



MENSA[®] Education & Research FOUNDATION

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The Gift of Self: Developing & Enhancing Self-Concept in Gifted Learners

Studies cited & books that inspired

AAUW Study *Shortchanging Girls, Shortchanging America*

<http://www.aauw.org/learn/research/upload/SGSA-2.pdf>

Girl Scout Study *Beauty Redefined*

http://www.girlscouts.org/research/pdf/beauty_redefined_factsheet.pdf

100 Ways to Enhance Self-Concept in the Classroom by Jack Canfield

Mindset by Carol Dweck

Outliers and *Blink* by Malcolm Gladwell

Ericsson, *Expert Performance: Its Structure and Acquisition*

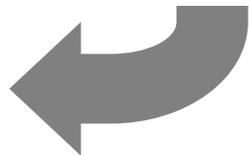
<http://www.psy.fsu.edu/faculty/ericsson/ericsson.exp.perf.html>

Key No. 1: They must have an unshakeable belief in their inherent worth.

Hannah Senesh:



scan here to read
more about her



One needs something to believe in, something for which one can have wholehearted enthusiasm. One needs to feel that one's life has meaning, that one is needed in this world. – Hannah Senesh

or visit http://en.wikipedia.org/wiki/Hannah_Szenes

Ideas

- serve others

The Kid's Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference by Barbara Lewis

The Complete Guide to Service Learning: Proven, Practical Ways to Engage Students in Civic Responsibility, Academic Curriculum, & Social Action by Cathryn Berger Kaye

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve others. – Albert Schweitzer

- journal to self – how they overcame tough situations
- develop a growth mindset (see Carol Dweck's book)
- help them find the end of the tunnel
- lunch box notes and get well messages (print them here [XXXXXXXXXX](#))

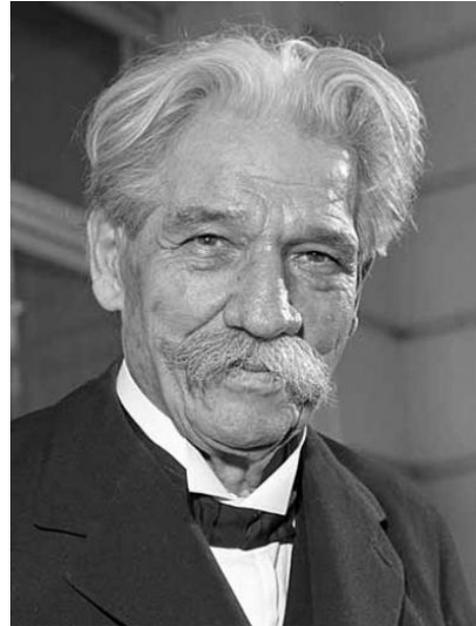


image: Rolf Unterberg

Key No. 2:

Help them recognize that they accomplish things of value.

Ideas

- timelines of skill development (include the future!)
- create a pride line (“I was proud of myself when...”)
 - specific
 - actions, not qualities
- display success symbols



Key No. 3: Help them connect with others.

Ideas

- pen pals (www.postcrossing.com)
- pets (read more at <http://bitly.com/petsforkids>)
- help them find friends (even just one)

Key No. 4: Help them understand the role of practice and effort.

Ideas

- deliberate practice (Anders Ericsson)
 - be motivated to improve
 - get immediate feedback
 - perform the same or similar tasks
 - try the same thing different ways
 - don't expect to enjoy it all of the time

That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved. - Emerson

Key No. 5: Teach them to trust their intuition.

Read more about the Kouros fake: <http://bit.ly/kourosfake>

See the Getty's page about it: <http://bit.ly/gettykouros>

see the Kouros



Key No. 6: Know the perils of praise.

Praise what they do, not who they are. Praise effort, not perceived ability.

See the presentation at <http://www.slideshare.net/lisavangemert/>