

You are invited to Palo Alto Unified School District's

Elementary and Middle School GATE Parent Presentation

Wednesday, February 3, 2010

7:00 – 8:30 P.M.

District Office – Board Room

25 Churchill Ave., Palo Alto

Intensity, Perfectionism, and Stress By Beth Littrell

Gifted students often experience the world with heightened sensitivity in cognitive, emotional, physical/sensory, and intuitive brain functions. This can lead to intensity, perfectionism, and stress, which are interrelated phenomena. It is imperative that gifted students be taught that their unique perceptions, along with the emotional reactions that spring from their observations and insights, are normal responses for them. At the same time, they need some strategies for managing perfectionism and stress. This presentation will describe the characteristics of intensity, perfectionism and associated stress in gifted students, and give a few strategies for reflection and self-management of the difficulties that arise from these phenomena.

Beth Littrell is a BTSA Advisor and Resource Specialist for GATE in the San Mateo-Foster City School District. She has worked with gifted students and their teachers for twenty-six years. Beth is a regular columnist in *The Gifted Education Communicator*, and has received an Honorary Service Award and Award of Recognition for her work in gifted education. She serves on the Education Committee for the California Association for the Gifted, and is the Parent Representative for CAG for the Bay Area.

Questions? Please call 329-3769