



This issue of "Gifted & Distractible" sponsored by:



*Fusion is a school where classes are taught 1:1 and tailored individually to each student according to their needs. Our school builds self-confidence and reignites students' interest in learning. Learn more about: [Fusion Academy, Rockville](#) and [Fusion Academy, Columbia](#).*

To sponsor an issue of "Gifted & Distractible," [fill out this form](#).

In this month's issue of Gifted & Distractible, Julie's blog talks about how negative self-talk and task initiation affect our ability as 2e adults or children, to initiate tasks. Whether joining a social club, starting work, tackling a project - Julie's blog suggests simple steps and reframes to encourage yourself to take that first step.

2 Days of 2e 2019 Registration is OPEN! Learn who the 2019 speakers are at [and register](#) now to enjoy a 10% discount!

In this issue read:

- Julie's blog "Overcoming Negative Self-Talk to Make Meaningful Connections" provides simple strategies on how to manage negative self-talk and initiate seemingly daunting tasks.
- "A Successful Summer" discusses the importance of structure.
- "4 Ways to Overcompensate for Social Anxiety"
- "For Kids with Anxiety, Parents Learn to Let them Face their Fears"

Missed the 2 Days of 2e 2018 Virtual Conference? Don't worry! Our web masters are busily creating a page on the WUCC website for you to purchase and own any of the sessions from last year. Stay Tuned!

### Julie's Blog



In this month's blog, "Overcoming Negative Self-Talk to Make Meaningful Connections," Julie provides simple reframes and sentence-starters to help gifted and 2e adults and children overcome their initiation challenges. [Read it.](#)

**Register for 2 Days of 2e 2019!**  
 Register now for the special rate of \$109 for all 12 sessions!  
 10% off for groups of 5+  
 Conference launches Oct. 29-30, 2019 and remains on-demand through April 2020.  
[www.2Daysof2e.com](http://www.2Daysof2e.com)

## 2 Days of 2e Virtual Conference



## 2 Days of 2e Virtual Conference For Parents, Educators, and Professionals

### Day One

**Julie Skolnick, M.A., J.D.**  
Understanding & Addressing Emotion Regulation in 2e Children

**Joanna Haase, Ph.D., MFT**  
The Gifted Brain: How it is Different & What That Can Mean

**Richard Cash, Ed.D.**  
Finding Balance: Teaching 2e Students to be Self-Regulated

**Paul Bejan, Psy.D., ABPdN, ABN**  
The Spectrum of Asynchronous Development & Associated Intervention

**Joy Lawson Davis, Ed.D.**  
Nurturing & Supporting Culturally Diverse 2e Learners

**Don Ambrose, Ph.D.**  
Using Visual Metaphor to Teach 2e Learners

### Day Two

**Debbie Reber, M.A.**  
Creating a Secure World for 2e Kids

**Josh Shante**  
Non-Linear Thinkers in a Linear World

**Fenke Hovings, M.A.**  
Gifted at Work: Different Profiles, Different Challenges

**Maria Johnson, SLP**  
Uncovering the Social Minds of Tweens & Teens

**Greg Burnham, M.S., LMFT**  
Looking at 2e Through a Developmental Trauma Lens

**LeDerick Horne**  
Beyond Classification

**Content** Renowned Speakers  
**Community** Live Discussion Boards  
**Collaboration** Virtual Exhibitor Hall

## ARTICLES

### ADDITUDE *Inside the ADHD mind*

The article, "A Successful Summer" talks about the importance of keeping structure in your child's life and addresses typical questions like "medication holidays" and vacation. [Read it.](#)

### Psychology Today

"4 Ways to Overcompensate for Social Anxiety" is an honest look at what many people do when they feel socially awkward or just aren't sure how to connect.



"For Kids with Anxiety, Parents Learn to Let them Face their Fears" talks about how coaching for parents can be just what a child needs. [Check it out.](#)

## With Understanding Comes Calm in the Community



## PARENTING ADHD SUMMIT

Julie takes her strengths-based, talent-focused perspective and brings it to the Parenting ADHD Summit! [Register](#) now for the June 17-21 Online Summit and receive an Empowerment Pass for \$77 (instead of \$447).

### Addressing Challenges with a Strengths-Based Perspective

Julie F. Skolnick MA, JD  
2e Expert, Founder of With



Understanding Comes Calm,  
Producer, 2 Days of 2e Virtual Conf.



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.](#)

Julie is delighted to Keynote at the CAGT Conference:  
*A Gifted State of Mind*  
Join Julie on October 20-22  
as she debuts the talk: "My 2e Parenting Journey"  
and presents in the Signature Series and Family Institute

Hope to see you there! [Register.](#)



Colorado Association  
for Gifted and Talented

## 2e News

### Opportunity for "Gifted & Distractible" Readers!

Use code: R1RRMW9IW4\_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

- June 4, 12:00-12:30 pm. Free for Members (\$10 non-members) Webinar: "Utilizing Technology and Formative Assessment to Support Gifted and Talented Student Learning." Featuring Dr. Kimberly McCormick, Towson University. Hosted by Maryland Coalition for Gifted and Talented Education (MCGATE). [Register here.](#)

- June 9; Accessible College, 3:00-4:30, Bethesda Library, Bethesda, MD. [Register.](#)
- June 17-21; Parenting ADHD Summit, [Learn more and Register.](#)
- June 25-27; ASCD Conference on Teaching Excellence. [Register.](#)
- June 25, Free Webinar, "Beyond Shame and Guilt: Transformative Strategies for Women with ADD" 1:00 PM EST. [Register.](#)
- July 7-12; Confratute. Confratute is a combined **CONF**erence, and an **INSTITUTE** with a lot of **FRAT**ernity in between. Produced by the Renzulli Center for Creativity, Gifted Education and Talent Development. [Learn more and Register.](#)
- July 18-21; SENG Annual Conference, Houston, TX. [More Information and to Register.](#)
- July 21-26; Study with the Masters of 2e Education at Bridges Academy, Los Angeles, CA. [Learn more and Register.](#)
- 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.](#)
- 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/>

#### ONGOING EVENTS:

- 2 Days of 2e Virtual Conference; Launch October 29-30. On-Demand through April 2020. [Register.](#)
- The StudyPro Executive Function offers summer courses for study skills, writing and college transition in McLean, Va. Courses are offered weekly throughout the summer for rising 4<sup>th</sup> – 12<sup>th</sup> graders and graduating seniors. For more information, please visit our [summer course page](#), email [info@thestudypro.com](mailto:info@thestudypro.com) or call at 571-321-5800.
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER.](#)
- 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)**
- 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/CetPACnHTGonVnk1>

**WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"**  
**EMAIL [JULIE](mailto:julie@wuc.com) 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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