

Helping Academically Gifted Students Manage Stress

Adapted from *Simple ABCs for School Stress Management* by Dr. Ron Rubenzer

Wow! It's hard to believe that we have made it to the 4th quarter of the 2020 – 2021 school year; what a unique experience this has been. Your child has adjusted to a lot this year - from virtual learning to the pace of curriculum during a pandemic. Like many students, your child may have experienced some stressful moments. It is the hope of the AG Department that the tips provided in this article will help your child finish this school year strong, confident, and stress-free. The article highlights the ABCs of managing school stress to avoid educational burnout.

Attitude

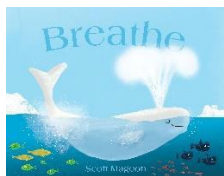


Attitude is everything! For academically gifted students, developing a positive attitude for learning begins with an understanding of the connection between school achievement and lifelong goals. Even our elementary students have goals for the types of experiences they wish to have as they become older. It is important that the academically gifted student understands “their WHY”. What are the reasons they want to excel in school and how are those reasons attached to things, such as:

- A desire to help others
- Hobby/Career interest

When academically gifted students know “their WHY” they can develop a mindset that focuses on developing the skills to achieve goals instead of a strict focus on grades. This type of growth mindset thinking can lead to less stress.

Breathe



As a parent, one way you can help your child reduce stress is to help them practice mindfulness. Learning breathing techniques helps students calm themselves and reduces anxiety and stress. Below are six mindfulness apps that, during the pandemic, announced free student and educator access. Some of the apps may still be available to students for free:

1. [Calm](#)
2. [Headspace](#)
3. [MyLife](#)
4. [Smiling Mind](#)
5. [Dreamykid](#)
6. [Mindful Powers](#)

In addition to these apps, YouTube also has many free [mindfulness playlists](#) that you may wish to review.

Choice



It is important that academically gifted students choose how they will organize their learning and find the support needed for school success. These choices include:

- **Finding peer support or participating in tutoring opportunities:** Academically gifted students need to develop a mindset that acknowledges that it's okay to ask for help or speak with someone to ensure that they understand a concept.
- **Use agenda/calendars to organize learning:** During the end of the school year, many students find themselves participating in extracurricular activities. For this reason, it is strongly suggested that students learn how to use an agenda/calendar to manage the due dates for class assignments as well as their participation in extracurricular events.
- **De-clutter school notes/desk:** Students should recycle papers that are no longer needed and file papers that highlight concepts that they are still mastering. This is also the time to check that your child has all the supplies needed to finish the year strong.