

Gifted & Distractible

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Hoping your summer was full of fun and growth for you and your 2e children/students/patients. At With Understanding Comes Calm we are gearing up for a busy year with one goal in mind - raising self esteem in 2e kids.

In this issue of "Gifted & Distractible" check out Julie's blog on back to school meetings with your children's teachers and how to partner with them to bring out the best and raise self esteem in your 2e kid. This blog is the springboard for all the articles in this month's issue as we explore different ways to look at and respond to behavior.

As always, please share this Newsletter with anyone you think will benefit and email Julie directly with any questions or comments.

In our Articles and Blogs section read about:

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- Julie's latest blog: School Success
 - How Ending Behavior Rewards Helped One School Focus on Student Motivation and Character
 - Building Empathy for the Other through PBL (Project Based Learning)
 - How to Advocate Forcefully for Your Child
 - Why do so Many Gifted Children Hate to Write?
 - New Finding: Different Types of Exercise Affect Different Parts of the Brain

With Understanding Comes Calm - Out and About in the Community; Spreading the word about the 2e Population

- Julie appointed Secretary of the Maryland State Superintendent's Gifted and Talented Advisory Counsel.
- SENG Conference 2017 After Julie presented "**A Deep Understanding of the 2e experience: Durable Strategies for Twice Exceptional Children and Students**" she interviewed many experts in the field of gifted and twice exceptionality asking them one question "If you had a magic wand and had one wish or dream for twice exceptional kids, what would it be?"
- At the 2e Center for Research and Professional Development Symposium October 13-15 in Studio City, California, Julie will participate on a panel discussing "Improving Relationships with Parents."
- MEGS (Maryland Educators of Gifted Students) Conference on October 20; Julie is presenting "The True Meaning of Giftedness and Twice Exceptionality."
- With Understanding Comes Calm, LLC is partnering with the Sycamore School to bring a Fall Screening of "2e: Twice Exceptional" in Arlington, VA on November 14.
- Evening Speaker Series at CESJDS; on December 6, from 7:30-9:00 pm Julie will present "A Deep Understanding of the 2e Experience: Durable Strategies for Twice Exceptional Children and Students" to faculty, parents and the general public.

Upcoming events in and around Maryland, Virginia and DC

- Check out this list of courses and events relevant to the gifted and 2e community
- What is With Understanding Comes Calm, LLC? Read this and find out.



Julie's Monthly Blog: "[School Success](#)"

Setting a "global goal" of bringing out the best and raising self esteem in our 2e kids requires collaboration and honest communication with teachers. Read how to advocate successfully in the very first weeks of school.

KQED Science

So many classrooms and schools depend on reward systems. Read: [How Ending Behavior Rewards Helped One School Focus on Student Motivation and Character](#) to see how to make desired behavior last.



BUCK INSTITUTE FOR EDUCATION



Read [Building Empathy for the Other through PBL \(Project Based Learning\)](#) to learn about how one teacher grappled with the question “How can I use my history class to counteract the negativity in our country and in the world?”



Beginning of the school year always reminds parents of 2e kids just how important good advocacy is for their child's success. Read some great tips in [How to Advocate Forcefully for Your Child](#)



[Check out](#) this great reframe in "10 Ways Kids Appear to be Acting Naughty but Aren't."



"Mom's School Survival Guide" gives practical tips on how to get yourself and your kids ready for school. [Read it.](#)

NYMetroParents

Helping Parents Make Better Decisions

Back to school means back to writing and for many 2e kids this is the worst part of school. Find out a fun way to get your child or student to write in [Why do so Many Gifted Children Hate to Write?](#)



CONSCIOUS LIFE NEWS

Did you know that weight lifting helps strengthen Executive Functioning muscles?
Check out this article: [New Finding: Different Types of Exercise Affect Different Parts of the Brain](#)

With Understanding Comes Calm out and about in the Community:



CHANGING Maryland *for the Better*

Press Release

(Potomac, Maryland; September 2017) – The Maryland State Advisory Council on Gifted and Talented Education is pleased to announce the appointment of Julie F. Skolnick, M.A., J.D., as its new Secretary and member of the Council's Leadership Team.

Ms. Skolnick is already a member of the Council and founder of With Understanding Comes Calm, LLC. She is recognized as an expert in twice-exceptional (2e) students and works tirelessly with individuals, families, teachers, and the public to help further understanding and seek appropriate support for students who are gifted and talented with learning disabilities. This appointment is effective August 01, 2017. The Council welcomes Julie's expanded leadership role and deep insights

into this often misunderstood and underrepresented population.

“The council is made up of wonderfully dedicated educators and change makers who I’ve enjoyed working with this past year,” states Ms. Skolnick. “I look forward to my increased participation to help identify attainable and measurable goals and to increase awareness about twice exceptionality - gifted kids identified with a learning disability or learning difference. To that end one of my personal interests is to assist in training teachers on best practices for educating and supporting the emotional needs of the gifted and twice exceptional student.”

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Julie F. Skolnick, M.A., J.D., is the Founder of With Understanding Comes Calm, LLC a service providing compassionate guidance and durable strategies to the 2e community. Julie directly supports parents, educators, clinicians and adults, writes a monthly blog which appears in her newsletter, "Gifted & Distractable," and appears monthly on her live facebook broadcast "LET'S TALK 2e!" Founded in 2014, With Understanding Comes Calm serves clients across the United States and Internationally. Interviews are available upon request.

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Twitter @JulieSkolnick

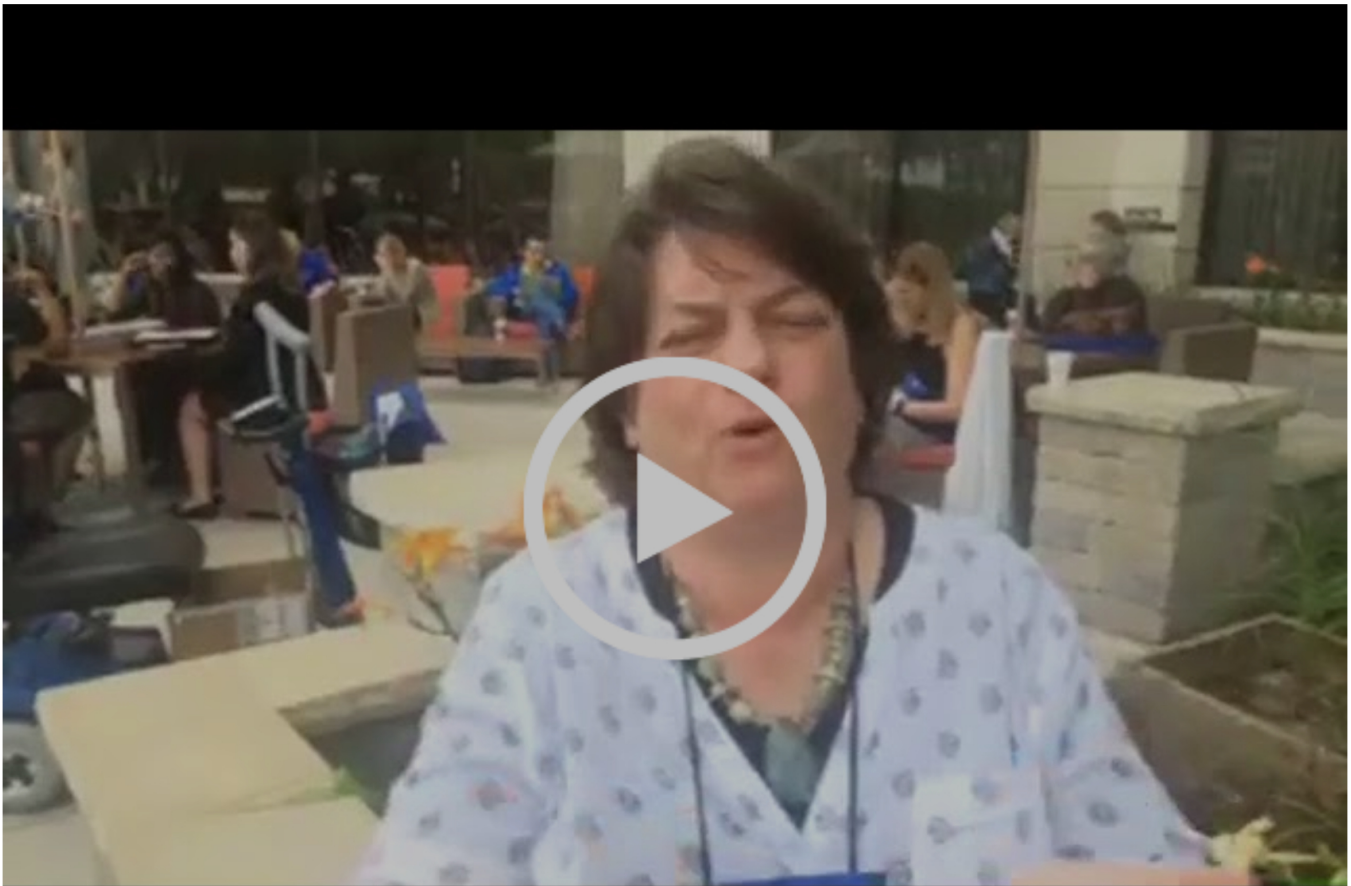


SENG *Supporting the Emotional Needs of the Gifted* held their annual conference in Naperville, Chicago on July 22-24.

Julie's presented ***"A Deep Understanding of the 2e***

Experience: Durable Strategies for Children and Students" to a packed room.

When Julie wasn't presenting she interviewed experts in the fields of gifted and twice exceptionality for her Facebook Live Broadcast "Let's Talk 2e!" She asked "If you had a magic wand and one wish or dream for 2e kids, what would it be?" Watch these 1-2 minute videos at [Facebook.com/WithUnderstandingComesCalm](https://www.facebook.com/WithUnderstandingComesCalm) and check out one of the interviews below:



[Julie interviews](#) Carolyn Kottmeir from Hoagies Gifted asking her "If you had a magic wand and could have one wish, hope or dream for 2e kids, what would it be?"

On October 20, 2017 Julie will present ***The True Meaning of Giftedness and Twice Exceptionality*** at the MEGS (Maryland Educators of Gifted Students) Conference.

Keynote Speaker: Dr. Brian Housand **Gifted Education: Create! Innovate! Inspire!**

Friday, October 20, 2017

North County High School

10 E 1st Avenue

Glen Burnie, MD 21061

This is a GREAT opportunity for educators, parents and professionals to learn ideas for their classrooms, homes and offices.

More Information and to REGISTER [click here](#).



SCREENING EVENT in Arlington, VA!

- Mingle with like-minded parents, educators and professionals
- Meet exhibitors - schools and services for 2e kids and families
- Enter a raffle for awesome prizes relevant to twice exceptionality
- View the award-winning documentary, "2e: Twice Exceptional."

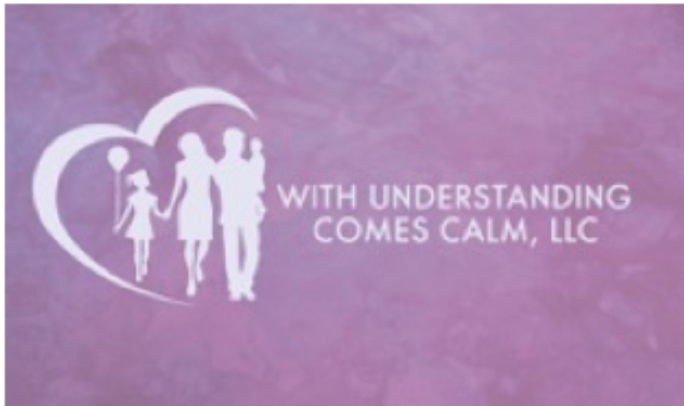
Date: Tuesday, November 14, 2017

Time: 7:00 pm - 9:00 pm

Location: Holiday Inn, 4610 N. Fairfax, Dr., Arlington, Va. 22203

Purchase: \$9.50 Tickets at: WithUnderstandingComesCalm.brownpapertickets.com

With Understanding Comes Calm, LLC in partnership with The Sycamore School



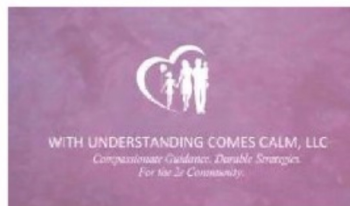
In partnership with:

Thank you to our Exhibitors!

Exhibitor space is SOLD OUT but if you or your 2e-related business is interested in advertising please contact Julie directly: Julie@WithUnderstandingComesCalm.com



The Howard Gardner School





[Camp Summit for the Gifted](#)

Camp Summit for the Gifted East had a great inaugural week long overnight experience at NorthBay Adventure in Northeast Maryland.

Check the website for information on next summer!

For more information and to [Register](#)

Contact Founder: [Wendy Zinn](#)



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

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- September 12 5:00 pm - 7:00 pm; The Sycamore School Open House; 4600
N. Fairfax Drive, Suite 200, Arlington, VA 22202. RSVP: [The Sycamore](#)

N. Fairfax Drive, Suite 300, Arlington, VA 22203, RSVP: [The Sycamore School's Events Page](#) or 703-717-5360

- September 28th 6:00pm-8:00pm; Fusion Alexandria **One Year Anniversary Celebration**;
Fusion Alexandria Campus, 333 John Carlyle St., Suite 100, Alexandria, VA 22314
[Click here](#) to let us know you'll be there!

 - October 13-15: **Leadership and Vision in 2e Education**, 2e Center for Research and Development, the [Garland](#) in North Hollywood, CA., and Bridges Academy in Studio City, CA. [Register and Information.](#)

 - October 14: **Innovators in Education Anxiety, Essential Strategies of Effective Treatment**, Rockville, MD. Sponsored : Center For Communication & Learning an Georgetown Psychology Associates, The Universities at Shady Grove Rockville, Maryland. Featuring Dr Tamar Chansky and Jessica Minahan M.Ed. BCBA
[REGISTER](#)

 - October 20: **MEGS (Maryland Educators of Gifted Students) Annual Conference**, North County High School, 10 E. 1st Avenue, Glen Burnie, MD 21061. [Register.](#)

 - November 9-12: **NAGC (National Assn. for Gifted Children) Annual Conference**, Shining a Light on Gifted, Charlotte, NC. [More Info and Register.](#)

 - November 9-12; Annual International Conference on ADHD, Hilton Atlanta. For more information and to [Register](#)

 - November 14: "2e: Twice Exceptional" Screening Event, 7:00 pm - 9:00 pm, Holiday Inn, 4610 N. Fairfax, Dr., Arlington, VA, 22203. [Purchase tickets here.](#) Sponsored by With Understanding Comes Calm, LLC and The Sycamore School.

 - 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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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.

- **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 Skolnick](#) with any inquiries.

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



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