Ah, the many masks worn by the gifted......well beyond Halloween.

Impostor Syndrome

"You don't belong here."
"You're not good enough."
"You got lucky."
"They're going to realize you aren't that smart."

Ever heard this voice in your head? You're far from alone. It's called "impostor syndrome."
More than 70% of successful people have felt it at one point, including your gifted child.

"Success. It can come with handcuffs." - Simran Bhargava

The Curious Case of Impostor Syndrome
The Twice-Exceptional Child and Impostor Syndrome
Mindsets & Impostor Syndrome

It's easy to assume that our brightest students are confident and capable,
Author and presenter Jade Ann Rivera achieved great
When those with a fixed mindset encounter difficult problems, they often think
bursting with self-esteem. However, high self-expectations and surprising insecurities cast a long shadow over their accomplishments. 

Learn more.

things in hands-on project-based settings, like a laboratory or a workshop, only to have her self-image torn apart during a timed test or otherwise judged for her inability to produce memorized information on demand. Learn more.

That they've overstepped their abilities. Just like impostor syndrome, the fixed mindset leads people to avoid challenging situations out of a belief that if something can't be aced, then it shouldn't be attempted. Learn more.

The simple inclusion of a check box for gender on a math test causes women to perform worse than men.

Podcast
Oliver Burkeman explores why so many of us spend our working lives feeling like impostors on the brink of being found out. Where do these feelings come from and are we alone? Learn more.

Gifted & Talented but Insecure
Even exceptionally talented people can feel insecure and struggle with low or unhealthy self-esteem. Meryl Streep, for example, has said, "I have varying degrees of confidence and self-loathing...." Learn more.

Impostor Syndrome Quiz
This test will assess whether you are struggling with Impostor Syndrome. Learn more.

People who identify with the impostor syndrome have proven to be less likely than non-impostors to engage in academic dishonesty such as plagiarism or cheating.
Fraud And How To Overcome It

The interesting thing about impostor syndrome is that you already are successful. You just have trouble accepting it. Learn more.

All Bad?

Impostor syndrome can be an indicator that you care about your work. Learn more.

Adjust to Giftedness

Several dynamics of giftedness continually interfere with adjustment gains during adolescence. During the early years of adolescence, gifted young people encounter several potent obstacles. Learn more.

"I have written eleven books, but each time I think, ‘Uh oh, they are going to find out now. I’ve run a game on everybody, and they’re going to find me out.’”

Maya Angelou

Enrichment Updates

Lego Robotics

We are gearing up for our first elementary level robotics scrimmage, held at the Loveland Public Library on Wed., November 16. If you school is not competing, but you are interested in learning more about robotics for your child and school, this is a great opportunity. Learn more.

Coordinator: Tuesday Lee

Destination ImagiNation

DI is a creative problem-solving program in which teams solve a chosen problem and present their solution in skit form to a panel of appraisers. If your child is creative, theatrical and enjoys working with others, this is a phenomenal learning opportunity. View Coyote Ridge ES Global Finalist above. Learn more.

Coordinator: Kelly Parks

Spelling Bee

Can you spell champion? Students are looking toward January and the TSD District Spelling Bee. Open to elementary and middle school, students will have to bring their "A game and spell their way to the stage. Learn more.

Read last year’s article about the Bee in the Reporter Herald.

Coordinator: Jenna Lenhart

Math Olympiads

MOEMS is a program that consists of math problem-solving contests for teams grades 4 and 5. Team members strengthen their problem-solving intuition while practicing strategies for new challenges. Learn more.

Mathcounts

Mathcounts is a national middle school coaching and competitive mathematics program that promotes mathematics achievement through a series of fun and engaging "bee" style contests. Learn more.

Chess

Chess is an incredibly beneficial pastime, because playing chess results in better brain function, improved memory and cognitive abilities, strategic thinking and attention improvement. Learn more.
TSD has a great program for those interested in the environment or who want to spend more time outdoors. The Wildlife, Forestry, and Natural Resources class at Front Range Community College offers students a chance to explore careers in the great outdoors. The Wildlife, Forestry, & Natural Resources program prepares students for entry-level positions in natural resources fields, including: Forester, park naturalist, park ranger, aquaculturalist, recreation worker, forest/wildland firefighter, soil/water conservation worker, fish and game warden, conservation scientist, zoologist, wildlife biologists, and more!

TSD seniors Rob Stout (LHS) and Tom Crews (TVHS)