

1:1 LIFE SKILLS INSTRUCTION

WWW.MICHELLEPTACEK.COM

- M-F homerooms for Davidson Young Scholars
- Online education business
- BA special education
- MA gifted education
- Doctoral student
- Master's thesis on social-emotional needs, literature, and gifted education



UNDERSTANDING GIFTEDNESS

- Asynchronous development
- High sensitivity as a biological trait
- Perfectionism (1, 2, and/or 3)
- Empathizing vs. systemizing
- Twice-exceptionality (2E)
- Handling high expectations
- Realistic expectations and self-acceptance
- Introversion/extroversion + The Big 5
- Multipotentiality pros and cons
- Theory of Positive Disintegration (Levels 1-3)
- Theory of Positive Disintegration (Levels 4-5)
- Overexcitabilities/intensities
- Maddening myths in gifted education
- Five things GT students need to succeed
- Humor and the gifted brain
- Underachievement or selective consuming?

EXECUTIVE FUNCTIONING + TASK MANAGEMENT

- What are executive functioning skills?
- Effective study habits
- Advocating for yourself as a divergent learner
- Time management tips (Eisenhower Matrix +)
- Coping with stress and anxiety
- Decision making strategies
- SMART goals /target mapping
- Problem solving exercises + bridges to progress
- Taking responsibility
- Understanding impulse control
- Kind vs. wicked learning environments
- Deliberate practice
- Effective note taking
- Learning vs. knowing

WELCOME

Each lesson is designed to take 25-30 minutes. Students leave the lesson with a summary that includes additional activities, journal prompts, and resources.

SOCIAL SKILLS

- Belonging vs. fitting in
- Choosing mentors and role models
- 10 common questions about friendship
- 12 tips for making friends
- Healthy friendships/apologies
- Working well with others
- Mixing friendship and projects
- Acting brain vs. thinking brain
- Friendship through metaphors
- Handling criticism and feedback
- Listening when you have a busy mind
- Beyond IQ (emotional intelligence)
- Handling frustration
- Using books, art, and music to handle emotions
- Tough emotions: Jealousy/envy
- Why some people fear success
- 10 Tips for beating performance anxiety
- Leadership
- Social-emotional journaling
- Handling teasing/learning assertiveness
- Arrogance vs. confidence

CREATIVITY

- Psychological flow states and creativity
- The five-stage creative process
- Analogous thinking
- Divergent thinking
- Beyond IQ (creativity quotients)
- Visualization/inventive thinking
- Learning from the minds of Da Vinci/Thomas Edison/Benjamin Franklin...
- Motivation and Life Balance
- Theory of multiple intelligences
- Growth mindset
- Bloom's Taxonomy /Maslow
- Thinking in pictures vs. in words
- Self-distancing and alter-egos
- Creative teams (conflict styles)

PHILOSOPHY / PSYCHOLOGY

- Beyond IQ (wisdom)
- Stop comparing yourself to others
- When there's no right or wrong answer
- Being flexible as an opinionated person
- Overwhelm
- Becoming well-rounded and whole
- Developing a personal philosophy
- Wise career routines for the 21st century
- The art of questioning
- Thinking clearly: Spotting cognitive distortions
- Worrying vs. planning
- Overthinking vs. self-reflection
- Tackling negative thinking

INDIVIDUALIZED / AGES 10+ / EXCELLENT REVIEWS