

Developing world class learners who meet or exceed international standards of academic performance.

From the Director, Margo Gige



Sometimes, even the most creative and brightest people just don't get things done, while others boast great accomplishments. People with many gifts often have difficulty focusing on the task at hand. Gifted people with a sense of perfectionism can't get started on a project until they're convinced, they have the most unique and spectacular idea. However, the biggest inhibitor to high achievement is the lack of direction and reasonable goals.

Students: Dream big. Know what you want to achieve. Develop a plan. Write it out and tape it to the mirror in your bathroom so you see it every day. Dedicate yourself to working the plan with a singleness of purpose, and do not let anything get in the way of your goals. Do not accept defeat. Failures and struggles are part of life and provide us with opportunities to grow and learn.

"For the ship with no known port, no wind is favorable," Seneca the Younger

Resources for Parents

Articles:

Homework: [Curbing the Homework Battles with High Ability Kids](#)

Anxiety: [13 Powerful Phrases Proven to Help an Anxious Child Calm Down](#)

Reading: [Finding Age Appropriate Books for Gifted Readers](#)

Videos:

Underachievement: [My Teen is Gifted...And Underachieving](#)

Perfectionism: [How Do I help my Child with Perfectionism?](#)

Social Emotional Development Underachievement in Gifted Learners

The expectation of high achievement often goes hand in hand with giftedness, but the reality is that many gifted people fall into the category of underachievement, but why is that? Students who are high achievers have several things in common: they value their school experience and believe that the learning is beneficial to their life, they believe they have the skills for success, and they have an expectation that they will be successful in the academic environment. While some students are seemingly just “born” with these traits, there are some things parents can do to try to cultivate them:

Encourage their interests and passions. Childhood is the time to pursue interests and develop passions. When your child shows an interest in a topic, encourage that interest with conversations, research, at-home experiments, museum visits, etc.

Maintain an ongoing dialogue about long-term outcomes. Children and teens are not often long-term goal oriented, so just helping them remember that their actions today will have an impact later can help keep them focused on long-term outcomes.

Set short and long-term goals with your child. These need to be meaningful to your child, and things they can do on their own.

Give them opportunities to be successful on their own. Encouraging your child to attempt tasks and see them through to completion will help them build confidence in their abilities and self-efficacy.

When complimenting your child, be specific. “You are so smart” is very vague and is open to interpretation, where as “You are so good with long division” allows a child to internalize the idea that they are strong in math which will help build confidence.

Encourage self-regulation. Have talks with your child about how they are holding themselves accountable for their performance and task completion. Show them the ways you hold yourself accountable. Self-regulation is something that develops over time and with maturity, but providing examples is a powerful way to support their development.

While there is no easy and quick fix for underachievement, and we are all prone to periods of performing below our abilities, knowing that it is a common experience and there are actions we can take to counteract it, can help students find their way out.



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