

The Five-Headed Dragon: Threats To Giftedness

by Lisa Van Gemert

Let's Connect!



giftedguru.com



lisa@lisavangemert.com



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Interested in learning more about the dragons? Find great resources here...

General Resources



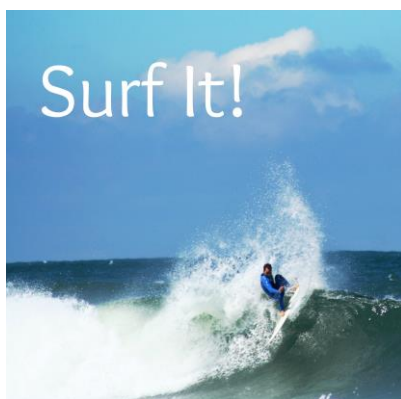
Top Dog: The Science of Winning and Losing by Po Bronson and Ashley Merryman

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough

Willpower: Rediscovering the Greatest Human Strength by Roy Baumeister and John Tierney

Tell Me Dragon by Jackie Morris (with special thanks for the generous use of her artwork)

Stereotype Threat



Website that has loads of useful information on stereotype threat - the go-to site on it: reducingstereotypethreat.org

Article by Josh Aronson from *Educational Leadership* bit.ly/ascdthreat

Study by Steele & Aronson on Stereotype Threat as it affects African Americans bit.ly/aronsonthreat



Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do by Claude Steele

Young, Gifted, and Black: Promoting High Achievement among African-American Students by Theresa Perry and Claude Steele

Bullying



The Role of Self-Esteem and Self-Compassion by Kristin Neff:
<http://bit.ly/bullyesteem>

Say Something by Peggy Moss (for grades K-5)

Bullying Prevention and Intervention: Realistic Strategies for Schools by Susan Swearer, Dorothy Espelage, and Scott Napolitano

No Kidding About Bullying: 125 Ready-to-Use Activities to Help Kids Manage Anger, Resolve Conflicts, Build Empathy, and Get Along

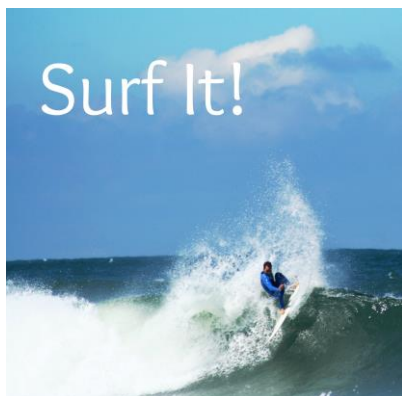
by Naomi Drew

Bullying Hurts: Teaching Kindness Through Read Alouds and Guided Conversations by Lester Laminack & Reba Wadsworth

The Bully, the Bullied, and the Bystander: From Preschool to HighSchool--How Parents and Teachers Can Help Break the Cycle by Barbara Coloroso

My Secret Bully by Trudy Ludwig (grades 2 – 5)

10 Days to a Bully-Proof Child by Sherryll Kraizer



Signs your child is being bullied: bit.ly/bullysigns

Bullying Perpetration and Bullying Victimization Scales bit.ly/bullyscale & bit.ly/bullyperpetrator

The government's anti-bullying website: stopbullying.gov

A literal dissertation on bullying and the gifted: bit.ly/giftedbully1

Five-headed Dragon: Threats to Giftedness with Lisa Van Gemert

Do It!



Cooling off thoughts to teach your children (from the Conflict Center in Denver conflictcenter.org)

Think about what you will do when you get home.

I can handle this!

I don't like this, but I can get through it.

I've heard this before, and it is not about me.

I'm really mad now, but it won't last long.

They are looking for a reaction, but I won't give them one.

I am in control of what I do.

Impostor Syndrome



Surf It!

Valerie Young's site (companion to her book):

[.impostorsyndrome.com/](http://impostorsyndrome.com/)

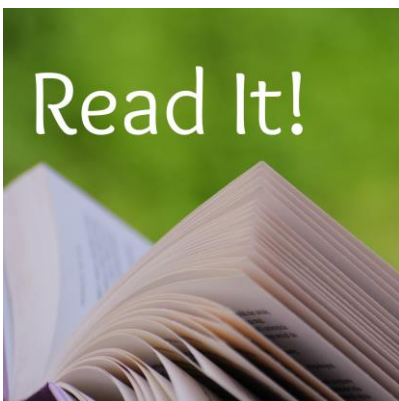
Article by Lisa Rivero on Impostor Syndrome: bit.ly/riveroimpostor

Article by Ian Byrd on Impostor Syndrome:

bit.ly/byrdimpostor

Periander Knocking Tall Poppies story: bit.ly/Periander

Underachievement



Read It!

Drive! The Surprising Truth about what Motivates Us by Dan Pink

Punished by Rewards by Alfie Kohn

The Minds of Boys: Saving Our Sons from Falling Behind in School and Life

by Michael Gurian

Up from Underachievement by Diane Heacox

When Gifted Kids Don't Have All the Answers by Jim DeLisle

Why Bright Kids Get Poor Grades by Sylvia Rimm

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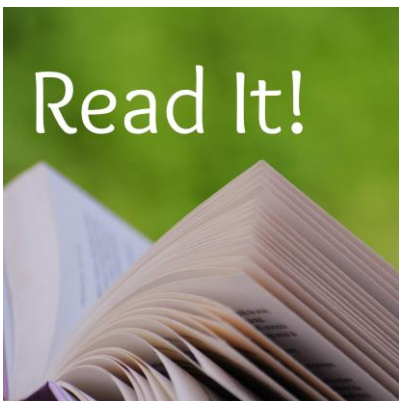
Article on why some kids can handle pressure and some can't:

bit.ly/topdogreview

The Perils of Praise: bit.ly/dweck-praise

Article by Lisa on Underachievement bit.ly/lvgunderachievement

Perfectionism



Letting Go of Perfect: Overcoming Perfectionism in Kids by Jill Adelson Ph.D.

Too Perfect: When Being in Control Gets Out of Control by Jeannette Dewyze

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.

Freeing Our Families from Perfectionism by Thomas S. Greenspon

Strengthsfinder 2.0 by Tom Rath



Article by Lisa about Perfectionism: bit.ly/perfectionismlvlg

Study on resilience in children: bit.ly/kidsresil

Make motivational posters here: bighugelabs.com/motivator.php

Lisa's presentation on Perfectionism: bit.ly/perfectnomore

call to action



Share what you learned with at least one person.

Read at least one book.

Surf at least one site.