WELCOME

GIFTED AND TALENTED EDUCATION (GATE)

PARENT WORKSHOP
6:15-7:15 P.M.

GIFTED/TALENTED PROGRAMS

Gifted/Talented Programs (GATE)
Susanna Furfari, District Coordinator (LD NE)
susanna.furfari@lausd.net
Dr. Robert Gruba, District Specialist (LD NW)
rorub@lausd.net
Dr. Lucy Hunt, District Coordinator (LD C)
thunt@lausd.net
Kevin Kilpatrick, District Coordinator (LD S)
kevin.kilpatrick@lausd.net
Dr. Nicole Niederdeppe, District Coordinator (LD E)
nnn8229@lausd.net
Erin Yoshida-ehmann, District Coordinator (LD W)
ey2412@lausd.net
Wynne Wong-Cheng, District Coordinator, GATE Psychological Services
wynne.wong@lausd.net
Michelle Papazyan, District Specialist, Targeted Identification Program (TIP)
mempazyan@lausd.net
Carol Breaux, Central Office Designated GATE Psychologist
carol.lewis@lausd.net

Phone: (213) 241-6500
Fax: (213) 241-8975
333 S. Beaudry Avenue, 25th Floor
Los Angeles, CA 90017
http://achieve.lausd.net/gate

TONIGHT'S TOPIC

Unraveling Many Misunderstood Aspects of Giftedness Related to Perfectionism, Procrastination, and Self-Esteem

Dr. Nicole Tetreault

Dr. Nicole Tetreault is a neuroscientist, writer, and speaker who specializes in neurodevelopment and neurodegenerative disorders. She received her Ph.D. from California Institute of Technology (Caltech). As the founder of Awesome Neuroscience, she is dedicated to translating the promise of neuroscience and positive psychology for individuals to live the best quality of life. Most recently, she has focused her efforts on studying the gifted experience, which encompasses the brain and body connection, by investigating the latest neuroscience and physiology research.
Unraveling Many Misunderstood Aspects of Giftedness Related to 
Perfectionism, Procrastination, and Self-Esteem

Nicole A. Tetreault, PhD

Gifted individuals are more prone to disabling and destructive elements of 
anxiety due to expanded emotional brain networks, increased sensory processing and 
elevated physiological responses to stressors (both real and perceived). Gifted 
individuals report a 25% increase in anxiety compared to the national average. In 
particular, the brain circuitry, hormonal stress response, and bodily reactions to stress 
can become hard-wired and gifted individuals can get stuck in a negative cycle, causing 
the individual to experience the world “on pins and needles.”

When a gifted individual’s default state is anxiety-ridden, they are likely to 
develop low self-esteem, are less likely to achieve professional success and less likely to 
have balanced social relationships. People who have high anxiety can “blank out” 
during tests, have difficulty fully participating in high-stake discussions (either 
emotional or professional) or can become frustrated by an inability to express thoughts 
in a timely way.

This presentation will provide encouraging strategies to help reduce the adverse 
effects of the stress response in gifted individuals. Evidence supports cognitive 
behavioral therapy, mindfulness, exercise, healthy sleep and eating habits to rewire 
healthy brain circuitry so positive hormones and decision-making can allow gifted 
individuals to live a full life.

Reach out and connect:
Dr. Nicole A. Tetreault
Email: hi@nicoletetreault.com
Website: nicoletetreault.com
Twitter: twitter.com/AwesomeNeuro
Medium: medium.com/@AwesomeNeuro

Articles and references from my talk and forthcoming book, Feeling Color: 
A Field Guide to Diverse Minds:

Hyper-brain Hyper-body: 
https://www.nicoletetreault.com/single-post/2017/10/10/High-IQ-Hyper-brain-and-
hyper-body

Emotionally Gifted and Navigating in the World: 
https://www.nicoletetreault.com/single-post/2017/07/26/Emotionally-gifted-and-
navigating-the-world
Creatives Unlock Unique Brain Networks:  

Brian Fingerprints:  
https://www.nicoletetreault.com/single-post/2017/04/14/Brain-Fingerprints

Gifted Brain article:  
https://www.nicoletetreault.com/gifted-gpo

Use of smartphones and devices:  

Meditation Exercises:

Power of the Breath:  
https://www.nicoletetreault.com/single-post/2017/04/14/Three-minute-mindful-breath

Loving Kindness Meditation:  
https://www.nicoletetreault.com/single-post/2017/08/12/Loving-Kindness-Meditation

List of websites and on-line support:

Greater Los Angeles Gifted Children’s Association:  
http://www.giftedchildrenla.org/

SENG website:  
http://www.sengifted.org

California Gifted Network:  
http://www.cagiftednetwork.com

National Association for the Gifted:  
http://www.nage.org

Davidson Institute:  
https://www.davidsongifted.org/

H-Bar Tutoring:  
http://www.hbartutoring.com/Welcome.html

CTY: https://cty.jhu.edu/
Gifted Homeschooler's:
https://giftedhomeschoolers.org/

Hoagies Gifted:
http://www.hoagiesgifted.org/gifted_adults.htm

Bright & Quirky:
https://brightandquirky.com

2E News:
http://www.2enewsletter.com

Summit Center:
https://summitcenter.us/home-page/

**Meditation Practices:**

Mindfulness practices and yoga reduce anxiety, depression and stress. Here are links to guided mindful meditations.

**UCLA MARC:**
https://www.uclahealth.org/marc/default.cfm

**Insight LA:**
https://insightla.org

My recordings: Click Every Day Mindfulness and Click Media
https://www.nicoletetreault.com/speaking

**Additional books:**

*Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children* by Susan Daniels and Michael M. Pichowski

*A Parent's Guide to Gifted Children* by James T. Webb and Janet L. Gore

*Supporting Emotional Needs of the Gifted: 30 Essays on Giftedness, 30 Years of SENG* by SENG

*Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, Ocd, Asperger's, Depression* by James T. Webb and Edward R. Amend

*Raising a Gifted Child: A Parenting Success Handbook* by Carol Fertig

*5 Levels of Gifted: School Issues and Educational Options* by Deborah Ruf and Ph.D.