

# A GIFTED MINUTE

January 2021

St. Johns County Schools

## ***You Gotta Have Hope!***

Wow! The proverbial 2021 is finally here! For better or for worse, people seem hopeful. It turns out that hope is an important part of the equation for students when it comes to happiness and success.

Research shows that gifted students with high hopes have less anxiety and self-doubt. Additionally, they often achieve more successful outcomes in school, on standardized tests, and in future endeavors.

Gifted students “can find themselves in settings that are socially and intellectually stagnant,” according to an article by Janette Boazman on the National Association for Gifted Children website.

As a result, school can seem hopeless unless students identify paths to attain goals.

Goal setting is one of our topics that we have covered either in person or through Schoology since our return from winter break. Please see complete article: <https://www.nagc.org/you-gotta-have-hope>)

If goal setting seems unappetizing, try the attached ONE WORD that can be applied to all areas of life. It's a refreshing alternative! Also, ask your student if he/she identified their ONE Word.

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**Students can message me on Schoology.**

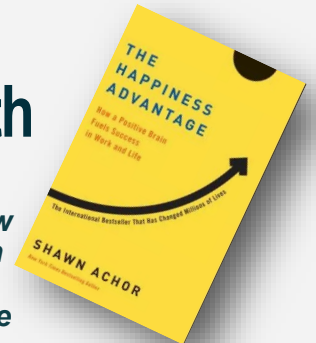
## **30-Second Time Out!**

**Breathe in the beauty of a Montana snow:**

[https://www.youtube.com/watch?v=Lv\\_qvYQOcbw](https://www.youtube.com/watch?v=Lv_qvYQOcbw)

## **Book of the Month**

***The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life***



According to author Shawn Achor, happiness fuels success, not the other way around: “When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work.” This idea is repeatedly proven by research in psychology and neuroscience, management studies, and organizations around the globe.



Here's a DUCK video another gifted team member made with her duck, Butter, featuring 4 simple steps to setting and reaching goals: <https://www.youtube.com/watch?v=YWRw-tvcehA>

**In other news:** *Our Gifted Team has been busy administering the annual gifted screening for second graders. We piloted the computer-based CogAT: Cognitive Abilities Test. Thanks to all who helped!*

“You are never too old to set another goal or to dream a new dream.” — C.S. Lewis