ELP Newsletter Winter 2020 Volume 3 Issue 3



## ELP EXPRESSIONS

Find us on the SLCSD website: Departments, Teaching and Learning, Extended Learning Program



## Learn How to Set Both Broad And Narrow Goals

Lisa Van Gemert, The Gifted Guru

Having a big goal increases motivation. When you know that the task you're doing is moving you toward that goal, it helps you keep working even when the going gets tough.

At the same time, gifted people often change those big goals quite often, and you can end up feeling like you never achieve anything because your target keeps moving.

The solution? Make sure that you set some narrower goals in addition to your big goals.

Narrow goals give you the opportunity to feel a sense of accomplishment and progress, even if your broad goals are a moving target.

A broad goal would be to become a doctor.

This newsletter is published by the ELP Office. Contact us at 801-578-8573.

Michele Riggs, ELP Supervisor Lucy Jacob, School Psychologist Camille Gambles, ELP Specialist Anneli Segura, Administrative Assistant

Perseverance is not a long race; it is many short races one after the other.

- Visit the ELP Website for:
- $\Rightarrow$  Applications
- $\Rightarrow$  Parent resources
- $\Rightarrow$  Educator resources
- $\Rightarrow$  And more!

## Depth and Complexity Extended Learning Program

**ELP Motto:** 

**Discovery through** 

## ELP Opt-In Application and Assessment Information

Students who are currently in kindergarten or are preschool age (age 5 by September 1st, 2020):

- Applications are available now through January 24, 2020.
- Preschool assessments will be located at the district office during the first part of March 2020.
- Kindergarten assessments will be located at neighborhood schools during the first part of March 2020.

Preschool and kindergarten students must reside in Salt Lake City School District boundaries for Opt-In/Application assessments. The only exception is a parent/guardian who is a district employee.

Thank you to the parents and educators who support the Extended Learning Program. We appreciate those who have attended the parent/educator events in the past. There will be another event coming this spring. Look for more information through the ELP website and this newsletter.

No district employee or student shall be subjected to discrimination in employment or any district program or activity on the basis of age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status. The district is committed to providing equal access and equal opportunity in its programs, services and employment including its policies, complaint processes, program accessibility, district facility use, accommodations and other Equal Employment Opportunity matters. The district also provides equal access to district facility use, accommodations and other Equal Employment Opportunity matters. The district also provides equal access to district facilities for all youth groups listed in Title 36 of the United States Code, including scouting groups. The following person has been designated to handle inquiries and complaints regarding unlawful discrimination, harassment, and retaliation: Tina Hatch, Compliance and Investigations, 440 East 100 South, Salt Lake City, Utah 84111, (801) 578-8388. You may also contact the Office for Civil Rights, Denver, CO, (303) 844-5695.

- Walter Elliot, Scotland