



EXPLORATIONS

Issue 3, December 2019/January 2020

Perfection Paralysis

A key characteristic of the gifted and talented is a potential for great achievement. But in some cases, an unhealthy perfectionism will stand almost as an impenetrable barrier on the road from potential to achievement.

Examples of ways perfectionism may manifest in students is as procrastination in performing tasks that will be judged, or as repeatedly restarting assignments because the work isn't perfect.

If "not perfect" becomes synonymous with "failure," the hit on perfectionists' self esteem may also leave them confronting a host of social/emotional issues.

Growth mindset is one tool that may help curb unhealthy perfectionism. With an emphasis on effort ahead of the final product, and the re-framing of failure as a necessary step to success, growth mindset honors a trial and error strategy to chip away at the walls of perfection paralysis.

Here's information on perfectionism from the National Association for Gifted Children:

<https://www.nagc.org/resources-publications/resources-parents/social-emotional-issues/perfectionism>

Cool Links and Resources

CVUSD GATE Resources & Articles page

www.conejousd.org/Departments/Student-Services/Student-Support-Services/Gifted-and-Talented-Education-GATE/Resources-and-Articles

National Association for Gifted Children

<https://www.nagc.org/>

Supporting Emotional Needs of the Gifted

<https://www.sengifted.org/>

Community Exploration

What is this a picture of?

Hint: It keeps us safe when we need it.



School Spotlight

Sycamore Canyon School Garden Project



A 14,000 sq ft strip of barren land at the side of Sycamore Canyon School could easily have turned into a parking lot seven years ago. That's when a group of parents approached administration with the vision of transforming it into a garden. The space is now a multi-use sanctuary and learning laboratory with a Science & Habitat Center, an edible lab, a pit discovery, and a native landscape observatory.

Every part of the garden is tailored to give students a highly interactive experience, according to Josephine Louie, the garden committee chair. "They can touch it, feel it, hear it, taste it," she said.

With a rich variety of projects and events to choose from throughout the school year, including Culture at the Garden, Pi Day Garden Math Fair, Manna Project, and Valentine's Student Music Concert, students have many opportunities to learn about the world and explore it in a beautiful outdoor setting.

Recent garden activities include a simulated archaeological dig for 6th grade social science students and a lunch time Culture At the Garden featuring India.

The garden's website is:

<https://scsgardenproject.wordpress.com/>



Upcoming District Events

Dec 06: Elementary Fun Friday – Dash Robots, 4-5pm, University MPR

Dec 10: Defeating Anxiety in Your Gifted Child, 6-7pm, University MPR

Dec 13: GATE-DAC monthly meeting, 9-11am, University MPR

Dec 13: Secondary Fun Friday – Book Origami, 4-5pm, NP Library

Jan 10: GATE-DAC monthly meeting, 9-11am, University MPR

Jan 24: Secondary Fun Friday – Broadcasting, 3:30-4:30pm, NPHS