

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:



NorthBay

NorthBay's Mission is to: Challenge people through transformative educational and retreat experiences to realize their attitudes and actions have a lasting impact on their lives, communities, and the environment.

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

In this month's "Gifted & Distractable" Newsletter Learn about and read:

- Julie's Blog "Comparing Apples to Oranges"
- "Social Anxiety in the Digital Age"
- "The Impact of Sugar and Poor Diet on Teen Mental Health"
- "Late Blooming Gifted Children"

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, "Comparing Apples to Oranges," Julie talks about the importance of comparing our 2e children to themselves, rather than comparing them to others. [Read Julie's blog.](#)

ARTICLES

Psychology Today

"Social Anxiety in the Digital Age" talks about how the internet affects social interactions. [Read it.](#)



This article, "The Impact of Sugar and Poor Diet on Teen Mental Health" discusses the connection between what we eat and how we feel. [Read it.](#)

Gifted Challenges

This article, "Late Blooming Gifted Children," discusses assumptions about gifted children - what they should do and

when, - and why this is wrong. [Read it.](#)

With Understanding Comes Calm in the Community



2 Days of 2e Virtual Conference

Available through April 2019

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

We are ON DEMAND through April 2019.

- 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!](#)

[Register for 2018 2 Days of 2e Virtual Conference and Receive 10% off 2019 Conference Currently in Production!](#)

*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!](#)

Understanding Twice Exceptional Children (2e) and Helping them Thrive – with Julie Skolnick, founder of With Understanding Comes Calm LLC

📅 February 22, 2019

Join us for this conversation as we discuss how to better understand and support twice-exceptional children and adults (2e = twice exceptional) with Julie Skolnick, M.A., J.D., founder of With Understanding Comes Calm, LLC. She passionately guides parents of gifted and distractible children, mentors 2e adults, and collaborates with and advises educators and professionals on bringing out the best



[Read More](#)

iTunes ↻

STICHER ↻

SHOW NOTES 📄

WATCH 📺

Julie had a great conversation with Elisheva Schwartz as a guest on her Dyslexia Quest Podcast. [Listen here.](#)

4th Annual ADHD Women's Palooza

A decorative banner for the 4th Annual ADHD Women's Palooza. The text is in a large, black, sans-serif font. Below the text, there are illustrations of a tent with a red and white striped top and a string of colorful triangular flags. To the left, there is a stylized illustration of a woman's face with stars and a crescent moon.



You Can Still Watch!

I had a blast presenting at the [2019 ADHD Women's Palooza](#) on "Twice Exceptional Women: Gifted and ADHD."

Linda Roggli, Conference producer, is offering a discount to attend all 30 sessions for \$97! [Sign up 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



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.](#)

2e NEWS

Opportunity for "Gifted & Distractible" Readers!

Use code: RIRRMW9IW4_WUCC at 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

- March 14; Free Screening, *Angst*, Viewing of the film will begin at 7pm, with a panel discussion following at 8pm.
This event is **free** and open to the community. The Kingsbury School, Washington, DC. For more information call 202-545-2410 x1 or email lsiegel@kingsbury.org
- March 16-19; ASCD Empower 19 Conference, Explore new perspectives in Education, Chicago, IL, [Learn More and Register.](#)
- March 17-19; NAGC Leadership Conference, Alexandria, VA, If you can't attend the full conference training, you can still join Yvonne Golczewski, Legislative Chair, for free on Tuesday for visits on the Hill. Small groups will go together for scheduled meetings with Representatives and Senators. Notes with talking points and the meet up location will be announced after 3/15. Contact Yvonne at ygolczewski@mcgate.org if interested. No experience is necessary!
- March 23; The Invisible Sibling: Family Dynamics and Meeting Everyone's

March 20; *The Invisible Child: Family Dynamics and Meeting Everyone's Needs*, 7:30 pm - 9:30 pm, Hosted by The Chesapeake Center for ADHD, Bethesda, MD. [Register](#).

- March 23; SENG mini conference, Toronto, ON, **Ontario Science Centre**, 770 Don Mills Rd, North York, ON M3C 1T3, Canada. [Register](#).
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- March 22-24; *Women, Whisky and Wisdom, "Intensity and Transition,"* Louisville, KY, Gifted Unlimited, [Register](#).
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- 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.
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- May 16-18 Breakthroughs in 2e Education Conference. **Cooper Union**, 41 Cooper Sq
New York, NY 10003 [Register](#)
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- 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

301-235-9927 x 0 www.growingmindstherapy.com

- Through April 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](#).
 - 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.**
 - **WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"**
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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 Parents** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Mentoring 2e Adults** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

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



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