

Mindset

When we nurture the development of growth mindset through appropriate curriculum, feedback, and modeling, we empower students to embrace the idea that their capacity is limitless and to proactively welcome challenges as opportunities for growing and stretching their abilities.



Feelings, Emotions, and Empathy

Giftedness has an emotional component that manifests through a heightened awareness in the way in which one experiences the world internally and externally. Understanding and accepting emotions and utilizing strategies to respond to emotions is essential for cultivating resilience and empathy.



This continuum is based on the [CASEL Social and Emotional Competencies \(2017\)](#), the [Taxonomy of Affective Curriculum for Gifted Learners \(2019\)](#), the National Association of Gifted Children (NAGC), Supporting the Emotional Needs of the Gifted (SENG), and the [Missouri Gifted SEL Curriculum \(2020\)](#).

Gifted SEL Continuum



Gifted Identity

One's gifted identity is multifaceted and complex and is not only about "being smart" as is widely believed. Though gifted students are as different as they are alike, there are common characteristics encompassing giftedness. When students have a deeper understanding of all facets of their abilities they can more easily extend grace and compassion both inward and outward.



Peer and Social Relationships

Peer and social relationships of gifted students must be nurtured and guided to help them flourish in their interactions with others. By specifically addressing social skills, communication, and acceptance, students will establish a foundation for maintaining mutually satisfying relationships and connections.








Common Challenges of Gifted Learners

Though the term suggests an advantage, being gifted can at times feel like a burden. One hallmark of giftedness is asynchrony; a gap between intellectual and emotional development. Gifted individuals can feel out of sync; their maturity at odds with their cognitive abilities. As a result, certain challenges arise for *some* gifted students *sometimes*. While these challenges are not unique to gifted individuals, they tend to appear more pronounced in the gifted and require targeted interventions or support.





Gifted SEL Continuum Topics

 Mindset	 Feelings, Emotions, & Empathy	 Gifted Identity	 Peer and Social Relationships	 Common Challenges of Gifted Learners
<ul style="list-style-type: none"> ● Making Mistakes ● Reaction to Failure ● Resilience and Flexibility ● Motivation and Perseverance ● Goal Setting ● Fixed vs Growth Mindset 	<ul style="list-style-type: none"> ● Naming and Identifying Emotions ● Fostering Empathy ● Stress ● Self-Reflection ● Anxiety ● Proactive Mindfulness ● Coping Strategies ● Emotional Intelligence 	<ul style="list-style-type: none"> ● Self-Awareness ● Learning Needs ● Strengths and Struggles ● Advocacy and Empowerment ● Personality Traits ● Multipotentiality ● Myths and Misconceptions of Giftedness 	<ul style="list-style-type: none"> ● Social Skills ● Leadership ● Communication ● Responding to Feedback ● Conflict-Resolution ● Equity, Diversity, and Fairness 	<ul style="list-style-type: none"> ● Asynchronous Development ● Intensities and Overexcitabilities ● Perfectionism ● Imposter Syndrome ● Procrastination ● Boredom ● Sense of Justice ● Executive Functioning ● Underachievement

Students will have assured learning experiences from each category each year. The gifted education specialist will also tailor SEL learning to be responsive to the needs of the class at the time, which means some topics will be revisited in either a whole group, small group, or one-on-one setting.