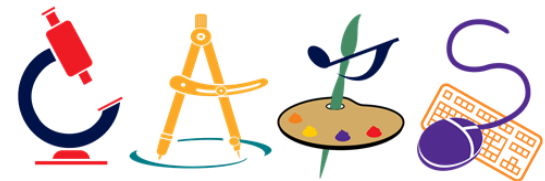


# Gifted Academy for Parents: *Asynchrony & Overexcitabilities*



C H A N D L E R

Academically Talented Students

**April Dailey**  
*Gifted Specialist*  
Chandler Unified School  
District

M.A. Gifted Education from  
Columbia University, NYC  
Teacher of the gifted for 14  
years in CUSD



**Dan Utrera**  
*School Counselor*  
Chandler Unified School District

M.A. Marriage & Family  
Therapy  
Licensed clinical professional &  
certified school counselor in AZ



# 24-25 Parent Sessions

## Gifted Students by Generation and Their Evolving Relationship with Technology

Thursday, September 19, 2024

6:00pm - 7:00pm

Location: Knox Gifted Academy,  
700 W. Orchid Ln., AZ 85225

## Gifted Children and Friendships

Thursday, October 24, 2024

6:00pm - 7:00pm

Location: Knox Gifted Academy,  
700 W. Orchid Ln., AZ 85225

## Book Study: A Parent's Guide to Gifted Children

January 16, 2025 (Part 1, Chapters 1-6)

February 20, 2025 (Part 2, Chapters 7-12)

6:00pm - 7:00pm

Location: Weinberg Gifted Academy -  
5245 S. Val Vista Dr., Gilbert

*Join us in a book study of: A Parent's Guide to Gifted Children (2023 edition) By: Edward Amend, Psy.D., Emily Kircher-Morris, M.Ed. LPC, Janet Gore, M.Ed.*

**We will tackle this book over two sessions. Feel free to attend one or both sessions.**

# Neurodiversity

**“Neurodiversity** refers to the **differences in brain structure** that lead to cognitive, sensory, and emotional differences.”

**“Giftedness is a form of neurodiversity;** the pathways leading to it are enormously variable, and so are children’s resulting learning needs.”

Other neurodiverse brain structures include: autism, ADHD, dyslexia, dyscalculia, dyspraxia, dysgraphia, Tourette syndrome

# Characteristics of Gifted

- Variety of Interests
- Excellent memory
- Long attention span
- Unusual curiosity
- Persistence in attacking difficult mental tasks
- Good problem solving/reasoning abilities
- Rapid learning ability
- High degree of energy
- Above average language development
- Heightened sensitivity
- Non-conformity behavior
- Keen powers of observation
- Vivid imagination
- Good sense of humor
- Sense of justice and moral sensitivity
- Preference for older friends

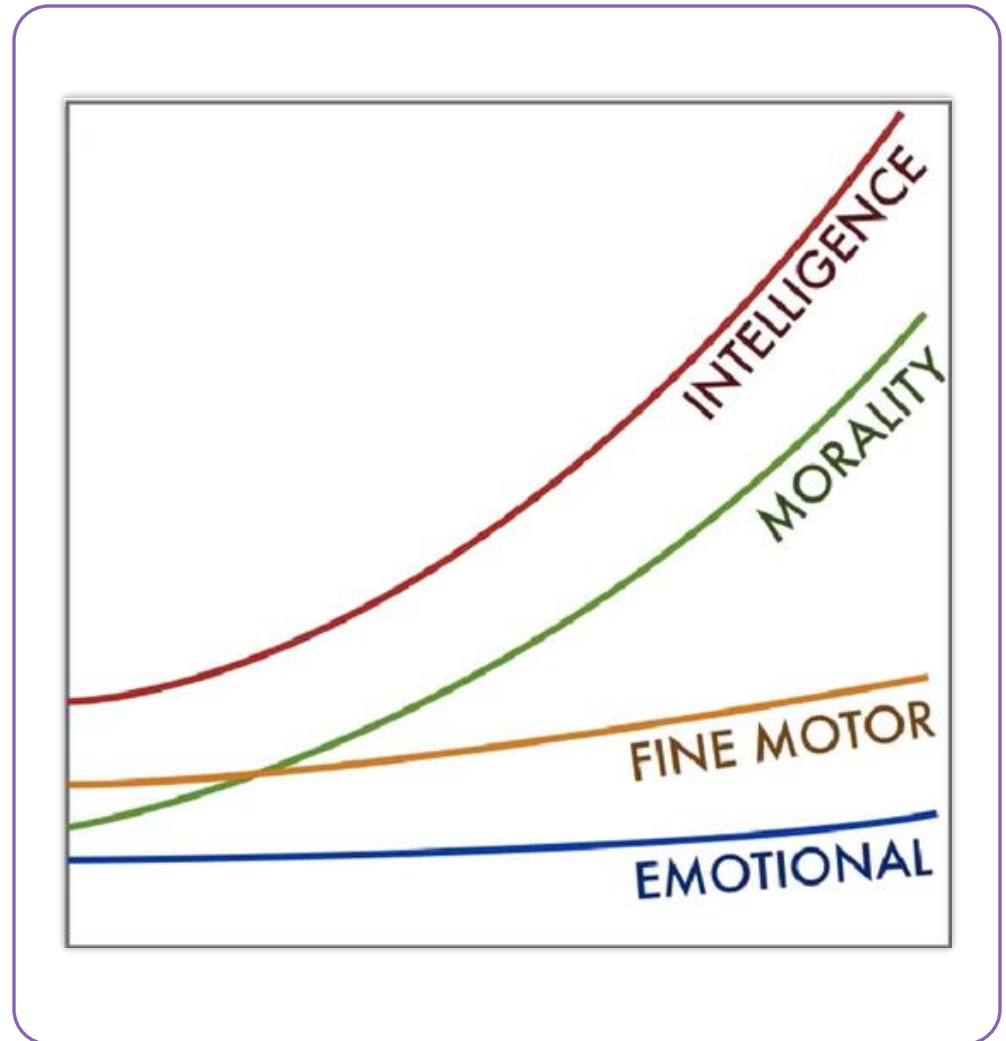
# Discussion

*How are gifted characteristics both a help and a challenge?*

# Asynchrony

**Gifted children may develop asynchronously.**

- Intelligence grows at a faster rate than emotional growth
- Intelligent vs. Smart
- Gifted does  $\neq$  high-achiever



# Asynchronous Development

“Asynchronous development is the hallmark of giftedness and in a very real sense, as gifted children mature they “grow into” their intellect and become more balanced, more normal. **The more extreme the intellectual advancement is; the more extreme is the asynchrony. Social and emotional development depends on the way we perceive and process information** and therefore is profoundly influenced by our intellect.”

- Jean Goerss





# Discussion

*What evidence of asynchrony have you seen at home?*

*What are some ways you help your child with their asynchrony?*



# Overexcitabilities

Expanded awareness and a heightened capacity to respond to stimuli of various types

# The Five Overexcitabilities

Psychomotor

Sensual

Imaginational

Intellectual

Emotional

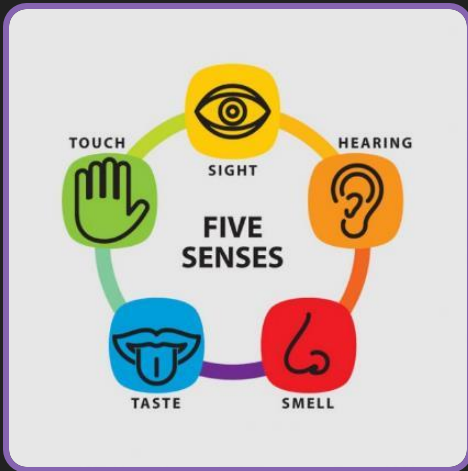
Think of overexcitabilities as an abundance of physical, sensual, creative, intellectual, and emotional energy.

# Psychomotor OE

- Surplus of energy
- Rapid speech
- Enthusiasm
- Impulsivity
- Competitiveness
- Misdiagnosed as ADHD



# Sensual OE



- Sensory pleasure: sight, sound, taste, touch, smell
- Appreciation of artistic beauty
- Overeating
- Overindulgence
- Needing to be the “center of attention”

# Imaginational OE



- Free play of imagination
- Dramatization
- Use of image and metaphor
- Creativity
- Elaborate dreams and fantasies
- Vivid visual recall

# Intellectual OE

- Probing questions/curiosity
- Problem solving
- Concentration
- Metacognition
- Analytical thinking
- Introspection



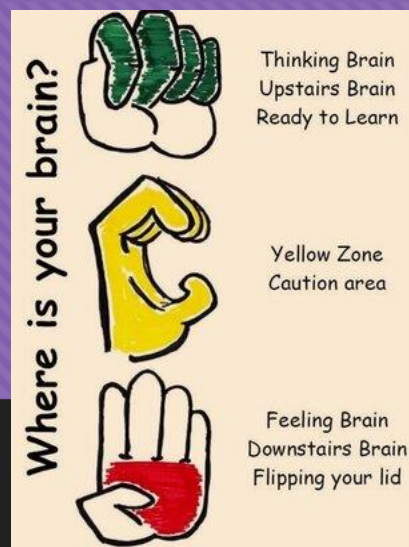


# Emotional OE

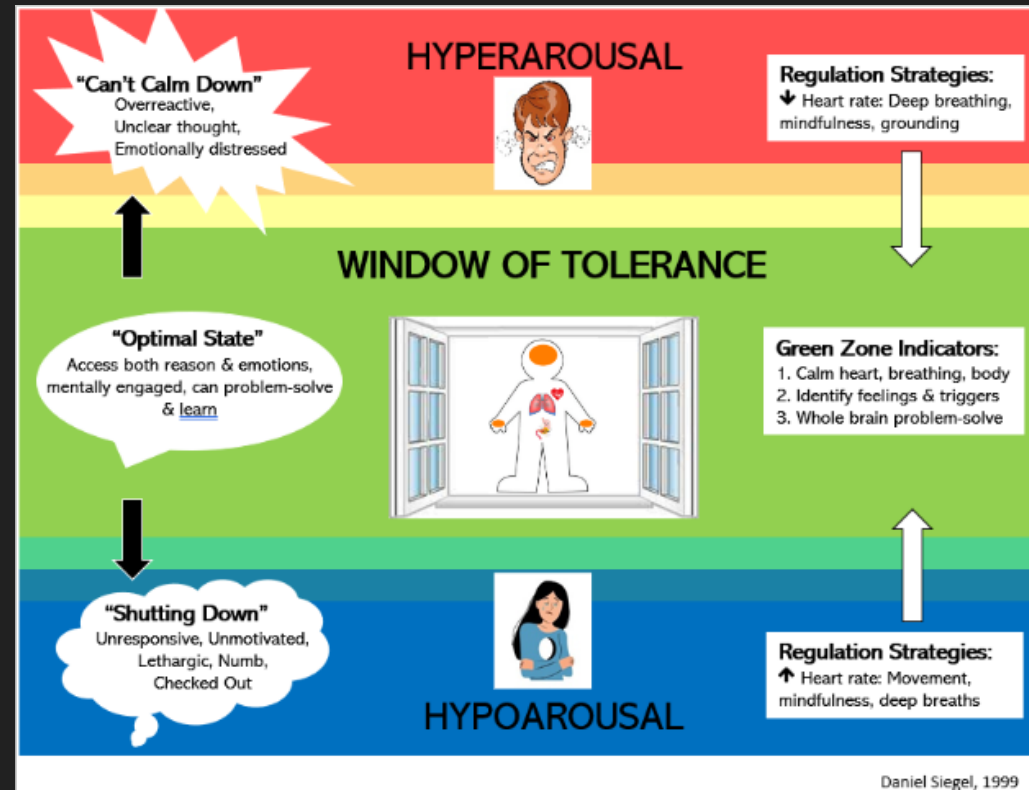
- Intense emotions
- Physical expression of emotion
- Compassion and empathy
- Inhibition
- Self-evaluation/self-judgment
- Fears, guilt, anxiety
- Strong attachments to others
- Strong affective memory



# Social-Emotional Sensitivities (aka 'big feelings')



- More intense feelings/emotions
- Misperceptions of social interactions
- Inflexible/fixed mindset/fight-flight

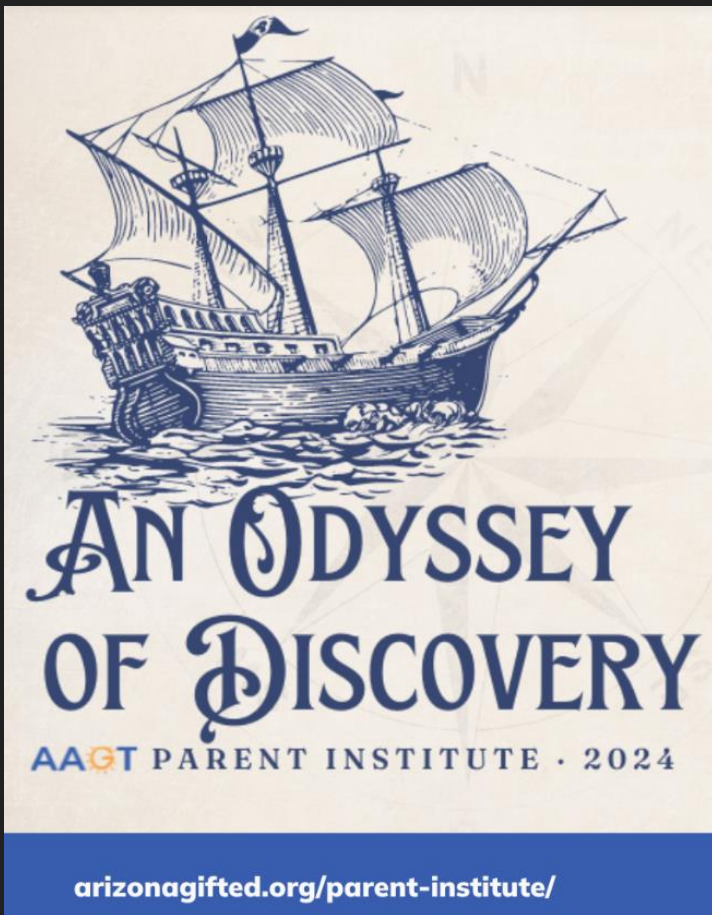


# Discussion

*What evidence of an overexcitability has your child exhibited?*

*No two gifted children are the same? How can talking with other parents of gifted children be helpful?*

# Resources



AAGT Parent  
Institute

Saturday,  
September 14th

Register at:  
[arizonagifted.org](http://arizonagifted.org)

## Gifted Academy for Parents Workshops

[Gifted Parent Session – Asynchrony & Overexcitabilities](#)

Thursday, September 7th, 2023

6:00pm - 7:00pm

Location: Ryan Elementary School, 4600 Bright Angel Way., Chandler

*Gifted students are often misunderstood due to their asynchrony and overexcitabilities. How do these traits manifest in the classroom? Psychologist Kazimierz Dabrowski has identified common characteristics of these overexcitabilities? What are some strategies for supporting these students?*

April Dailey, CUSD Gifted Specialist, & Dan Utrera, Weinberg Gifted Academy

Presentation

**Updated**

[Neurodiversity and Gifted Education](#) article

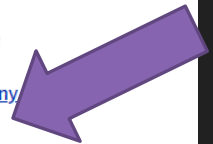
[NAGC Information for Parents on Asynchrony](#)

[Overexcitability Information from SENG](#)

[Neurodiversity Podcast](#)

[SENG Model Parent Group](#)

[AAGT Parent Institute](#)



**Gifted Students by  
Generation and Their  
Evolving Relationship  
with Technology**

**Thu. Sept. 19th – 6:00pm  
Knox Gifted Academy**

Please join us for our next session