

Gifted & Distractable

Newsletter for the Twice Exceptional Community



WITH UNDERSTANDING COMES CALM, LLC
*Compassionate Guidance. Durable Strategies.
For the 2e Community.*

This issue of "Gifted & Distractable" sponsored by:



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Happy March! I'm spending a lot of time thinking about and writing about Teaching to the Gift. As I prepare for a robust speaking schedule and think about my messages to parents, educators and clinicians, I keep coming back to the importance of finding strengths, focusing on strengths, and celebrating strengths.

Kids are intrinsically motivated by things they find interesting or that take their brains in a direction of learning and fascination. I've met with many teachers in the past month and with each one my main message was clear - make a personal connection with the toughest kid (toughest behavior-wise, toughest to understand, toughest to reach). Find out what makes him tick and what ticks him off. Learn who he is and what he loves and share things about yourself. 2e kids thrive on connection and meaning. Make that child's presence in the classroom important and you'll see a change in attitude and investment.

The same goes for home. Find out what your child is learning about, thinking about and excited about. Find out what she is annoyed by, doesn't like and wishes she didn't have to do.

In this month's 'Gifted & Distractible" Julie's blog, "[Type A Parenting,](#)" contemplates parenting in a world where it seems like posting about accomplishments has become as much a goal as completing the accomplishments themselves. What should our focus be and how can we encourage internal motivation?

Other articles this month:

- Julie's essay about her parenting journey and the inception of With Understanding Comes Calm, LLC appears in the Colgate Scene alumni magazine.

- Science Daily reviews research concluding that teens who use screens less than an hour a day, are happiest.
- A great story about how Teaching to the Gift affects 2e learners.
- 8 tips on keeping a marriage happy.
- How to advocate for gifted and 2e learners.

With Understanding Comes Calm Out and About in the Community

- Check out where Julie is speaking in the upcoming months.

Book Review

- Learn about the Second Edition of the incredible resource, [Misdiagnosis and Dual Diagnoses of Gifted Children and Adults.](#)

Upcoming Events

- A listing of events for the 2e community.



Julie's Monthly Blog, "[Type A Parenting](#)" discusses how goal direction, in this social media driven world, has come to include the goal of "posting" and that this need to tell the world about our children's accomplishments

and that the need to tell the world about our children's accomplishments serves to reinforce external, rather than internal motivation.

ARTICLES

colgate scene

Julie is honored to have an essay published in The Colgate Scene, the alumni magazine for her alma mater, Colgate University. Check out the story of Julie's journey and the creation of With Understanding Comes Calm in, "[With Understanding Comes Calm.](#)"

ScienceDaily®

In this article, "[Screen Addicted Teens are Unhappy,](#)" researchers determine that the happiest teens use digital media for less than an hour a day.

MULTI BRIEFS

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In "[A Tale of 2 Twice Exceptional Learners, 30 Years Apart](#)" we learn the extraordinary affect that teaching to the gift has on twice exceptional learners.

ADDITUDE

ADDITUDE

Strategies and Support for ADHD & LD

["Raising an Extreme Child Requires an Extreme Marriage"](#) gives eight tips on keeping your marriage healthy while parenting 2e kids.



["Advocating for Twice Exceptional Children"](#) is a timely piece published in 2e Newsletter, as [NAGC's Leadership and Advocacy Conference](#) is coming up on March 18-20.

With Understanding Comes Calm in the Community



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
General Conference
Katherine Thomas School, Rockville, MD

Julie is excited to present ["A Deep Understanding of the 2e Experience; Strategies for Parents, Educators and Professionals"](#) at 10:30 am at this year's Diamonds in the Rough Conference. The theme: "Finding Common Ground: Strategies that Work for All Students" features many speakers addressing issues and interests for the 2e community. Be sure to stop by the With Understanding Comes Calm Exhibitor Table to say hello. [Register](#).



CHESAPEAKE ADHD CENTER

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With Understanding Comes Calm will visit with the practitioners at [Chesapeake ADHD Center](#) to talk about the true inner experience of the twice exceptional student.

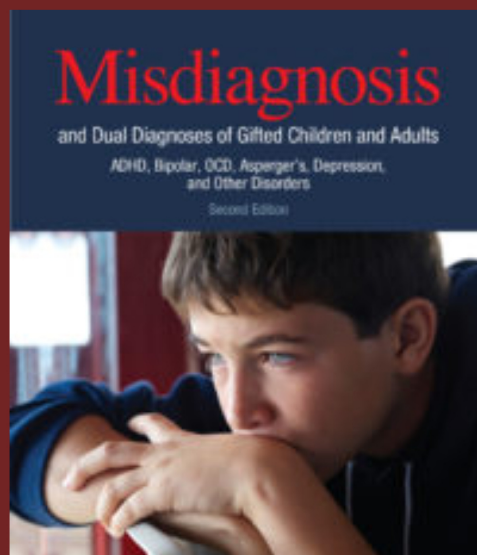


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ADVANCED ACADEMIC PROGRAMS

Julie is honored to guest lecture for Doctor Keri Guilbault's course on the Social and Emotional Needs of the Gifted at Johns Hopkins University. Training educators is a passion of Julie's and she provides several educator workshop options. [Check out Julie's educator workshop options here.](#)

BOOK REVIEW



James T. Webb, Ph.D., ABPP-CT
Edward B. Amend, Ph.D.
Paul Beljan, Ph.D., ABPP-CT
Nadia E. Webb, Ph.D., NAGC-PA
Marianne Kuzujanakis, M.D., M.P.H.
F. Richard Olenchak, Ph.D.
Jean Goerss, M.D., M.P.H.

The Second Edition of this incredible resource, [Misdiagnosis and Dual Diagnoses of Gifted Children and Adults](#) is [available now](#).

From the authors: *"Some of our brightest, most creative children and adults are misdiagnosed as having behavioral or emotional disorders such as ADD/ADHD, Oppositional Defiant Disorder, Bipolar Disorder, Obsessive-Compulsive Disorder, or Asperger's Disorder. Many receive unneeded medications and/or inappropriate counseling. How can this happen? Physicians, psychologists, and counselors often are unaware of characteristics of gifted children and adults that mimic pathological diagnoses. Seven prominent healthcare professionals guide parents and professionals to distinguish between behaviors that are pathological and those that are "normal" for gifted individuals."* (Authors include: James Webb, Edward Amend, Paul Beljan, Nadia Webb, Marianne Kuzujanakis, F. Richard Olenchak and Jean Goerss).

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

- March 7; Fusion D.C. Open House, 2:30-3:30 pm; 3007 Tilden St. NW, Suite N100, Washington, D.C. 20008 **RSVP Appreciated** [Click here](#) to let us know you'll be joining us.
- March 9-10; **Diamonds in the Rough Conference**, Johns Hopkins University, Rockville, MD [Register](#).
- 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>
- March 16, Application Deadline for the WISER-NCAG **Scholarship**; \$1,000 scholarship opportunities for college bound students with learning

differences. Must be a graduating senior in the Metro DC area. www.wiserdc.org

- March 18-20; **NAGC Leadership & Advocacy Conference** (Hyatt Regency, Capitol Hill), **Cost:** \$60, [Register](#).
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- March 21; Fusion Academy, 12:00 - 2:00 pm, Info Session and Campus Tour, 3007 Tilden St. NW, Suite N100, Washington, D.C. 20008, **RSVP Appreciated**, [Click here](#) to let us know you'll be joining us.
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- April 28, 2018! **LDAMC/LDAMD will Co-Sponsor an All Day Conference** at the Universities at Shady Grove Conference Center, North Potomac, Md. from 9:00 am – 3:30 pm. We will offer two half day sessions. Choose from either one or both: **Dr. Rebecca Resnik** will speak to the power of student emotions to improve learning outcomes. **Joan Green** will help you zero in on tools and strategies that use the latest in technology. Vendors will be on site throughout the day to offer materials and programs for LD/ADHD remediation.

Registration opens on February 1 at www.ldamc.org. There are opportunities to volunteer both before and during the conference in exchange for a reduced attendance rate. Contact programs@ldamc.org

- April 29 - May 1, 2018; **Wallace Research Symposium on Talent Development**, co-hosted by Belin Blank Center University of Iowa, Center for Talented Youth Johns Hopkins University, and Study of Mathematically Precocious Youth, Vanderbilt University (Mt. Washington Conference Center, Baltimore) [Register](#).
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- May 8, 2018 – MEGS (Maryland Educators of Gifted Students) Conference proposals due (www.megsonline.net)
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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.**

- Wednesday Webinars from Johns Hopkins Center for Talented Youth check here for topics and to register: <http://ctyj.hu/tswebinars>; and 18 minute long CTY webinar on "CTY's Special Support Services for Students" <https://ctyjhu.adobeconnect.com/pek072wwhqth/>
- 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 to receive our intake packet. Complete our PEERS Interest form-<https://goo.gl/forms/32FW3K0C7Y6htFz33>.
- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland Contact : info@ccl-md.com to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>
- ***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.***

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.

- **Mentoring Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Supporting Individuals** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

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



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