

Gifted & Distractible
Newsletter for the Twice Exceptional Community



This issue of "Gifted & Distractible" sponsored by:



Forman School educates high school students and post-graduates with diagnosed learning differences – such as dyslexia and ADHD – and ensures that 100% of them get into a four-year college. By exploring abundant academic, artistic, athletic, and social opportunities, Forman students build identities that outshine their diagnoses.

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

In this month's issue of Gifted & Distractible, Julie takes the 30,000 foot view and discusses "10 Considerations When Parenting or Teaching a 2e Child." Sometimes we need to back up a bit in order to see what is in front of us.

In this issue read:

- Julie's blog "10 Considerations When Parenting or Teaching a 2e Child"
- "Twice Exceptional, Doubly Disadvantaged? How Schools Struggle to Serve Gifted Students with Disabilities"
- "How to Defeat Procrastination with the Psychology of Emotional Intelligence"
- "Mindfulness for Fidgeters"

LAST CHANCE TO watch 2 Days of 2e 2018 Virtual Conference on-demand through May 31. GREAT NEWS: 2019 2 Days of 2e (featuring 12 fantastic speakers) 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, "Top 10 Considerations When Parenting or Teaching a 2e Child", Julie talks about the importance in contemplating the child's perspective and experience before responding or reacting. Read the considerations and think about how they play out in your child's life and how you can change your patterns based on this deeper awareness. [Read it.](#)

ARTICLES

THE HECHINGER REPORT

The article, "[Twice Exceptional, Doubly Disadvantaged? How Schools Struggle to Serve Gifted Students with Disabilities](#)" is getting a lot of traction in the virtual world. I had to put aside the first phrase...DOUBLY DISADVANTAGED??!! I can't stand the negative lens. Notwithstanding the title, the article lays out the challenges parents have when schools refuse to support their child who is meeting grade level standards but the parents know the child is performing below their potential. The danger lies in a least common denominator or a one size fits all mold. The article

also touches upon race and class and that some feel 2e is a moniker for upper class families to use to their advantage. 2e does not come in one color, shape or size. It cuts across all social strata. (I'm proud to say that for the second time, [2 Days of 2e virtual conference](#) will address diversity in serving 2e students and families.) [Read the article here](#) and see what you think.

Forbes

"[How to Defeat Procrastination with the Psychology of Emotional Intelligence](#)" talks about procrastination as an emotional issue. Often the first step in addressing something you want to change is understanding what's going on and owning it. Check out the strategies to overcome procrastination in [this article](#).



"[Mindfulness for Fidgeters](#)" highlights the difference between *mindlessness* and *mindfulness* and gives tips on how to be mindful in every day. My favorite is keeping track of all the kind things you do in a day. [Check it out.](#)

With Understanding Comes Calm in the Community



LAST CHANCE!

Join Parents Educators and Clinicians from all over the world at [2 Days of 2e Virtual Conference!](#) (2018) ON-DEMAND UNTIL MAY 31
[Register today!](#)

2 DAYS OF 2E 2019 IS 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!



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 and Talented on "Irritability and the 2e Brain."

[Learn more and Register here.](#)

2e News

Opportunity for "Gifted & Distractible" Readers!

Use code: R1RRMW91W4_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!

FLEX SCHOOL

Join us!

Rockville Campus Information Session

When: May 15, 2019

1:00pm or 7:00pm

Where: BECO Building in the Living Room, 3rd Flr.

**11140 Rockville Pike
Rockville, MD 20852**

FlexSchool is a 5th - 12th grade school for gifted and twice exceptional learners. They are opening a new campus in the Fall of 2019 in Rockville, MD.

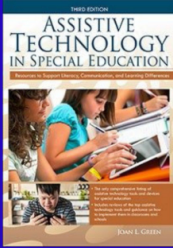
Students start their day at **Fitness for Health**, an innovative gym that keeps kids from realizing they're working out because they are having so much fun! After their morning movement, students head upstairs to learn in a bright beautiful space with teachers who thrive on teaching differently to students who think differently!

Come meet FlexSchool Founder, Opening Head of School, Teachers and Fitness for Health Staff. Learn more and [RSVP here.](#)


Professionals! Check out this awesome freebie:

Gift for Education, Intervention and Rehabilitation Professionals- Assistive Technology in Special Education

Resources to Support Literacy, Communication, and Learning Differences



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UPCOMING EVENTS FOR FAMILIES, GIFTED AND TWICE EXCEPTIONAL CHILDREN

- 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 15; 1:00 OR 7:00 pm; FlexSchool Information Session in Rockville, MD. [RSVP](#)
- May 16-18 Breakthroughs in 2e Education Conference. **Cooper Union**, 41 Cooper Sq New York, NY 10003 [Register](#)
- 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](#).
- 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:

- 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](#)
- 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@schools4schools.com**
- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland info@ccl-md.com to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>

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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