

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

with Lisa Van Gemert | GiftedGuru.com |  @thegiftedguru

Studies cited & books that inspired the presentation:

<http://bit.ly/shortchanginggirls>

Girl Scout Study *Beauty Redefined*

<http://bit.ly/g sresearch>

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*

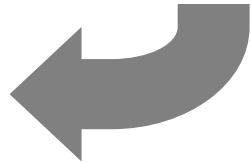
<http://bit.ly/expertperformance>

**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://bit.ly/hansenesh>

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

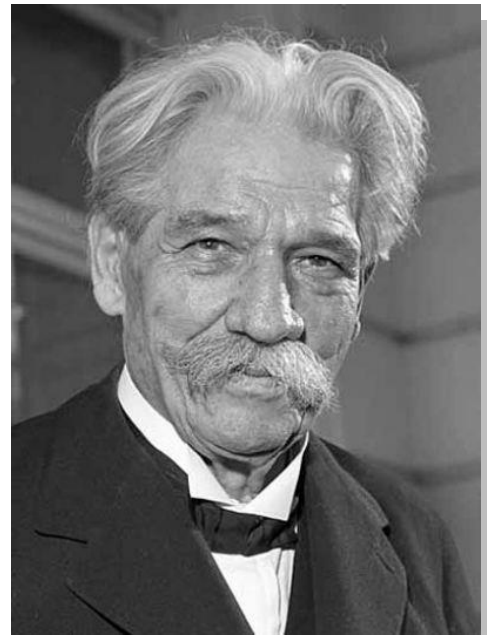


image: Rolf Unterberg

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: Perils of Praise

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