



AIG Focus

Monthly Goal: I participate and cooperate in group work and classroom discussions.

How Introversion Can Impact Gifted People

Many intelligent people are introverted. Unfortunately, there are certain challenges introverts face, including the misunderstanding, judgment and scrutiny of others for being “different,” “quiet” and even mislabeled as “anti-social.”

Gifted children and teens who are introverted may become alienated in the classroom due to being quiet, preferring to work alone, and being advanced in one or more areas. They may also feel exceptionally exhausted after school, be irritable, and have emotional outbursts at the end of the school day.

If you or a loved one is an introvert struggling in an extroverted world, here are some tips to help you feel more connected, less pressured and more confident with who you are:

- Embrace who you are.
- Give yourself space as needed.
- Have a strategy in place before participating in social events.
- Try to find common ground with others.

- Have empathy.
- Participate in small group activities centered around common interests.
- Just say, “hi.”

Whether you are an introvert or not, it’s important to keep in mind that some people need time alone to recharge, and are more comfortable in small, intimate groups. If you are an introvert, or have friends or family who have introverted traits, try to schedule activities in advance to allow for prior planning, and do some activities that are centered around small groups instead of large crowds. This may be more enjoyable and will allow yourself or others to feel more comfortable and shine.

To learn more about the qualities and misconceptions of introversion, read the full article: [“How Introversion Can Impact Gifted People”](#) by Christy George.

Director’s Discussion

This month’s goal asks us to consider being part of a team as we learn. When I was teaching, I would often have students ask if they could just “work on their own.” In working with adults now, I hear the same request at times. There are certainly times when it is good (or even best) to tackle a task alone. However, I think it is best for us to ask two questions:

- “Why do I want to do this alone?” and
- “What am I missing if I do this alone?”

Steven Covey once said that we often, “Sacrifice effectiveness for efficiency.” If I want to do a task alone because it will be faster, is that always the best choice. Are there opportunities and options that I will miss out on if I go it alone?

If I notice myself consistently working alone, I need to pause and push myself to involve others. If I notice a student who is consistently working alone, they are likely missing out on the chance to learn many lifelong skills and traits like cooperation, perseverance, considering multiple perspectives, facing frustration, embracing partnership, and so much more.

Let us make sure our kids get all they can each day.

Dr. Michael Elder,
Director, College and Career Readiness

A note from your specialist...

Here is a snapshot of what we are doing in the AIG pullout groups.

Reading: Students worked through a ThinkLaw case for Thanksgiving involving critical thinking and looking at multiple perspectives. Students have been using logical thinking and inferencing to solve an Elf Enigma case.

Math: This month students are practicing math skills using The Great Elf Game. When we return from break, students will work solving algebraic equations using symbols with our Hands-on-Equations activities. Fifth grade students will do a quick review and then move to solving more advanced equations.

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