



Montgomery County  
Public Schools

## MCPS Resource Collection for Parents of Gifted and High Ability Students 2016-17 Catalog

The Office of Gifted Education in Montgomery County Public Schools is fortunate to be able to share an important resource with families of our students. We have compiled a Parent Resource Collection, which is a collection of books, reference materials, and other information that we are able to offer on a check-out basis for up to two weeks at a time. It is our hope that this collection of current educational and parenting resources will strengthen home and school connections. We would like to encourage our parents to participate effectively in their child's educational development and gain knowledge about gifted learners and other topics by using the materials available through our collection.

You can view the catalog online at: <http://www.mcps.org/gifted/parent.html> or request a paper copy from the gifted resource teacher at your child's school. Order requests can be submitted via email to: [giftedresource@mcps.org](mailto:giftedresource@mcps.org) or through the gifted resource teacher using the form at the end of this catalog. Books will be checked out through the school library system in your child's name and are to be returned to the Gifted Resource Teacher in their school.

### Annotated Bibliography of Materials

**Anxiety-Free Kids** Bonnie Zucker (2008) Using a unique two-books-in-one approach this is a practical, reader-friendly book for parents and a fun workbook for kids covering the six most commonly occurring anxiety disorders in childhood.

**Becoming an Achiever: A Student Guide** Carolyn Coil (2004) This book is for the student who wants to become an achiever. Both the narrative and the forms are an important part of the process. Discover and boost your strengths! Identify and improve your weak points! You can become an achiever! You can be a success! Includes a CD

**The Best Competitions for Talented Kids** (2013) Ideal for students and families seeking scholarship money and national recognition for skills and abilities in academics, the arts, leadership, and community involvement.

**The Best Summer Programs for Teens** (2014-2015) This book can help teenagers find the coolest, most exciting, and most fulfilling summer programs across the United States. College-planning expert Sandra L. Berger provides students and parents with advice on using summer opportunities to help gain entrance into selective universities, and guidance on researching, choosing, applying for, and making the most out of summer programs.

**Bookmarked: Teen Essays on Life and Literature from Tolkien to Twilight** Edited by Ann Camacho (2012) Being a teen today isn't easy. But in the words of timeless stories, you may find hope, insight, and guidance. In revealing essays, the young writers share their stories as they explore issues from family and friendships to fears about the future. They also reflect on how literature has influenced their lives, goals, and beliefs.

**Bright, Talented, & Black** Joy Lawson Davis (2010) Based on her personal experience as a parent, as well as a gifted education professional, the author provides essential information and practical suggestions to help parents and educators who work with bright, talented, African American children.

**College 101: A Girl's Guide to Freshman Year** [2 copies] Written from the honest, humorous, and relatable first-person perspective of a young woman who recently experienced her freshman year of college.

**College Planning for Gifted Students** Sandra L. Berger (2006) This book leads students through the college-planning process, moving from self-exploration, to college matching, to the application process. The author focuses specifically on helping gifted students discover who they are, and how that discovery corresponds to finding the perfect postsecondary endeavor. She also provides advice for writing college application essays, requesting recommendation letters, visiting colleges, and acing the college entrance interview.

**College Planning for Gifted Students** - Updated edition Provides strategies for putting together a successful application, emphasizing a "best-fit" approach to finding the right college.

**Competitions for Talented Kids** Frances A. Karnes and Tracy L. Riley (2005) This is a listing of national competitions available for students. Ideal for students and families seeking scholarship money and national recognition for skills and abilities in academics, the arts, leadership, and community involvement. This book includes information on who to contact, how to enter, prizes, judging criteria, contest origin, significant dates, and tips from the contest organizers themselves.

**Coping for Capable Kids: Strategies for Parents, Teachers, and Students** Leonora Cohen (2006) From solving social problems, to dealing with perfectionism and developing time-management strategies, to mastering goal-setting, this book is a comprehensive guide for gifted kids, their parents, and teachers. Based on years of research and experience, this book is actually two books in one: an exciting, easy-to-read, high-interest book for bright students and a book for parents and teachers.

**Different Minds: Gifted Children with AD/HD, Asperger Syndrome, and Other Learning Deficits** Deirdre V. Lovecky (2004) Through recognizing, explaining and exploring the different levels and kinds of giftedness, this book provides an insight into the challenges and benefits specific to gifted children with attention difficulties. Lovecky guides parents and professionals through methods of diagnosis and advises on how best to nurture individual needs, positive behavior and relationships at home and at school, using case studies to illustrate emotional, intellectual, creative and social development.

**Dr. Tightwad's Money-Smart Kids: Teach Your Kids Sound Values for Wiser Saving, Earning, Spending, and Investing** Janet Bodnar (1993) Convincing kids that cash doesn't just pop out of bank machines isn't a task most parents relish. Here's the help you need to turn your kids into super savers, savvy shoppers, and cautious users of credit. You can teach them how money works: how to see through advertising hype, use their income wisely, and live independently when the time comes. You'll also learn how to identify *your* "money style", set limits, and reaffirm values you want to share with your children.

**Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings** Christine Fonseca (2010) Designed to provide support for the difficult job of parenting and teaching gifted children, this book provides the resource parents and teachers need to not only understand why gifted children are so extreme in their behavior, but also learn specific strategies to teach gifted children how to live with their intensity.

**Early Gifts: Recognizing and Nurturing Children's Talents** Paula Olszewski-Kubilius, Lisa Limburg-Weber and Steven Pfeiffer (2003) This resource offers solid advice and guidance for parents of gifted and talented children. Leading experts discuss how to recognize and nurture talent in preschool and elementary school aged children. An introductory chapter provides a framework for understanding the major contributing factors to the development of talent in the home, the school, outside programs, and the personality of the individual child. The next seven chapters each deal with the major talent areas.

**Fighting Invisible Tigers: Stress Management Guide for Teens** Earl Hipp (2008) Research suggests that adolescents are affected by stress in unique ways that can increase impulsivity and risky behaviors. While eliminating stress from life isn't realistic, young people can learn to control how they respond to it. This book offers proven techniques that teens can use to deal with stressful situations in school, at home, and among friends. They'll find current information on how stress affects health and decision making and learn stress-management skills to handle stress in positive ways—including assertiveness, positive self-talk, time management, relaxation exercises, and much more. Filled with interesting facts, student quotes, and fun activities, this book is a great resource for any teen who's said, "I'm stressed out!"

**Free College: Resource Book** Doug Hewitt and Robin Hewitt (2010) This book takes students and parents through the process of weighing options for college funding, including scholarship searches, grants, savings plans, differences between financial aid options and which financial aid programs provide the best benefits to students, and other sources of money for paying college tuition and fees. This book shows students how to find sources of funding and prepare winning essays, applications, and interview responses to ensure they meet their financial aid goals.

**Freeing Our Families from Perfectionism** Thomas S. Greenspan, Ph.D.(2001) Perfectionism is not about doing our best. It's about feeling that we're never good enough- a burden that takes a heavy toll. In this book, a psychologist and therapist describe a healing process for transforming perfectionism into healthy living practices and self-acceptance.

**Games** – see descriptions at end of catalog

**The Gifted Kids Survival Guide: For ages 10 and Under** Judy Galbraith, M.A (2009) Help gifted children in the elementary grades realize they're not alone, they're not "weird," and being smart is a bonus, not a burden. The third edition of the *Survival Guide* is fully revised and updated for today's bright, creative, talented kids. Based on 1,000 new surveys of gifted kids, it speaks directly to all gifted kids, in their language.

**The Gifted Kids Survival Guide: A Teen Handbook** Judy Galbraith, M.A. & Jim Delisle, Ph.D.(1996) Aimed at kids in grades 6-12, this revised classic features new facts and findings about giftedness, intelligence, testing, and IQ; school survival, school success, and learning; goal-setting, planning for the future, and college preparations; expectations, time management, and perfectionism; friend, family, and relationships; stress, depression, and other mental health issues; and much more.

**The Gifted Teen Survival Guide: Smart, Sharp, and Ready for (Almost) Anything** Judy Galbraith & Jim Delisle (2011) In this book, find stories and quotes from other gifted teens, learn what being gifted and intelligent actually mean, get to know your brain, build a better school day, discover virtual learning, find a cure for the common college ... and more!

**Good-bye Bully Machine** Debbie Fox and Allan L. Beane, Ph.D. (2009) “A must-read for anyone who cares deeply about creating a bully-free environment, and a great book for children of all ages to see how they can help stop bullying in its tracks.” –Barbara Coloroso, author of “The bully, the Bullied, and the Bystander.”

**Growing Up Gifted: Developing the Potential of Children at Home and at School** Barbara Clark (2008) This book was written to help adults understand how some children can grow to have developing minds that process information quickly, with integration of a broad range of ideas and sources, and that find connections in ways that are complex and new.

**Helping Gifted Children Soar: A Practical Guide for Parents and Teachers** Carol A. Strip, Ph.D. with Gretchen Hirsch (2000) This user-friendly guidebook educates parents and teachers about important gifted issues such as working together, evaluating classroom programs, forming parent support groups, choosing appropriate curriculum, meeting social and emotional needs, surviving the ups and down, and much more!

**Helping the Child Who Doesn't Fit In** (1992) Stephen Nowicki and Marshall Duke

**Higher Ground – Preparing African-American Children for College** Leah Latimer (1999) Essential Information for parents about preparing your child for college at an early age, finding the best elementary and high schools, pinpointing scholarships and enrichment programs, and making the right educational choices.

**How to Parent So Children Will Learn: Strategies for Raising Happy, Achieving Children** Dr. Sylvia Rimm (2008) The author provides practical, compassionate, no-nonsense advice for raising happy, secure, and productive children, from preschool to college. Easy-to-follow parent pointers, sample dialogues, and boxed step-by-step examples show parents how to: select appropriate rewards and punishments, decrease arguments and power struggles, set limits for children, encourage creativity in children, encourage appropriate independence without over empowering children, guide your children toward good study habits, and much more.

**I'm not Just Gifted: Social-Emotional Curriculum for Guiding Gifted Children** (2015) Christine Fonseca This is a guide to helping gifted children in grades 4-7 as they navigate the complicated social and emotional aspects of their lives.

**Inspiring Middle School Minds: Gifted, Creative, and Challenging** Judy A. Willis, M.D., M.Ed. (2009) Using the findings of brain research, this book shows how different parts of the brain react and interact to either ignite or snuff out learning, and explains how parents and teachers can inspire individual students to fully “activate” their brains.

**Involving Parents in Schools** Dr. Kathy Steele (1996) This book is a resource for parents as they discover ways in which they can impact the school. It offers many practical and creative ways to share your interests and expertise with children.

**Keys to Parenting the Gifted Child, 3<sup>rd</sup> Edition** Sylvia Rimm (2006) Unlock your gifted child's potential, without the hothouse! Discover what it takes to help children experience the joys of learning with more than 40 helpful keys! Each key can open a new door to success, without taking a toll on your child's personality and imagination. Parents have many questions and concerns, and Dr. Sylvia Rimm brings them one step closer to finding answers.

**The Kid's Guide to Service Projects**, by Barbara Lewis (2<sup>nd</sup> edition 2009) Over 500 service projects for young people who want to make a difference.

**Learning Outside the Lines** Jonathan Mooney and David Cole (2000) Two Ivy League students with learning disabilities and ADHD give you the tools for academic success and educational revolution.

**Letting Go of Perfect: Overcoming Perfectionism in Kids** Jill L. Addelson & Hope E. Wilson (2009) This book pinpoints a crippling state of mind among many kids today – the need to be absolutely perfect – and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage.

**Life in the Fast Brain: Keeping Up With Gifted Minds** Karen Isaacson (2007) A sequel to *Raisin' Brains: Surviving My Smart Family*, this book keeps the laughs coming!

**Life Lists for Teens** Pamela Espeland (2003) “Tips, steps, hints, and how-tos for growing up, getting along, learning, and having fun.” This is a book of self-help lists. Teens can use them to help themselves do, achieve, become, or be something or someone that matters.

**Living with Intensity** Susan Daniels & Michael M. Piechowski (2008) Gifted children and adults are often misunderstood. Excitement is viewed as excessive, high energy as hyperactivity, persistence as nagging, imagination as inattention, and passion as being disruptive, strong emotions as immaturity, creativity and self-directedness as oppositional. This resource describes strategies for dealing with these and provides essential information about Dabrowski's Theory of Positive Disintegration.

**Losing our Minds: Gifted Children Left Behind** Deborah L. Ruf (2005) Keep your gifted child or student from falling behind by figuring out just how gifted they really are. How? By taking a look at the real-life experiences of 50 other families and their bright children. The children are classified into five levels of giftedness based on behaviors and developmental milestones, giving parents and educators a reference guide to compare with their own gifted children or students. Also provides advice for educational planning.

**A Love for Learning: Motivation and the Gifted Child** Carol Strip Whitney with Gretchen Hirsch (2007) Spark the motivation in your gifted child or student! Keep them eager and excited at home and in the classroom! Gifted children are susceptible to many de-motivating factors, which can lead to depression and academic underachievement. Features the Four C's of Motivation: Creating Challenge, Creating Control, Creating Commitment, Creating Compassion.

**Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders** James Webb, Ph.D., Edward Amend, Psy.D., Nadia Webb, Psy.D., Jean Goerss, M.D., M.P.H., Paul Beljan, Psy.D., Richard Olenchak, Ph.D. (2005)

**Motivating Underachievers** Carolyn Coil (2001) A teacher-parent strategy book

**Moving Past Perfect: How Perfectionism May Be Holding Back Your Kids (and You!) and What You Can Do About It** Thomas Greenspon (2012) Perfectionism affects many families, and you can move past it. Perfectionism isn't about the healthy pursuit of high goals. Instead, it's about believing that if we can just

do something perfectly, other people will love and accept us - and believing that if we can't be perfect, we'll never be good enough. This can be a hard burden to carry. But there's good news: you can make positive changes that will enrich your children's lives, and your own.

**On the Social and Emotional Lives of Gifted Children**, by Tracy Cross, PhD This book tackles important and timely issues dealing with the social and emotional needs of today's gifted children, including who gifted children are and what giftedness means; how parents, teachers, and counselors can guide gifted children; the issues facing gifted students in the 21st century such as technology and terrorism; and how the education of gifted children can adapt for the future.

**Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy** Rachel Simmons (2004) The author invited girls to describe their own experiences of being bullied or bullying other girls. She offers advice throughout the book, giving girls both voice to their feelings and help for the future.

**One Hundred Books for Girls to Grow On** Shireen Dodson (1998) Includes lively descriptions of the most inspiring books for girls, terrific discussion questions to spark conversation, and great ideas for book-inspired activities, crafts, and field trips.

**Ophelia Speaks: Adolescent Girls Write About Their Search for Self** Sara Shandler (1999) A poignant collection of original pieces selected from more than eight hundred contributions, *Ophelia Speaks* culls writings from the hearts of girls nationwide, of various races, religions, and socioeconomic backgrounds. Ranging in age from twelve to eighteen, the voices here offer a provocative and real view on a variety of issues.

**Parenting Gifted Kids: Tips for Raising Happy and Successful Children** James R. Delisle (2006) This book provides a humorous, engaging, and encouraging look at raising gifted children today. The author offers practical advice that will cause parents to reexamine the ways they perceive and relate to their children. Topics include understanding a child's giftedness, working with the school system, dealing with perfectionism in gifted kids, and being adult role models for children.

**A Parents' Guide to Gifted Children** James T. Webb, Janet L. Gore, Edward R. Amend, Arlene R. DeVries (2007) This invaluable resource provides information for parents in areas such as: Characteristics of gifted children; Peer relations; Sibling issues; Motivation & underachievement; Discipline issues; Intensity & stress; Depression & unhappiness; Educational planning; Parenting concern; Finding professional help; and much, much more!

**Peak Performance for Smart Kids** Maureen Neilhart (2008) This book provides success strategies, activities, tools, real-life examples, and checklists for parents to employ to help their kids achieve to their highest potential. Even the most talented child will not succeed if he or she has not developed the mental, psychological, and emotional skills to face the heavy demands of high performance. The author examines 7 mental habits of successful kids, providing practical approaches for developing them in talented children of all ages into his easy to read guide for parents and teachers.

**Perfectionism: What's Bad About Being Too Good?** Miriam Adderholdt & Jan Goldberg (1999) This book explains the differences between healthy ambition and unhealthy perfectionism and gives straight strategies for getting out of the perfectionist trap--from recognizing the symptoms to rewarding yourself for who you are, not what you do. It explains why some people become perfectionists, what perfectionism does to the mind and body, why girls are especially prone to it, and more.

**Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons** Filled with practical knowledge, resources, and tools needed to help parents address the many strengths and challenges of boys with ADHD, this book provides parents with encouragement and hope for the future.

**Raisin' Brains: Surviving My Smart Family** Karen L. J. Isaacson (2002) Laugh out loud with Karen Isaacson's delightfully energetic stories on life with an eclectic gifted and creative family! Humor like this helps parents and teachers maintain a badly-needed sense of perspective.

**Raising a Gifted Child: A Parenting Success Handbook** Carol Fertig (2008) Raising gifted children isn't easy, but when armed with the practical knowledge and tools in this exciting book, parents can navigate the maze of raising bright kids, leading to success in school and beyond. This book offers a large menu of strategies, resources, tips, and suggestions for parents to find optimal learning opportunities for their kids.

**Raising Girls with ADHD: Secrets to Parenting Happy, Healthy Daughters** James W. Forgan Ph.D. and Mary Anne Richey M.S.Ed. (2014) Provides parents with specific action steps to help their daughters. Includes strategies for helping preschoolers through teenagers. Gives parents hope and encouragement for their child's success.

**Raising Preschoolers: Parenting for Today Dr. Sylvia Rimm** (1997) A companion volume to a NBC-produced video with Dr. Sylvia Rimm and Katie Couric, this book is the complete guide to helping your preschool children start down the road to an achieving, happy life.

**Re-Forming Gifted Education** Karen B. Rogers (2002) The author describes various types of gifted children, as well as options for school enrichment and acceleration. She reports the effectiveness for each option according to the research. From her years of experience consulting with schools, she shows parents and teachers practical ways to design ongoing programs that best meet the needs of bright children.

**School Success for Kids with ADHD** Stephan M. Silverman, Jacqueline S. Iseman, and Sue Jeweler (2009) This book offers parents and teachers the support they need to ensure children with attention deficits build on their strengths, circumvent their weaknesses, and achieve to their fullest potential.

**School Success for Kids with Asperger's Syndrome** Stephan M. Silverman and Rich Weinfeld (2007) Children with Asperger's have average to above-average intelligence, but often have obsessive interests, are socially awkward, and do not understand the subtleties of language and conversation. With concentrated effort on the part of parents and educators, these children can begin to overcome the difficulties of this disorder and find success in school and life.

**See Jane Win** Sylvia Rimm (1999) The Rimm Report on how 1,000 girls became successful women.

**See Jane Win for Girls: A Smart Guide to Success** Sylvia Rimm (2003) This book gives girls the "I Can" tips and tools they need to be confident, capable, eager to learn, and ready to lead. The comments and experiences of successful women inspire young readers; practical advice and encouragement guide them to make positive changes and choices. Girls learn to win in all areas of their lives. Includes quizzes and resources.

**Smart Boys: Talent, Manhood, and the Search for Meaning** Barbara A. Kerr & Sanford J. Cohn (2006) This book has practical suggestions for parents and teachers who work with smart boys, as well as thought-provoking insights about gifted men.

**Smart But Scattered** Peg Dawson and Richard Guare (2009) Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines.

**Smart Girls: A New Psychology of Girls, Women & Giftedness** Barbara A. Kerr (1997) Neither a second edition nor a sequel, Kerr describes her book as "a transformation and extension of the original material, based on a new understanding of the lives of gifted women." It is influenced by a 20 year follow-up to the original group of women for whom *Smart Girls, Gifted Women* was written. This book continues to help parents, educators, and counselors understand and guide talented girls.

**Smart Kids with Learning Difficulties: Overcoming Obstacles & Realizing Potential** Rich Weinfeld, Linda Barnes-Robinson, Sue Jeweler & Betty Roffman Shevitz (2006) The purpose of this book is to guide parents and educators toward identifying and planning for smart kids with learning challenges so that they will reach their true potential.

**So This Is Normal Too? Teachers and Parents Working Out Developmental Issues in Young Children** Deborah Hewitt (2002) Children's perplexing behaviors don't need to drive you crazy. Learn how to deal with temper tantrums, biting, lying, sexual curiosity, and separation anxiety. This book gives a developmental explanation for 16 challenging behaviors and suggests ways to create a practical action plan for helping children learn appropriate behaviors. The suggestions and techniques are grounded in guidance foundations and filled with common sense.

**The Social and Emotional Development of Gifted Children: What Do We Know?** Maureen Neihart, Sally M. Reis, Nancy M. Robinson, and Sidney M. Moon (2001) This book offers an examination of the essential topics teachers, parents, and researchers need to know about the social and emotional development of gifted children. Initiated by a task force convened by the National Association for Gifted Children and written by leading scholars in the field of gifted education, this book includes chapters on peer pressure and social acceptance, resilience, delinquency, and underachievement. The book also summarizes several decades' worth of research on special populations.

**The Social and Emotional Lives of Gifted Kids: Understanding and Guiding Their Development** Tracy L. Cross (2005) In this book, the nation's leading authority on the psychology of gifted children offers advice and encouragement for both parents and teachers. In a thoughtful, conversational style, the author offers an in-depth look at the complex social and emotional issues faced by gifted children. Dr. Cross uses personal insight and current research to address the experiences of gifted students, how they cope with mixed messages in a constantly changing society, how they manage their way through school and home, and how parents and teachers can help them cope. The book contains practical suggestions and ideas for guiding and supporting the development of gifted children.

**Some of My Best Friends are Books: Guiding Gifted Readers from Preschool to High School** Judith Wynn Halstead (2009) Because gifted readers often intensely identify with characters, good books can provide bridges to new insights and better communication of feelings, values, and decision making, while also fostering intellectual and creative development.

### **Stand Up For Your Gifted Child: How to Make the Most of Kids' Strengths at School and at Home**

Joan Franklin Smutny (2001) This practical guide makes you a powerful advocate for your child at school and at home. You'll learn what giftedness is (and isn't), how to recognize your child's gifts, how to understand his or her school problems, and how to find out your district's policy on gifted education.

### **Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem**

Gershen Kaurman, Lev Raphael and Pamela Espeland (1999) Aimed at helping kids build self-esteem and be more assertive. In simple words and real-life examples, it shows you how to stick up for yourself with other kids (including bullies and teasers), big sisters and brothers, even parents and teachers. It tells you things you can say without putting people down, and things you can do without getting into trouble. You'll also learn about yourself and what's important to you.

### **The Survival Guide for Kids with Autism Spectrum Disorders (and Their Parents)**

Elizabeth Verdick & Elizabeth Reeve (2012) Meant to be read with a parent, this book addresses big questions and provides strategies for communicating, making friends, and succeeding in school. Special emphasis is placed on helping children handle intense emotions and behaviors and get support from their "team of helpers" when needed. Think of this as a handbook.

### **The Survival Guide for Parents of Gifted Kids: How to Understand, Live With, and Stick up for Your Gifted Child**

Sally Yahnke Walker (2002) This guide for parents is friendly, inviting and full of information to make life easier for you and your child. You'll learn what "giftedness" means, how kids are identified as gifted and what's good-and bad- about the label. You'll find how to keep from raising a "nerd," how to prevent perfectionism and when to get help. And you'll learn how to advocate for your child's education at school and in your state.

### **Sylvia Rimm On Raising Kids – A Newsletter To Help Parents and Teachers**

This is a quarterly newsletter with articles written by Dr. Sylvia Rimm, Ph.D. She is a widely published researcher and is also director of the Family Achievement Clinic. This clinic specializes in working with capable children who are not performing to their abilities in school. Gifted children are the clinic's specialty. We have permission from the publisher to photocopy the newsletter. Please request by title:

- Getting Ready for Kindergarten
- How to Parent So Children Will Learn
- Solving the Mysterious Underachievement Problem
- Helping Girls Build Optimism and Resilience – The I CAN Girl
- Growing Up Too Fast – High School Students At High Risk
- A United Front
- Keys to Parenting Your Gifted Child
- Children with Fears and Fearful Children
- So Your Child is Gifted!
- How to Parent So Children Will Learn – Vol 2
- Visiting Colleges and Decision Making
- Bright Kids, Poor Grades: And What You Can Do About It
- How Over Empowerment Leads to Underachievement
- What's Wrong with Perfect?
- Raising Amazing Boys
- Learning Disabilities

**Take Control of Asperger's Syndrome** Janet Price and Jennifer Engel Fisher (2010) "The Official Strategy Guide for Teens With Asperger's Syndrome and Nonverbal Learning Disorder" A unique handbook for kids and teens on living successful lives with these disorders by taking control of their strengths to overcome their weaknesses. The authors provide tips on understanding the disorders, living with the symptoms, succeeding in school, completing homework, talking to others about strengths and needs,

making friends and socializing, and using technology to connect with other kids and teens with these disorders.

**Take Control of OCD** Bonnie Zucker (2011) A unique guide for kids ages 10-16 with Obsessive-Compulsive Disorder to help them take control of their disorder and find success in school and in life. Focusing on helping kids change their obsessive thoughts, tolerate uncertainty, develop positive self-talk and stress management, find successful relaxation procedures, and face their fears, the book includes workbook-style pages for kids to complete.

**Teen Cyberbullying Investigated: Where do your Rights End and Consequences Begin?** Judge Tom Jacobs (2010) This book will help you to understand your rights of free speech and privacy in the Internet age. You will learn what cyberbullying is and what you can do about it. Each chapter features a landmark court case involving teens and charges of cyber bullying, explains the resulting decision, and urges you to think about how it affects your life.

**The Teen Guide to Global Action: How to Connect with Others (Near & Far) to Create Social Change** This book includes real-life stories to inspire young readers, plus a rich and varied menu of opportunities for service, fast facts, hands-on activities, user-friendly tools, and up-to-date resources kids can use to put their own volunteer spirit into practice. It also spotlights young people from the past whose efforts led to significant positive change.

**Teen Success! Jump Start Ideas to Move Your Mind** Beatrice J. Elye with Catherine A. Southwick (2000) This unique self-discovery guidebook and journal is perfect for any talented high school or early college student. A former science teacher, Elyé found that many of her bright students were full of dreams, but often lacked specific skills in areas such as decision making, time management, and leadership, which they would need to succeed.

**The Teenagers' Guide to School Outside the Box** Rebecca Green (2001) This book shares alternative learning opportunities ("if you're feeling boxed in by high school"), then explains how to scout them out, how to decide what is right for you, how to prepare, what to expect, how to overcome barriers, and how to make the most of whatever you choose to do. Chapters share information on: volunteering, dual enrollment, early admission, mentors, internships, apprenticeships, studying abroad, and more.

**10 Days to a Less Distracted Child** Jeffrey Bernstein (2007) A fresh, practical, and completely original take on handling inattentive/hyperactive children. Anecdotal examples throughout help parents understand their kids, improve focus and organization at school, and eliminate other distracted or inappropriate behaviors at home.

**They Say My Kid's Gifted Now What?** Richard F. Olenchak (1998) This book acts as a quick, easy-to-use guide for parents of gifted kids. Developed by the National Association for Gifted Children, this book shows parents how to become informed, effective partners when working with schools. It also is a resource for teachers to recommend to parents who seek more information about gifted education. This handbook offers a jargon-free introduction to working with schools to help ensure a quality educational experience.

**100 Things Guys Need to Know** The author surveyed over 500 boys ages 9-13 about what it's like to grow up today. Graphic-novel-style illustrations, quotes from real boys, results from genuine surveys, inspiring stories, and facts to keep boys interested and give them the info and advice they're looking for. From family

life to fitting in, the book is divided into six major sections: You; Body and Mind; Family; School; Relationships; Future. *[parents are requested to review the content of the book before sharing with their children]*

**Too Perfect** Trudy Ludwig (2009) A picture trade book for student readers. The author explores the relentless and destructive drive for perfection, and the freedom that comes from accepting one's self - told from the perspective of two young characters: Maisie and Kayla.

**Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes you Crazy** Annie Fox and Ruth Kirshner (2005) Learn about stress and understand how it affects your brain and body – how it blocks you from thinking clearly and making good choices, how it keeps you off balance and wears you down. A guide book for how to not let stress ruin your life, how to stay cool and make smart choices.

**Twice-Exceptional Gifted Children: Understanding, Teaching, and Counseling Gifted Students** Beverly Trail (2011) A guide to understanding, teaching, and counseling gifted students. Gifted students with disabilities, also referred to as twice-exceptional children, need the strategies in this book to find success in the regular classroom.

**The Ultimate Guide to Summer Opportunities for Teens** Sandra Berger (2007) The author provides students and parents with advice on using summer opportunities to help gain entrance into selective universities, and guidance on researching, choosing, applying for, and making the most out of summer programs. Includes a directory of more than 200 of the best summer opportunities in the areas of academic enrichment; fine arts; internships and paid positions; leadership and service; math, science, computer science, and technology; and study abroad or international travel.

**Understanding and Nurturing Nonverbally Gifted Learners** This book is addressed to all those parents who wonder about their child's flashes of brilliance but cannot quite lay a finger on a particular gift. It's addressed to teachers who see the same gleam in a student's eyes. Finally, it's addressed to parents whose children have already been identified gifted and talented through their school district and whose children may or may not be served by gifted and talented programs designed specifically to meet the needs of nonverbally gifted students. *2 copies*

**Video Games & Your Kids: How Parents Stay in Control** Hilarie Cash and Kim McDaniel (2008) Can you, as a parent, stop video games from harming your child? How does playing video games affect your child's development? What do you do if your child spends too much time gaming? When should you say, "Enough!" and why? This book answers these questions and gives gaming advice as it provides tools to set limits at each stage of life, from birth to teens.

**What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids** Peter L. Benson, Judy Galbraith, Pamela Espeland (1998) Based on nationwide studies, researchers have identified 40 Developmental Assets all kids need in their lives – good things like family support, a caring neighborhood, and resistance skills. This book introduces the assets, and then gives more than 900 concrete suggestions for building them at home, at school, in the community, and in the congregation.

**What Smart Students Know: Maximum Grades, Optimum Learning, Minimum Time** Adam Robinson (1993) Discover: How smart students think about school, How smart students learn, How smart students approach different subjects, How smart students get their grades, How smart students put it all together.

**What To Do When Good Enough Isn't Good Enough (A Kid's Guide)** Thomas Greenspan (2007)  
Written to and for ages 9–13, this book helps kids understand how perfectionism hurts them and how to free themselves. Includes true-to-life vignettes, exercises, and a note to grown-ups.

**When Gifted Kids Don't Have All the Answers: How to Meet Their Social & Emotional Needs**  
Jim Delisle & Judy Galbraith (2002) Real-life strategies and solutions for meeting gifted kids' social and emotional needs and creating the gifted-friendly classroom. Topics include: identification, supersensitivity, self-esteem, perfectionism, underachievement, and trouble signs to watch for.

**When Nothing Matters Anymore** (suggested for teens in grades 7+) A guide to understanding and coping with depression, discussing the different types, how and why the condition begins, how it may be linked to substance abuse or suicide, and how to get help.

**Why Bright Kids Get Poor Grades: And What You Can do About It** Dr. Sylvia Rimm (1998)  
The author describes a realistic, compassionate, no-nonsense, six-step program to reverse the epidemic of underachievement that exists in today's schools. This manual, for parents and teachers, contains practical advice, step-by-step examples, and sample dialogue to use with bright but underachieving children.

**Why Can't My Son Read?** Success strategies for helping boys with dyslexia and reading difficulties

**Words Wound: Delete Cyberbullying and Make Kindness Go Viral** This book gives lots of practical ideas for staying safe, being respectful, spreading kindness, and standing up for others - online and off.

**You Know Your Child is Gifted When...A Beginner's Guide to Life on the Bright Side**  
Judy Galbraith (2000) A lighthearted introduction to growing up gifted, this book blends humorous cartoons with solid information on giftedness. First-person stories from parents offer reassurance and insights. This book is suggested for parents and educators of gifted students in grades PreK-4.

**You're Smarter Than You Think: A Kid's Guide to Multiple Intelligences** Thomas Armstrong (2002)  
In clear, simple language, the author introduces the theory, explains the eight intelligences, and describes ways to develop each one. Resources describe related books, software, games, and organizations. As kids read the book, try the ideas, and check out the resources, they stop asking "How smart am I?" and start asking "How am I smart?" This powerful learning tool is recommended for all kids—and all adults committed to helping young people do and be their best.

## GAMES

**Muggins Math** Available through the collection:

- *MUGGINS! and Knock-Out!* (on a reversible board)
- *MUGGINS! and Opps* (on a reversible board)
- *Over and Under / Down and Around* (on a reversible board)

**Rush Hour** by ThinkFun

**Chocolate Fix** by ThinkFun



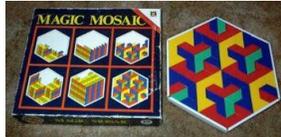
### Cross Ways

Be the first to complete a path across the board.



### Say What you Meme

(“meme” rhymes with team) You can create your own memes and choose which are the funniest. Just like the popular internet memes (pictures with hysterical sayings) that are found on social media sites, you can now join in on this pop culture phenomenon. In the game, you get the chance to try your hand at this 21st century art form, by combining outrageous images and witty captions.



### Magic Mosaic

**Dabble** - A fast thinking word game (ages 10+)



### High Tail It!

Cross the river, circle the board, pivot over other 'Roos and cross the river again. Be the first player to complete the journey with all FIVE of your Kangaroos and win the game!

**Robot Turtles** Robot Turtles is a board game for a grownup to play with children ages 3-8. It sneakily teaches kids (and grownups!) programming fundamentals.



### Last Letter

A fresh take on this simple last letter game will inspire creativity, laughter and fast thinking. Race to come up with a word that is pictured on one of the cards in your hand. Your word must begin with the last letter of the word previously called. Unique illustrations encourage creativity and allow for countless interpretations and a new experience each time you play.

### IQ Steps

The object of the game is to fit all of the puzzle pieces onto the grid. With only 8 game pieces this sounds simple, right? IQ Steps pieces have two layers and overlap each other - making finding the right layout a real challenge. Not only do you need to put the pieces in the right space, you also need to do it in the correct sequence. Features 120 increasingly difficult challenges.



**Sheep Dogs** - This is a fast paced game where players play cards that determine how many and what kind of actions they may take. The actions may involve only their own pieces, a combination of their own pieces and other players’ pieces, or only the other players’ pieces. (ages 10+)



**Get 4 and Score** (ages 8+) Practice quick recall and build vocabulary while you score points playing the game. Players race against the timer to think up words that fit the category card and start with the correct letter.



MCPS Resource Collection for Parents of Gifted and High Ability Students  
2016-17  
Materials Request Form

Material requests from parents may be submitted via email to: [giftedresource@mcps.org](mailto:giftedresource@mcps.org) or to the Gifted Resource Teacher using this form. Books will be checked out through the school library system in your child's name and are to be returned to the Gifted Resource Teacher in their school.

Date of request: \_\_\_\_\_

Parent name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Child's name: \_\_\_\_\_

School: \_\_\_\_\_

**Requested Material**

Title(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**OR** I am interested in more information on: (be as specific as possible)

\_\_\_\_\_

\_\_\_\_\_



*check box*

I understand that these materials have a **2-week borrow time** and materials must be returned to the Gifted Resource Teacher at my child's school in good condition.

**You may submit your request by email to:**  
[giftedresource@mcps.org](mailto:giftedresource@mcps.org)  
**Or return this form to the Gifted Resource Teacher at your child's school.**

"Montgomery County Public Schools does not discriminate in its programs and activities for reasons of race, religion, color, gender, national origin, disability, age, or on any other basis prohibited by law."

The following persons have been designated to handle inquiries regarding non-discrimination policies:

Director of Human Resources and Director of Secondary Education  
750 Imperial Street, SE ~ Christiansburg, Virginia 24073 ~ (540) 382-5100



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