

Parent Speaker Series

Spomenka Newman, Ph.D., Ph.D.

Tuesday, January 31, 2016 – 6 p.m.

Back by popular demand, FSAPS was thrilled to welcome **Dr. Spomenka Newman**. This session focused on the nonacademic and nonintellectual aspects of giftedness.

The uniqueness of gifted children is often defined by three characteristics that make their experiences different from an early age: *sensitivity, intensity, and perfectionism*. In addition to advanced intelligence and knowledge, gifted children have the capacity to feel more deeply earlier than their peers; they process experiences with greater emotional sensitivity; they experience life with seriousness and themselves with greater complexity; they have a stronger drive to succeed, and they focus their energies in pursuit of excellence earlier.

Dr. Muneer Ali

Tuesday, December 6, 2016 – 6 p.m.

Dr. Ali's topic of discussion, optimizing the brain and increasing performance at a higher level. Some highlights of what Dr. Ali covered:

1. Your brain systems and how to boost the chances for success
2. The essentials to a young adults brain healthy life and the 4 circle approach to health and brain performance
3. Importance of nutrition and regular brain-healthy habits to balance and optimize the student's brain
4. Simple ways to assure your child's concentration and memory skills
5. How to avoid conditions that can interfere with academic studies, the ability to focus on the task at hand and result in poor grades, and trouble with authority.

Dr. Maggie Wray, Ph.D
Tuesday, November 15, 2016 - 6 p.m.

Does your teen have the **organization, time management & planning skills** that are necessary to succeed in middle school, high school, college & beyond?
Does your child...

- Procrastinate on important projects?
- Lose track of time or forget deadlines?
- Have difficulty maintaining focus and motivation?
- Have trouble staying organized?

This may be a sign that your student has poorly developed executive skills. Students' executive skills can have a major impact on their performance in high school, college, and beyond. However, it can be very **difficult** for students **to change these behaviors on their own**, and **most schools provide little guidance** in how to develop these critical life skills.

Dr. Wray provided ideas, tips, and tools families can use at home to improve their kids' ability to manage time effectively, stay organized, and balance their busy schedule of challenging classes and demanding extracurricular activities.