



Resources for Parents of Gifted and Talented Teens

Books:

Adderholdt, M. (1999). *Perfectionism: What's bad about being too good?* Minneapolis, MN: Free Spirit Publishing.

This book is a self-help book written for teens. It does a great of talking folks through how to see if they have a problem and how to deal with their perfectionism.

Berger, S. (2014). *College planning for gifted students: Choosing and getting into the right college.* Waco, TX: Prufrock Press.

This book walks parents through the college search process and unlike traditional how to get into college books it has a particular emphasis on the issues and needs of gifted learners.

Bruni, F. (2015). *Where you go is not who you'll be: An antidote to the college admissions mania.* New York, NY: Grand Central Publishing.

This book has a helpful, calming message which some parents need through the stressful experience of college applications. The GT coordinator at Wayzata recommends it to a lot of parents.

Cain, S. (2016). *Quiet power: The secret strengths of introverts.*

I am not an introvert. :). However I am married to a gifted introvert and I have a lot of gifted introverts in DAHS so I wanted to read this book because it came highly recommended and because I wanted to understand people different from me. It is engaging and easy to read. It does a great job of helping perfectionist introverts with strategies for being able to participate in class discussions and in school. I think the chapters on "Quiet in the Classroom", "Group Projects, the Introverted Way", "Quiet Leaders", "Quiet Creativity" and "Quiet in the Spotlight" are especially helpful for high school students who are struggling academically because of their fear of speaking or failure and for parents who are trying to figure out how to support their students.

I recommend the book for both teens and parents. I think it would be particularly helpful if parents read the book at the same time as the student so that they could talk through the suggestions together.

Delisle, J and J Galbraith. (2002). *When gifted kids don't have all the answers: How to meet their social and emotional needs*. Minneapolis, MN: Free Spirit Publishing.

This book is a great starting point as a parent. It explains the social emotional needs of gifted kids through the voices of counselors, teachers AND kids. It is very accessible and not filled with education mumbo jumbo.

The Harvard Crimson. (2005). *How they got into harvard: 50 successful applicants share 8 key strategies for getting into the college of your choice*. New York, NY: St. Martin's Griffin.

This book offers stories from Harvard students about what choices they made in high school and in the application process. It would be helpful for a family that wants to know what types of students Ivies are looking for and how students distinguish themselves from all the other smart and talented applicants.

Mamlet, R. and C. Vandeveld (2011). *College admission: From application to acceptance, step by step*. New York, NY: Three Rivers Press.

This book is a great resource for high school students and their families. It breaks down the college application process and goes from 9-12th grade with step by step information. It will make what can seem like a daunting process more manageable!

Oakley, B. (2014). *A mind for numbers: How to excel at math and science (even if you flunked algebra)*. New York, NY: Penguin Group.

I have used this book, chapter 7 "Chunking versus Choking" to try to teach study skills to gifted math students who come to Calculus without the memorization or study skills for this level of math. The book does a great job of explaining how to learn math and science and would be a great resource for a family where a student is struggling for the first time and can't seem to figure out how to learn even though historically it's been very easy for them.

Rogers, K. (2002). *Re-forming gifted education: Matching the program with the child*. Scottsdale, AZ: Great Potential Press.

I have bought this book and given it to so many friends. This is essential reading for all parents of gifted kids. It helps you understand both what your student needs but also how to advocate for them in a variety of types of schools/districts.

Thomas, A. (2014). *Making makers: Kids, tools, and the future of innovation*. Sebastopol, CA: Maker Media.

This book is a must read for parents of creative students &/or future engineers. Ann Marie Thomas, an engineering professor at the University of St. Thomas, interviews dozens of outstanding adult makers to make a list of characteristics we can nurture to develop the next generation of amazing makers! I have really enjoyed this book myself and it has influenced how I parent my own maker.

Other Resources:

ERIC Clearinghouse on Disabilities and Gifted Education

<http://www.hoagiesgifted.org/eric/index.html>

This website has lots of resources concerning gifted education and is a good place to start when investigating best practices!

Bloomington Public Schools

[Gifted Programming our district offers](#)

Resource Lists I Have Created:

[Enrichment/extension opportunities at Jefferson](#)

[Summer camp enrichment opportunities outside of BPS](#)

Organizations: These organizations are for parents and GT professionals. They hold conferences and produce newsletters and other resources.

Minnesota Council for the Gifted and Talented

<http://mcgt.net/>

National Association for Gifted Children

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

Supporting Emotional Needs of the Gifted

<http://sengifted.org/>