

Arkansas Definition of Giftedness

“Gifted and Talented children and youth are those of high potential or ability whose learning characteristics and educational needs require qualitatively differentiated educational experiences and/or services. Possession of these talents and gifts, or the potential for their development, will be evidenced through an interaction of above average intellectual ability, task commitment and/or motivation and creative ability.”

Traits Associated with Giftedness

1. Learns easily/quickly
2. Original, imaginative, creative
3. Widely informed
4. Thinks of unusual ways to solve problems
5. Persistent, resourceful
6. Persuasive
7. Shows common sense
8. Inquisitive/curious
9. Abilities in the arts (art, music, drama)
10. Adapts to new situations
11. Independent worker
12. Flexible/Open
13. Versatile/Many interests
14. Sensitive to truth and honor
15. Expresses ideas and reactions
16. Can be very opinionated



ExCEL Program Contacts

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Grades 2-4

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Helping
Parents

Help
Their
Gifted

Teen

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Is your child a perfectionist?

10 Suggestions for Helping Your Teen Combat Perfectionism

1. Let them hear about your mistakes.
2. Teach them to practice ...and to lose.
3. Focus on the process, not the product.
4. Explain your expectations, and stick with them.
5. Be silly sometimes.
6. Talk about your own struggles.
7. Break routines from time to time.
8. Make and progress towards goals - help them see the bigger picture.
9. Enjoy a state of rest - don't let them overextend.
10. Be a role model for healthy excellence.



Test Taking Tips

1. Be prepared. ...
2. Know how you learn.
3. Always arrive early and take a moment to relax. ...
4. Listen attentively to last minute instructions given by the instructor.
5. Do a memory dump. ...
6. Read the test directions very carefully and watch for details. ...
7. Plan how you will use the allotted time. ...
8. Look for cues. ...
9. Answer all the questions.

Tips for talking with your teen...

1. Choose your time wisely.
2. Model respectfulness to your teen.
3. Speak precisely.
4. Come prepared with suggestions for helping the problem to be solved. Allow them to problem solve, too.
5. Make a genuine effort to see their point of view.
6. Watch body language.
7. Keep your voice down.
8. Avoid "you" statements.
9. Be willing to compromise when you can.

Stress Reduction Tips for Your Teen Talking Points

1. Think back to times when you have been successful.
2. Don't alienate people around you or take things out on others.
3. Find someone you can talk to and relax.
4. Learn how to RELAX!
5. Learn to look for the porosity.
6. Seek out and learn to use stress reduction techniques.
7. Have a sense of humor. Learn to laugh at yourself.
8. Don't give up!!!
9. Remember, you never have to face things totally alone



Help them understand that mistakes can be their friend...mistakes show you are learning...they show you are trying something different...they allow you to see improvements...they allow you to learn.