



April Calendar of Events

13—Writers' Workshop @ KSU Tusc
18—Franklin B. Walter Awards
Banquet in Columbus

MAY:

14-15—Career Connections/Job
Shadowing
16-17—Grades 5-8 Math Tournament
at Buckeye Career Center
22—Law Day

APRIL 2018

PEP TALK

Supporting the education and well-being of gifted learners in Tuscarawas County



Coordinator's Corner: Perfectionism

Giftedness and Perfection

Perfectionism in gifted children is a trait that has a direct effect on self-worth and performance. If not understood and dealt with, perfectionism can lead to other negative issues relating to emotional and social dysfunction.

Positive Striving and Evaluative Concerns are two categories perfectionist can fit in. Both types can be manifested in anxiety with the latter being more detrimental.

Although it is easy to spot a young perfectionist, parents and teachers need to understand the characteristics along with recommendations for providing the best help.

Effects of perfectionism

Positive striving is considered healthy perfection (Mofield, E., Chakraborti-Gosh, S., & Peters, M. 2016) because these students demonstrate persistence and high achievement. However, this drive to persist can lead to sleep deprivation, time constraints, and burnout (Codd, M. nd).

Evaluative concerns is considered unhealthy because the student is more concerned about work or performance instead of a desire to learn. They base their self-worth on the results of their performance. Fear, low self-worth, anger, misperception of others—believing those around expect perfection, depression, all are negative effects on the psyche. Feelings of frustration and a desire to do nothing accompany this type of perfectionism.

(See Page 2 for How to Help Perfectionists)

References

Codd, M. (nd). Recognizing and Helping Gifted Adolescents Deal with Their Perfectionistic Tendencies. Retrieved from <http://www.riage.org>

Mofield, E., Chakraborti-Gosh, S., & Peters, M. (2016). Perfectionism, Coping, and Underachievement in Gifted Adolescents: Avoidance vs. Approach Orientations. Retrieved from <http://www.mdpi.com>

Coordinators' Corner Remember to register before April 15th for the monthly game giveaway, by emailing Lisa Burrell at lisa.burrell@ecoesc.org. See page two for more details.

How to Help Perfectionists:

Do and Don't

DO

- Understand behaviors
- Provide interventions to promote positive self-worth and dealing with stress
- Praise efforts
- Model how to handle mistakes—use for learning/growth
- Guide students to set achievable goals
- Teach how to manage perfectionism and focus on positive self-talk

DON'T

- Don't Praise "perfect" work
- Don't Call attention to exceptional work
- Don't Set high non-negotiable standards
- Don't Withhold support, encouragement, or affection when goals are not met
- Don't Focus on end results

Monthly Game Feature:

Ridley's Brain Teasers

Put friends and family to the test with this collection of brain teasers, riddles and conundrums.



Includes 140 question cards. Presented in a stylish geometric box.

Congratulations!!

Winner of the March drawing for

"Suspend"

Carol Starkey

From Tuscarawas Valley Local Schools

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