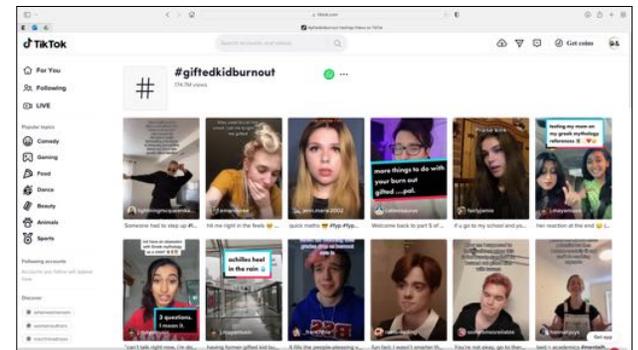
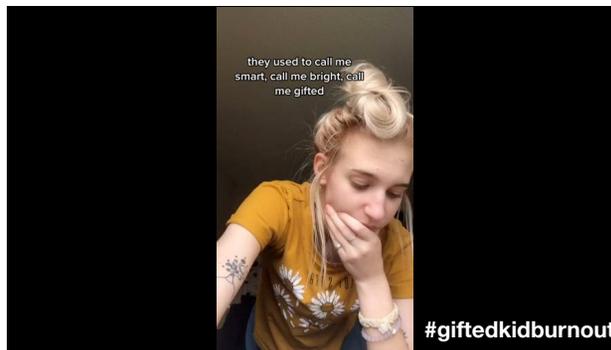
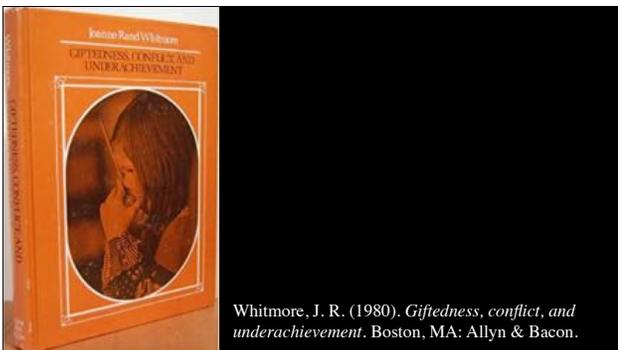


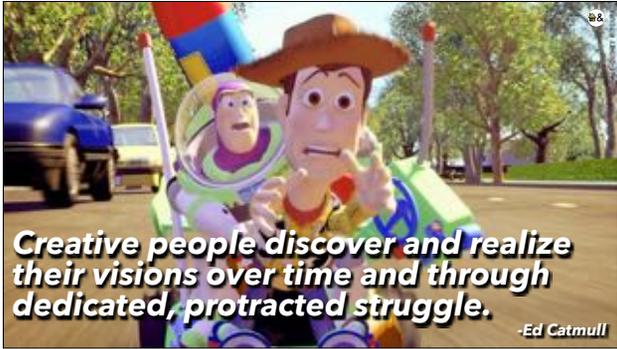
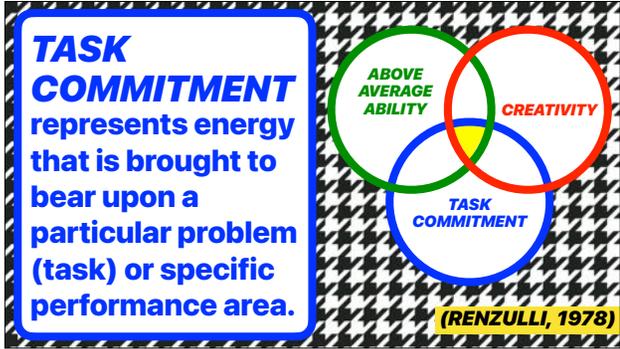
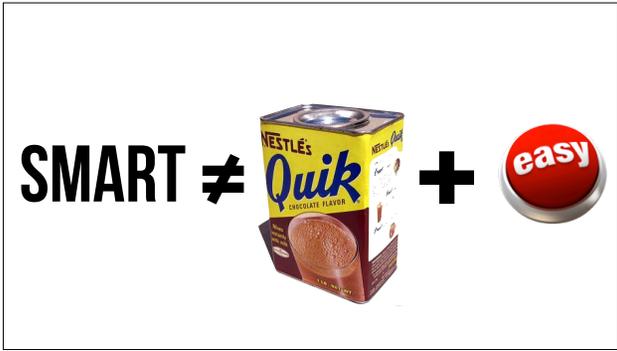
The Struggle is Real:
Recognizing & Responding to
#gifted kid burnout

brianhousand.com

GIFTED KID BURNOUT			
B	I	N	O
losing interest and quitting anything that doesn't come easily to you	fear of not living up to potential	thinking you're better than everyone else despite having nothing to show for it	refusing to ask for help
existential anxiety	time to think	always looking for a new form of escapism	interest in psychology
easily bored	very critical of govt	@angry/fairy FREE SPACE!	need for constant validation
issues w/ authority	always tired	reads wikipedia articles in free time	thinking you're destined for greatness
always making excuses	trust issues	need for instant gratification	not trying in school/work cuz u think the work is pointless
		need for instant gratification	not taking behavior



YOU'RE SO SMART!



WHAT IT MEANS TO BE GIFTED



I'm often afraid that I may fail at a new assignment or undertaking even though I generally do well at what I attempt.



I'm disappointed at times in my present accomplishments and think that I should have accomplished much more.



I rarely do a project or task as well as I'd like to do it.



I tend to remember the incidents in which I have not done my best more than those times I have done my best.



I feel bad and discouraged if I'm not "the best" or at least "very special" in situations that involve achievement.



CLANCE IMPOSTER PHENOMENON SCALE

TOTAL

Less than 10

11 - 15

16 - 20

21 - 25

Category

Few IP Experiences

Moderate

Frequent

Intense

IMPOSTER PHENOMENON

THE PERFECTIONIST

THE EXPERT

THE NATURAL GENIUS

THE SOLOIST

THE SUPERWOMAN / MAN

**Learn to value
constructive criticism.**

You are not your idea.

**NOT asking for
help actually slows
you down.**

Mistakes and failure are part of the learning process.

“It is important for young people to know that even the most gifted adult performers and idea generators have periods when they question their abilities, but they learn to show confidence even when they do not feel it.”

(Subotnik, 2015)

Find your passion!

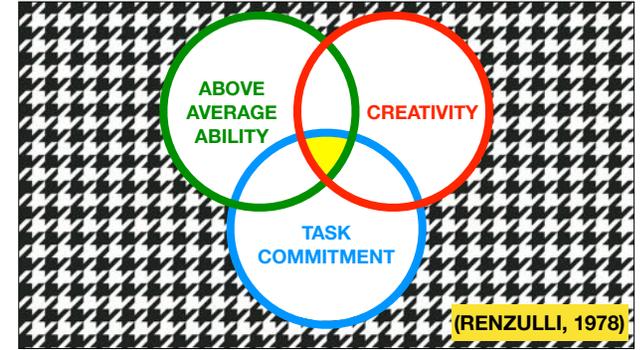


**Nothing is as important as *passion*.
No matter what you want to do with your life, be *passionate*.
The world doesn't need any more grey.**

**On the other hand, we can't get enough color.
Mediocrity is nobody's goal, and perfection shouldn't be either.
We'll *never* be perfect.**

But remember these three P's:
Passion + **Persistence** = **Possibility**

Jon Bon Jovi
2001 commencement address
Monmouth University
West Long Branch
New Jersey



**Your passion isn't lost,
it just needs your attention.**

Find your passion!

Develop your passion!

Implicit Theories of Interest: Finding Your Passion or Developing It?

Paul A. O'Keefe

Yale-NUS College

National University of Singapore Business School

Carol S. Dweck

Gregory M. Walton

Stanford University

In press at *Psychological Science*



GROWTH
MINDSET



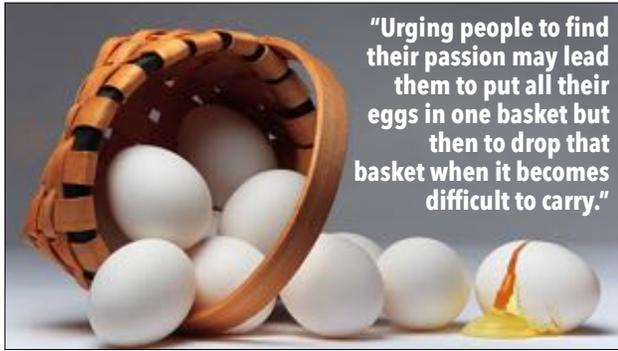
FIXED
MINDSET

TECHIE

FUZZY

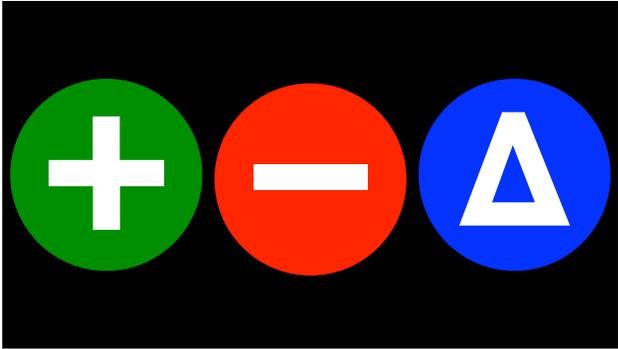


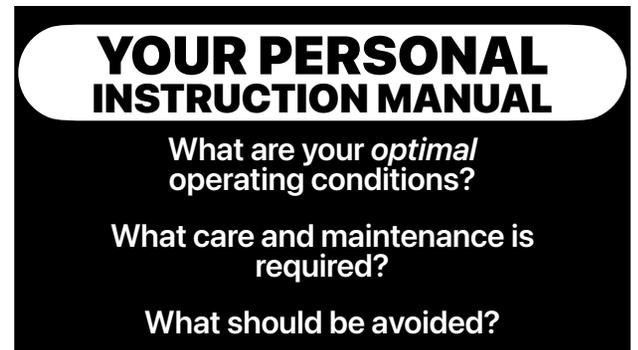
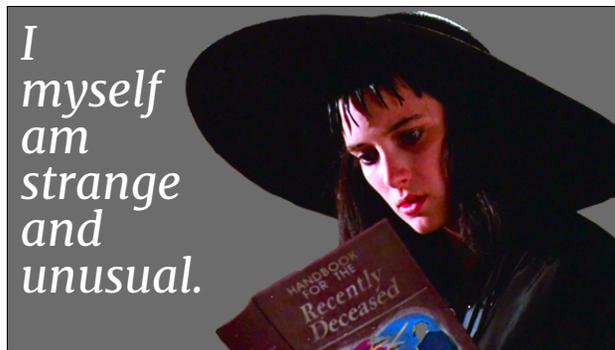
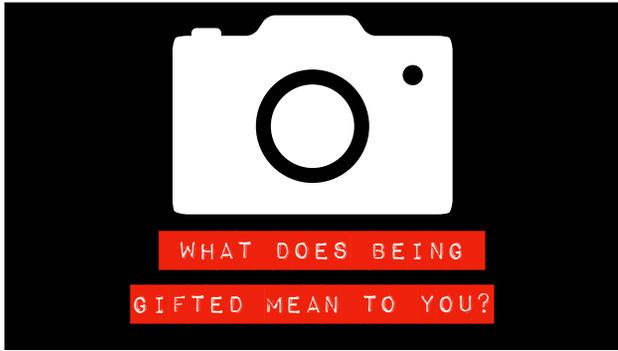
Difficulty may have signaled that it was not their interest after all.



What do you want to be when you grow up?

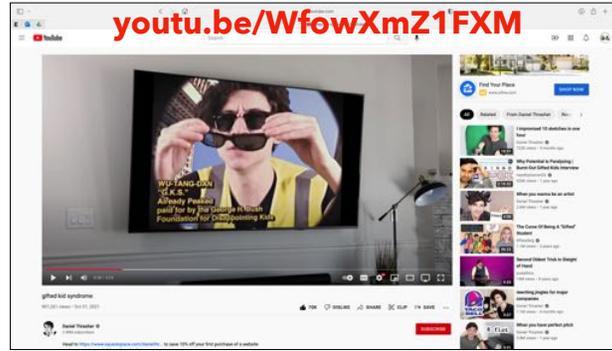
What are you interested in today?





1. Don't be afraid to fall in love with something and pursue it with intensity.
2. Know, understand, take pride in, practice, develop, exploit and enjoy your greatest strengths.
3. Learn to free yourself from the expectations of others and to walk away from the games they impose on you. Free yourself to play your own game.
4. Find a great teacher or mentor who will help you.
5. Don't waste energy trying to be well rounded.
6. Do what you love and can do well.
7. Learn the skills of interdependence.

TORRANCE MANIFESTO:
A Guide for Developing a Creative Career



GIFTED KID BURNOUT				
B	I	N	G	O
lacking interest in anything	fear of not living up to potential	never discovering new desires being unable to allow for it	refusing to ask for help	
intellectual anxiety	always looking for a new idea of escapism	interest in pop culture	need for constant validation	
easily bored	very critical of gov't	temporarily FREE SPACE!	being your destiny for greatness	inconsistent motivation
issues w/ authority	always tired	reads wikipedia articles in free time	not trying in school/work (not as hard as the work is pointless)	
always making excuses	trust issues	need for instant gratification	not taking behavior	

➔

RECOVERING GIFTED KID BURNOUT				
B	I	N	G	O
THE POWER OF NOW	persistence in pursuing your goals	living one day at a time	befriending yourself accepting others for who they are	realizing that no one is an island and when to ask for help
interest in philosophy	discovering new and exciting hobbies	embracing your work (through purposeful work)	embracing failure to foster success	
noticing and enjoying the small things	active participation in politics and gov't	FREE SPACE!	making your own destiny and defining your locus of control	discussing disclosure with wellpower
dropping your battles with authority	exercising and eating right	reads wikipedia articles in free time	Rx	finding meaning in your work and education
holding yourself accountable	trying to see the best in people	working towards long term satisfaction	calculated risk taking	



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