently and are interested in concepts well beyond their years or in a deeper way than their peers. These base lines of difference often lead to loneliness. [Read it.](#)

## ARTICLES

**Attention** chadd.org

LIVING WELL WITH ADHD

FALL 2017

["Giftedness and ADHD a Strengths Based Approach"](#) is Julie's article in this month's Attention Magazine published by CHADD. Julie points out that "Not only do these children exhibit super abilities, they do so while monitoring and modulating their challenges. Highlighting strengths and catching these children doing well cushions their missteps." [Read it.](#)

**YOUR RAINFOREST MIND**

Paula Prober's blog, "[Communicating - When Your Mind Travels at Warp Speed](#)" talks about how hard it is to communicate and connect when your brain is just so full of thoughts and ideas.



[Understanding Very, Very Smart People](#) looks at the messages bright young adults receive, messages the author wishes they would hear and what bright kids can do about misperceptions.



[Music Therapy: Sound Medicine for ADHD](#): in this article learn how music can bolster attention and focus, reduce hyperactivity, and strengthen social skills.

WITH UNDERSTANDING COMES CALM, LLC  
OUT IN THE COMMUNITY

Wednesday, December 6; 7:30 - 9:00 pm  
FREE AND OPEN TO THE PUBLIC

Come hear Julie give a comprehensive talk about the 2e profile including brain-based differences and strategies for bringing out the best and raising self-esteem in 2e kids and students.


This event is perfect for **parents**, **educators** and **practitioners**.


CESJDS upper school campus, 11710 Hunters Lane, Rockville, MD 20852 Walk-ins welcome, [Registration](#) preferred

THE CESJDS ESS DEPARTMENT AND THE PARENT ASSOCIATION PRESENT

# CESJDS Speaker Series

 December 6, 2017 | January 24, 2018 | March 7, 2018

 7:30 - 9:00 PM

 Annette M. & Theodore N. Lerner Family Upper School Campus  
11710 Hunters Lane | Rockville, MD | 20852

 RSVP: [www.cesjds.org/speakerseries](http://www.cesjds.org/speakerseries)

All seminars are **free** and open to the community!

## **A Deep Understanding of the 2e Experience: Durable Strategies for Twice Exceptional Children and Students**

**Wednesday, December 6, 2017**

Speaker: Julie Skolnick, M.A., J.D.

Julie Skolnick, M.A., J.D. is the founder of With Understanding Comes Calm, LLC. Her talk will focus on understanding giftedness and twice exceptionality and will include strategies for parents and educators.

## **Coping, Grit, and the Growth Mindset**

**Wednesday, January 24, 2018**

Speaker: Dr. Rebecca Resnik

Dr. Rebecca Resnik, founder of Rebecca Resnik and Associates LLC is a psychologist trained in pediatric psychology and neuropsychology. Dr. Resnik will discuss the ramifications of new research on "grit" and the growth mindset for how we parent, teach and help our children achieve their full potential.

## **Self Control - Understanding the Relationship Between Attention, Executive Function, Self Regulation, and Motivation**

**Wednesday, March 7, 2018**

Speaker: Dr. William Stixrud

Dr. William Stixrud is a clinical neuropsychologist who has been in private practice since 1985. His recently published book, *The Self Driven Child: The Science and Sense of Giving Kids More Control Over Their Life*, will be available in mid-February. The book is co-authored by Ned Johnson.

**RSVP online:**

[www.cesjds.org/speakerseries](http://www.cesjds.org/speakerseries)



[www.cesjds.org](http://www.cesjds.org)



[/cesjdsconnect](#)



## SCREENING EVENT was AWESOME!

On November 14 over 100 parents, educators and practitioners gathered to learning about resources for 2e kids and watch the award-winning documentary "2e: Twice Exceptional." If you would like Julie to screen this film for your group or school email: [Julie@WithUnderstandingComesCalm.com](mailto:Julie@WithUnderstandingComesCalm.com)



Check out a short clip from Tom Ropelewski's NEW film, "2e2: Teaching the Twice Exceptional" which Julie will use in her upcoming *teacher trainings*.

Looking to bring *engaging teacher training* to your school?

[Contact Julie](#) to learn more about teacher training options.

# PHOTO GALLERY



## DIAMONDS IN THE ROUGH

DC Area's Special Learning Needs Conference

Friday, March 9, 2018  
CE Workshop for professionals  
Johns Hopkins, Rockville Campus

Saturday, March 10, 2018

On **March 10**; Julie will present "A Deep Understanding of the 2e experience: Durable Strategies for Twice Exceptional Children and Students" at [Diamonds in the Rough Conference](#) in Rockville, MD.



#### UPCOMING EVENTS FOR FAMILIES, EDUCATORS AND PROFESSIONALS OF GIFTED AND TWICE EXCEPTIONAL CHILDREN

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- December 5; Sycamore School Tour, 9:00 - 10:00 am; RSVP: <https://thesycamoreschoolva.org/upcoming-events/>
- December 6; CESJDS Speaker Series featuring Julie Skolnick "A Deep Understanding of the 2e Experience, Durable Strategies for Twice Exceptional Children and Students" 7:30 - 9:00 pm, Rockville, MD. [Register](#)
- December 6, Fusion in Alexandria, VA, 6:00 pm - 8:00 pm, Winter Student Showcase and Campus Tour, [Register](#)
- January - March, 10 Thursday Nights, Dan Shapiro's *Parent Child Journey An Individualized Approach to Raising Your Challenging Child*, 7:30-9:00 pm, Ivymount Maddux School, Pay what you can; [Register](#)
- January 10-March 14 (10 Wed. nights); *Parent Child Journey Parenting Classes: An Individualized Approach to Raising Your Challenging Child* with Sarah Wayland, The Parent Child Journey program is designed to help parents identify the source of their child's challenging behavior and learn what they can do about it. During each session. we will discuss proactive



strategies for raising children with difficult temperaments and developmental differences. Learn more at [ParentChildJourney.com](http://ParentChildJourney.com). COST: Pay What You Can - \$150 - \$350 for all 10 sessions, [Register](#)

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- January 18; 7:30- 9:30 pm, Dan Shapiro's *Parent Child Excursions: Helping Siblings Get Along*, St. Columba's Episcopal Church, NW DC, Pay what you can; [Register](#)
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- January 22; Gifted Homeschoolers Forum Classes for Gifted and 2e students begin, [Register Now](#)
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- January 24; CESJDS Speaker Series featuring Rebecca Resnik "Coping, Grit and the Growth Mindset" 7:30-9:00 pm, Rockville, MD. [Register](#)
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- January 29; Book Club - Raising Human Beings: Creating a Collaborative Partnership With Your Child by Ross Greene, Ph.D., COST: \$10-\$20 (pay what you can) [Register.](#)
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- February 3; Siena School, *Improving Reading Comprehension Workshop*; 8:30 am - 3:30 pm; will address the research behind what impacts comprehension and will present effective multisensory strategies to improve comprehension at the word, sentence, paragraph and extended text levels. This session is recommended for teachers, tutors and parents. \$120 including lunch. [Register.](#)
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- March 3; Siena School, *Applying the Siena Multisensory Approach to Math*, 8:30 am-3:30 pm, This workshop will present an overview of how The Siena School teaches math using hands-on activities and incorporating art, music and technology. \$120 includes lunch. [Register.](#)
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- March 9-10; Diamonds in the Rough Conference, Johns Hopkins University, Rockville, MD [Register.](#)
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- March 10; 9:00 am-3:00 pm, *Exceptional in Two Ways: Understanding, Supporting and Connecting Gifted Students Who Have Learning Needs*, for parents and educators, Credit available, \$35, 420 Washington Ave, Cuyahoga Falls, OH, 44221, Register: <http://SummitESC.org/events>
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- January 22; Hanen Orientation Session, recognized around the world for its research into how parents communicate with their children and how the communication skills of children with language delays can improve with their parents' help. This program provides strategies for children with general

language delays between the ages of 0-5 years old. Register:

<https://goo.gl/forms/uWW5Eo48JU2F19zO2>

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- January 24; CESJDS Speaker Series featuring Rebecca Resnik "Coping, Grit and the Growth Mindset" 7:30-9:00 pm, Rockville, MD. [Register](#)

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  - Feb. 21; Celebrating Gifted and Talented Education in Maryland Awards; North County High School.

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  - March 9-10; Diamonds in the Rough Conference, Johns Hopkins University, Rockville, MD [Register](#).
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#### ONGOING:

- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#). All "Gifted & Distractible" readers enjoy a 20% discount using the code CALM.

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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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- Wednesday Webinars from Johns Hopkins Center for Talented Youth check here for topics and to register: <http://ctyj.hu/tswwebinars>; and 18 minute long CTY webinar on "CTY's Special Support Services for Students" <https://ctyjhu.adobeconnect.com/pek072wwhqth/>

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- The **Center For Communication & Learning** in partnership with **Alliance Pediatrics** is now accepting applications for our Winter/Spring **PEERS** program for Adolescents This is an evidence based social skills program for teens. Please contact us to begin the registration process. **Location:** 9711 Washingtonian Blvd. Gaithersburg, Md 20978; **Contact:** [info@cclmd.com](mailto:info@cclmd.com) to receive our intake packet. Complete our PEERS Interest form-<https://goo.gl/forms/32FW3K0C7Y6htFz33>.

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- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland Contact : [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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**TO ADVERTISE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE"  
PLEASE EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR  
EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.**



**WITH UNDERSTANDING COMES CALM, LLC**

*Compassionate Guidance. Durable Strategies.*

*For the 2e Community.*

## What is With Understanding Comes Calm, LLC?

Our mission: 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 Adults** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

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

If you like what you see in our Newsletter, please share widely!



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