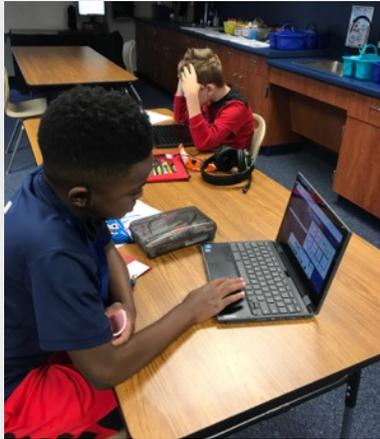


# PRAEDITUS

*Latin praeditus adj. I cl. meaning gifted*

A publication of Allen ISD Gifted and Talented Services



## Intellectual Overexcitability

Children with Intellectual Overexcitability have incredibly active minds. They want understanding, truth, and knowledge. They are extremely curious, often avid readers, and usually keen observers. They are able to concentrate on learning and problem solving for extended periods of time. Moral thinking is a strength for these children and often leads to concerns about fairness, how people are treated, and global issues like COVID, climate change or political conflict. It can be tough to keep up with their intellectual pace and when others fall behind, these children often become impatient. They sometimes interrupt or blurt out answers at inappropriate times or are too critical of others' ideas.

### Intellectual Strategies

- Show them how to find answers to their questions.
- Help them find age-appropriate ways to help, in even a small way, to solve community or worldwide problems.
- Help them develop social skills so they are able to see how criticism of others may be perceived as unkind.

## How Can Your Child Strike A Balance Between Study And Play?

Kids face a lot of pressures. Making sure they don't become overwhelmed and finding the right balance between work and play is key for a healthy childhood. Here are some tips to guide you.

### Limit Screen Time

Keep an eye on your child's digital consumption. Give your child screen limits and be sure to stick to them so there is an appropriate amount of time for other activities once screen time is up.

### Short but Effective Study Sessions

Break study sessions into multiple, smaller sessions. Help your child recharge with fun activities during study breaks. According to research, a student's ability to retain information diminishes after about 25-30 minutes.

### Monitor Your Child's Energy Levels

If your child comes home from school low on energy, allow him or her to recharge and have a little fun before starting on homework. If, on the other hand, your child comes home motivated to accomplish his or her homework, boost that motivation with a reminder that once the homework is done, there will be more time for play.

### Create Study Schedules but Allow for Unstructured Play

Children want and need structure and discipline. Routines provide children with a sense of security. But children also need unstructured play that allows them time to develop their imagination and social skills. Plan a schedule that gives your child time and space for spontaneous play.

### Maximize Learning through Play

Use playtime to impart important educational skills by working with your child to select some toys and games that are fun and educational. Play is an important way in which children gain essential knowledge and skills. When children are exposed to play-based learning, they cultivate critical thinking skills, develop language abilities, expand their range of knowledge and increase social emotional awareness.

Creating a balance of play and study may be challenging at first but once you have a routine in place, it will be easier for both you and your child. You will no longer need to nag. Your child will have clear expectations and routines that provides the structure it takes to grow up successfully.



## Motivating an Underachiever

If your child is underachieving, the first thing you need to understand that he or she is putting a lot of energy into doing “nothing.” It takes effort to resist the expectations of teachers and parents. By offering up an, “I don’t care” attitude children reduce the pressure of performing and feel in control. Your job is to channel all of this wasted effort and energy into achievement.

### Learned Helplessness

Acting helpless is a way to get other people to do things for you. Kids who use this shortcut don’t learn independence. Don’t do homework for your child. Don’t do chores for him. You can be available for help if necessary, but don’t take on tasks.

### Coach Your Child

Think about great coaches and how they motivate players. You are the parent coach. Always keep your child looking forward. Comment on progress instead of effort.

### Set Deadlines and Use Structure

Tell your child clearly when you want chores and schoolwork done by.

### Rewards and Incentives

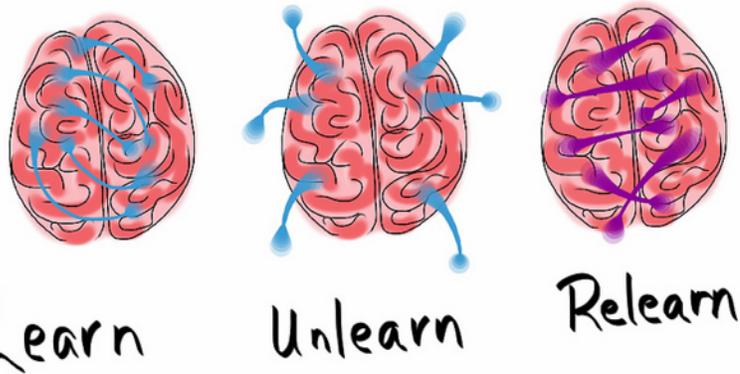
Observe what your child cares about and enjoys. Sit down with your child and draw up a list together. You can use these things as incentives and rewards.

### Make Your Child Earn Privileges

Hold kids accountable. Make sure they re earning privileges. This is how real life works. If you don’t work, you don’t get paid, and you don’t get the things you want.

Being an underachiever gives your child a sense of control and power because it eliminates the anxiety of failure or meeting challenging responsibilities. There is no competition. No need to deal with other people’s expectations.

Your job as a parent is to help your child by coaching to meet those responsibilities in spite of anxiety, fear, or apathy. And your job is to hold your child accountable with consequences if he/she chooses not to meet those responsibilities.



## Learning, Unlearning and Relearning

Why would you want to unlearn something? We can only learn and grow if we are open-minded and willing to let go of things that might be holding us back including old knowledge that may be replaced with new ideas, approaches, and skills.

In 1970, Alvin Toffler wrote in his book, *Future Shock*, “The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.” Think of all of the changes in your lifetime. We are living in a world that has been marked by a technological, social, and societal revolution. The way forward is through learning, unlearning, and relearning.

### Foster a Sense of Willingness

Parents and teachers should foster a sense of willingness to unlearn and learn something new. Fortunately, children are more malleable than adults and are usually willing to unlearn and relearn. Involve them (and foster more skills) by asking them for ideas on how do things differently.

### Let Go of the Familiar So You Open Your Mind to the Unfamiliar

#### Learn from Different People

When children are surrounded by like-minded friends, their ability to unlearn is hampered. When teamed with kids from a different background, they are better able to look at things from a fresh viewpoint.

#### Foster Curiosity

Children are usually open to discover new approaches and new techniques without much hesitation. They learn by engaging the five senses and investigating new situations through trial and error.

The skills of unlearning, learning and relearning are key to staying relevant in today’s world. Let’s make sure to equip our children with them.

**We love suggestions for articles! Is there a question you have about gifted kids? Please send requests for articles to [Praeditus Feedback](#)**