Dear Michelle,

Every 4 years, Colorado Administrative Units (GT programs) are required to comply with a Colorado Gifted Education Review (CGER) conducted by CDE. Thompson's audit was this fall. The audit report includes the following:

"Thompson School District is to be congratulated for the excellent quality of its programming for gifted and high potential students. Rarely does an Administrative Unit meet all conditions of the gifted education Rules of the Exceptional Children's Education Act. This is the second review in which the district has met, and in some cases, exceeded all requirements. This is a testament to the dedication and hard work of many staff members as well as your community."

Speaking as a fellow parent of two GT children, I hope you are as appreciative as I for the wonderful education our children receive here in Thompson.

Michelle Stout - GT Parent Liaison

Talents, Traits, and Intensities: How Parents can Survive Gifted Behaviors on Steroids

"Curious, passionate, focused, intellectual."

Hundreds of words have been used to describe characteristics, traits, and behaviors associated with giftedness. Does that mean that a person needs to have all of those descriptors to a high degree to be considered "gifted?" How would that be possible?

Dr. Omdal will present a different way of looking at these traits and characteristics associated with giftedness/exceptionalities and ways to help parent a child with one or more of the characteristics on "steroids."

Stuart N. Omdal, Ph.D. is a Professor, School of Special Education and Academic Coordinator of Gifted and Talented
Are you passionate about your career path? Your artistic ability? Your hobby?

**E3 Learning** connects industry experts as mentors for students in their area of passion learning. Contact me if you are interested in finding out how you can join over 100 community members who have volunteered to share their time and expertise with our students! ~ Diane

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**Learning Opportunities**

"We worry about what a child will become tomorrow, yet we forget that he is someone today." Stacia Tauscher

More reading and resources.

- **Helping Gifted Students Cope with Perfectionism**
  The Davidson Institute

- **Sylvia Rimm on Perfectionism in the Gifted**
  An Interview by SENG's Michael Shaughnessy

- **Perfectionism and Anxiety: A Paradox in Intellectual Giftedness?**
  Jacques-Henri Guignard, Anne-Yvonne Jacquet, and Todd I. Lubart

- **Scared to Try: Moving Beyond the Paralysis of Perfectionism**
  by Vanessa Coggshall

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**Procrastination—A Cry for Help**

Procrastination is a way of protecting the child from feeling incomplete or imperfect. While this defensive behavior is not necessarily a conscious decision, the behavior is carried through with great vigor and determination. This incredibly frustrating behavior is based on anxiety and fear, and will look different in different situations.

Continue reading by Barbara Klein Ph.D.

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Search our **GT library** for titles specific to your questions, concerns, and interests.
**The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are**

by Brené Brown

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**Webinars**

**Upcoming Webinars**

**Motivation and Underachievement**
Presenter: Jim Webb
December 17, 2015

*Note: Registration is not open for all upcoming webinars at this time. Please stay tuned.*

**Creative Underachievers and the Fashion of Passion**
(Recorded webinar)

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**Ted Talks & Video**

Brené Brown at TEDx Houston

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**Overcoming Perfectionism**

"I call perfectionism 'the 20-ton shield.' We carry it around thinking it's going to protect us from being hurt. But it protects us from being seen."  

Dr. Brené Brown on Faking It, Perfectionism and Living Wholeheartedly

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**Teaching the Gifted to Get Things Done**

Many gifted students struggle with the executive function skill of time management. This session will help you connect your child's behavior to their brain. Learn "why" your student struggles and gain insights into "how" to develop crucial time management skills.

Marydee Sklar is a speaker, author and founder of Seeing My Time®.

Thursday, February 25, 2016
6:30-8:00 pm
Thompson School District Boardroom
Join your Northern Colorado peers at this fall's first NoCo Gifted Community meeting.

Thurs., December 3  6:45-7:45 pm  
Dazbog Coffee  1423 Denver Ave.  
Learn More

What Flavor of Perfectionist Are You? It Matters!

Note: This is a virtual presentation. Preferential seating is reserved for Thompson families.

Test Anxiety

All anxiety is a reaction to anticipating something stressful. Like other anxiety reactions, test anxiety affects the body and the mind. When you're under stress, your body releases the hormone adrenaline, which prepares it for danger (you may hear this referred to as the "fight or flight" reaction).  Continue Reading

KidsHealth.org

The Survival Guide for Gifted Kids: For Ages 10 and Under  
by Judy Galbraith M.A  
Available from the GT Resource Library

Perfectionism: What's Bad About Being Too Good  
by Miriam Adderholdt Ph.D.  
Available from the GT Resource Library

What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism: A Guide for Kids  
by Thomas S. Greenspon Ph.D.

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