



# AIG Focus

**Monthly Goal:** I create and work towards challenging personal goals.

## Perfectionism

Perfectionism affects many of our gifted children. Although it can be frustrating and overwhelming for parents and teachers, it is important to understand that it can have positive benefits for students. Perfectionism can be classified as healthy and unhealthy.

### Profiles and Strategies

Many gifted children fit multiple profile categories and may vary by area.

- **Academic Achiever:** High expectations for academic performance with a strong focus on external evaluations, such as grades. Parents can de-emphasize grades and focus on growth and the satisfaction of completing work.
- **Aggravated Accuracy Assessor:** Focuses on mistakes and spends large amounts of time perfecting work. Parents can help by modeling mistakes, providing examples

of imperfection in role models, and adhering to time limits.

- **Risk Evader:** Chooses to disengage when there is the possibility of failure or not being the best. Parents can create safe environments for risk-taking.
- **Controlling Image Manager:** Focuses on the perceptions of others. Parents can role play good sportsmanship and help children develop pride in the process not the outcome.
- **Procrastinating Perfectionist:** Often delays initiating work, faced with looming expectations and fear. Parents can help create timelines and divide large tasks into smaller ones.

To read more about perfectionism in gifted students, read [Perfectionism](http://www.nagc.org) from [www.nagc.org](http://www.nagc.org).

## Director's Discussion

While we know that not every gifted child is a perfectionist, this can still be a challenge for many gifted students. The way that perfectionism shows itself can make it more difficult to see a child's academic gifts.

Dr. Lisa Van Gemert shares a number of resources about our gifted students and perfectionism. She suggests several tips to help us work with perfectionism:

- 1) Excellent is good enough. (Excellent is different and more freeing than perfect.)
- 2) Don't be your own worst enemy. (Name the challenge and move on from it.)
- 3) Just do it. (Go for it, regardless.)
- 4) Be a Weeble. (You can get knocked down and bounce back.)
- 5) Fail Forward (People mess up all the time—harness your mistakes, don't give into them.)
- 6) Set out on the journey. (So much is missed if we never try and never venture out.)

Much more at <https://giftedguru.com/forget-your-perfect-offering-perfectionism-and-the-gifted-learner/>

Dr. Michael Elder  
Director, College and Career Readiness

## A Note From Your AIG Specialist...

A durable person is a person who can survive the day-to-day struggles of life and still be satisfied, productive, and happy. Why do we want gifted children to be durable? We truly want this for all students, however, gifted children are unique when it comes to addressing social and emotional needs. In order for gifted children to meet their academic and social potential, they must have support for their emotional needs.

Over the next couple of weeks, the fourth and fifth grade AIG students

will be exploring the following concepts:

- Being gifted means different things to different people.
- How are gifted students perceived by friends, teachers, and parents?
- How can we celebrate personal differences?
- How can we get to know ourselves as gifted learners?
- How do we reflect in order to set challenging, purposeful, and realistic goals?

### DEP Annual Review

All Onslow County AIG students have a Differentiated Education Plan (DEP). Annual reviews of this plan help to ensure that learning experiences are differentiated in a meaningful way to promote growth for your child. Thank you for reviewing your child's plan. If you have any questions or concerns, please let me know.

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