



## Transcript from February 19, 2011 to February 19, 2011

All times are Pacific Time

### February 19, 2011

**DeborahMersino:** Please take a moment 2 introduce yourselves, ur role (parent, educator, counselor, advocate, blogger, other) & share where u reside! #gtchat

**EduGirlSDB:** RT @peter\_lydon: My tweets 4 next hour will be devoted to #gtchat. feel free to Lurk, listen or get on board!//ditto

**FrazzIId:** RT @peter\_lydon: My tweets 4 next hour will be devoted to #gtchat. feel free to Lurk, listen or get on board!

12:01 am **laughingatchaos:** I'm Jen in CO, soon to be IL. Mom to 2 GT boys, 1 is 2e. Advocate/blogger/writer. Hoping TweetChat behaves tonight. ;) #gtchat

12:01 am **DeborahMersino:** I'm Deborah Mersino, moderator of #gtchat, speaker/consultant to gifted communities, wife/mom to 2 girls. I'm in Colorado! #gtchat

12:01 am **ljconrad:** Hi from very windy Pittsburgh! Blogger, advocate, consultant, and parent to 2 nearly perfect children! #gtchat

12:01 am **jofrei:** Hi Jo Freitag from Gifted Resources Melbourne Australia - parent educator blogger #gtchat

12:01 am **EduGirlSDB:** Stephanie in VA. Elementary teacher trying to learn how to better serve my gifted students. #gtchat

12:01 am **cybraryman1:** A Twitterbrarian now from Florida who is far from perfect & glad pencils have erasers & computers have delete keys. #gtchat

12:01 am **DeborahMersino:** While you're introducing yourselves, I'm going to post some excellent articles! #gtchat

12:01 am **deepwaterscoach:** RT @FrazzIId: RT @peter\_lydon: My tweets 4 next hour will be devoted to #gtchat. feel free to Lurk, listen or get on board! #gtchat

12:01 am **peter\_lydon:** #gtchat I'm Peter, I've been gifted and talenting for 16 years now...<http://bit.ly/gHFG5y> Teacher

12:01 am **mareserinitatis:** Cherish, parent from North Dakota. #gtchat

12:02 am **DeborahMersino:** Anna Quindlen's Commencement Speech (about trying to be perfect) <http://bit.ly/b4QNiW> #gtchat

12:02 am **laughingatchaos:** @ljconrad Practically perfect in every way? ;) #gtchat

12:02 am **padgets:** #gtchat Hi everybody! my name is Sharon and I am a HS science teacher from Iowa learning from my #gtchat friends :0)

12:02 am **FrazzIId:** Catherine in Wicklow, Ireland. Parent of 2 teens, advocate and blogger <http://www.dazzledandfrazzled.com/> Hi everyone! #gtchat

12:02 am **laughingatchaos:** @cybraryman1 I'm a perfect speller, but so grateful for spellcheck! ;) #gtchat

12:02 am **deepwaterscoach:** I'm Lisa Lauffer from CO. Life coach to Gifted Grownups & Parents of GT Kids. Parent to 2 GT kids, 1 extremely perfectionistic! #gtchat

12:02 am **laughingatchaos:** RT @DeborahMersino: Anna Quindlens Commencement Speech (about trying to be perfect) <http://bit.ly/b4QNiW> #gtchat

12:03 am **LisaDSR:** I'm Lisa in Ontario Canada. I have one kid who's seems to have almost debilitating perfectionism

4/1/2011

Transcript for #gtchat - What the Hasht...

12:03  
am

**LisaDSB:** Hi Lisa in Ontario Canada. I have one kid who's seems to have almost debilitating perfectionism issues, so I'm keen abt this chat. #gtchat

12:03  
am

**rdkleindy:** I'm Rebecca Mom- parent leader, and emerging advocate in Indianapolis #gtchat

12:03  
am

**deepwaterscoach:** Will be here for about half the chat today--and that's more than I'd expected, so I'm happy to be here! #gtchat

12:03  
am

**\_\_Quest:** :My tweets 4 next hour will be devoted to #gtchat. Feel free to unfollow - or join in!

12:03  
am

**DeborahMersino:** Welcome North Dakota, Ireland, Colorado, Florida, Virginia, Australia, Pittsburgh, Iowa and everyone! So glad you're all here! #gtchat

12:03  
am

**laughingatchaos:** @deepwaterscoach AND ITS HER BIRTHDAY!!! :) #gtchat

12:03  
am

**DeborahMersino:** Perfectionism: The Crucible of Giftedness by Dr. Silverman <http://bit.ly/fxDWGo> #gtchat

12:03  
am

**padgets:** @DeepWatersCoach #gtchat Happy Happy Birthday! (doing the cha cha!!!)

12:04  
am

**ljconrad:** @deepwaterscoach @Frazzlld Birthday girls are in the house!!!!!!!!!!!!!! #gtchat

12:04  
am

**laughingatchaos:** RT @DeborahMersino: Perfectionism: The Crucible of Giftedness by Dr. Silverman <http://bit.ly/fxDWGo> #gtchat

12:04  
am

**DeborahMersino:** Gifted Exchange blog with Delisle on Perfectionism <http://bit.ly/dlkvBc> #gtchat

12:04  
am

**deepwaterscoach:** @laughingatchaos @padgets @ljconrad Thanks gals! #gtchat

12:04  
am

**peter\_lydon:** RT @padgets: @DeepWatersCoach #gtchat Happy Happy Birthday! (doing the cha cha!!!)

12:04  
am

**deepwaterscoach:** RT @DeborahMersino: Gifted Exchange blog with Delisle on Perfectionism <http://bit.ly/dlkvBc> #gtchat

12:04  
am

**DeborahMersino:** Appreciate That Less Than Perfect Is More Than Acceptable by Delisle <http://bit.ly/hPWQd> #gtchat

12:05  
am

**coachaddamy:** #gtchat Amy, Coach/tutor to gifted & ADHD in Seattle, in and out for the next hour.

12:05  
am

**deepwaterscoach:** RT @laughingatchaos: RT @DeborahMersino: Perfectionism: The Crucible of Giftedness by Dr. Silverman <http://bit.ly/fxDWGo> #gtchat

12:05  
am

**demom2gifted:** Monica here from DE. parent to 2gt boys, leader of parent group. #gtchat

12:05  
am

**jofrei:** @deepwaterscoach Happy Birthday to you and all the other birthday people! #gtchat

12:05  
am

**deepwaterscoach:** RT @DeborahMersino: Appreciate That Less Than Perfect Is More Than Acceptable by Delisle <http://bit.ly/hPWQd> #gtchat

12:05  
am

**Frazzlld:** RT @ljconrad: @deepwaterscoach @Frazzlld Birthday girls are in the house! Birthday boy, @GiftedPhoenix, has gone to bed #gtchat

12:05  
am

**laughingatchaos:** RT @DeborahMersino: Gifted Exchange blog with Delisle on Perfectionism <http://bit.ly/dlkvBc> #gtchat

12:05  
am

**cybaryman1:** @DeepWatersCoach This page is for YOU! <http://bit.ly/ayE5mc> Hope you are having a perfect day! #gtchat

12:05  
am

**LisaDSB:** RT @DeborahMersino: Perfectionism: The Crucible of Giftedness by Dr. Silverman <http://bit.ly/fxDWGo> == link doesn't work #gtchat

12:05  
am

**coachaddamy:** RT @peter\_lydon: RT @padgets: @DeepWatersCoach #gtchat Happy Happy Birthday! (doing the cha cha!!!)

12:05

**jofrei:** RT @DeborahMersino: Appreciate That Less Than Perfect Is More Than Acceptable by Delisle

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12:05  
am

**jofrei:** RT @DeborahMersino: Appreciate That Less Than Perfect Is More Than Acceptable by Delisle <http://bit.ly/hPWoQd> #gtchat

12:05  
am

**ljconrad:** @cybraryman1 You are WAY too modest! You are the perfect Twitterbrarian! #gtchat

12:05  
am

**EduGirlSDB:** @DeborahMersino I get a 403 error on Dr. Silverman's article link. #gtchat

12:05  
am

**laughingatchaos:** RT @DeborahMersino: Appreciate That Less Than Perfect Is More Than Acceptable by Delisle <http://bit.ly/hPWoQd> #gtchat

12:05  
am

**padgets:** #gtchat ohhhh who is the other birthday girl?

12:05  
am

**deepwaterscoach:** I think we should try to make mistakes in our tweets tonight. #gtchat

12:05  
am

**DeborahMersino:** Perfectionism and the #Gifted Adolescent <http://bit.ly/ikqnfk> #gtchat

12:05  
am

**\_\_Quest:** Petra. Ireland. Parent and trustee/board member. Evenin' all! #gtchat

12:06  
am

**deepwaterscoach:** RT @ljconrad: @cybraryman1 You are WAY too modest! You are the perfect Twitterbrarian!//& birthday boy too? #gtchat

12:06  
am

**gbetts1:** George Betts from University of Northern Colorado Director of gifted education #gtchat

12:06  
am

**DeborahMersino:** Working with Perfectionistic Students by Brophy <http://bit.ly/gwuqt0> #gtchat

12:06  
am

**Frazzlld:** RT @DeborahMersino: Perfectionism and the #Gifted Adolescent <http://bit.ly/ikqnfk> #gtchat

12:06  
am

**laughingatchaos:** @deepwaterscoach I can't make mistakes in my tweets, I'd like to sleep tonight. ;) #gtchat

12:06  
am

**ljconrad:** @Frazzlld @GiftedPhoenix <--- too much partying! Can't keep up with the girls! #gtchat

12:06  
am

**DeborahMersino:** @gbetts1 So glad to have you with us! #gtchat

12:06  
am

**jofrei:** Hoagies page <http://www.hoagiesgifted.org/perfectionism.htm> #gtchat

12:06  
am

**laughingatchaos:** RT @DeborahMersino: Working with Perfectionistic Students by Brophy <http://bit.ly/gwuqt0> #gtchat

12:06  
am

**deepwaterscoach:** RT @DeborahMersino: Working with Perfectionistic Students by Brophy <http://bit.ly/gwuqt0> #gtchat

12:06  
am

**padgets:** #gtchat ohhh that is right! Happy Birthday to you again! :0)

12:06  
am

**deepwaterscoach:** @laughingatchaos I'll talk you down! #gtchat

12:07  
am

**DeborahMersino:** @HoagiesGifted list of additional articles on Perfectionism & Gifted <http://bit.ly/90qDjk> #gtchat

12:07  
am

**deepwaterscoach:** RT @ljconrad: @Frazzlld @GiftedPhoenix <--- too much partying! Can't keep up with the girls!//ROFLOL!!! #gtchat

12:07  
am

**DeborahMersino:** Let's begin! #gtchat

12:07  
am

**psuklinkie:** First time #gtchat participant. Student teacher and blogger originally from Philly, living in Los Angeles.

12:07  
am

**peter\_lydon:** @DeborahMersino #gtchat Go!

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Transcript for #gtchat - What the Hasht...

12:07 am **laughingatchaos:** @deepwaterscoach You may have to! LOL #gtchat

12:07 am **padgets:** #gtchat whoohoo! party time! GO!

12:07 am **DeborahMersino:** Q1:What does perfectionism look like to you? #gtchat

12:07 am **Frazzlld:** RT @laughingatchaos: @deepwaterscoach I can't make mistakes in my tweets, I'd like to sleep tonight. ;) /Just what I was thinking! #gtchat

12:07 am **peter\_lydon:** @DeborahMersino #gtchat writing in block capitals

12:07 am **ljconrad:** @psuklinkie Welcome to our chat! #gtchat

12:07 am **DeborahMersino:** @psuklinkie So glad you made it; welcome! #gtchat

12:08 am **cybraryman1:** My Perfection sites on my GT page: <http://bit.ly/hx5M5p> #gtchat

12:08 am **deepwaterscoach:** @psuklinkie Welcome, welcome! We're so glad to have you here! #gtchat

12:08 am **coachaddamy:** #gtchat working and achieving at the top of my ability range.

12:08 am **deepwaterscoach:** RT @DeborahMersino: Q1:What does perfectionism look like to you?//@Frazzlld & @laughingatchaos? #gtchat

12:08 am **jofrei:** @EduGirlSDB try Silverman <http://nmgifted.org/GAC%20Resources/Perfectionism%20The%20Crucible%20of%20Giftedness-SILVERMAN.pdf> #gtchat

12:08 am **DeborahMersino:** Q1: Psychological field characterizes perfectionism in extremely negative ways; many positive aspects as well. #gtchat

12:08 am **YanikFalardeau:** Hello, I'm Yanik, I've been homeschooling my GT 8 year old for a year and we've never looked back. We are from Quebec. #gtchat

12:08 am **deepwaterscoach:** RT @cybraryman1: My Perfection sites on my GT page: <http://bit.ly/hx5M5p> #gtchat

12:08 am **laughingatchaos:** Q1: I have a prob with perfectionism; my picture is in the dictionary next to the word ;) #gtchat

12:08 am **coachaddamy:** #gtchat and realizing that my standards are on a different level than the rest of the world... :)

12:08 am **ljconrad:** @DeborahMersino 4.0 #gtchat

12:08 am **EduGirlSDB:** Q1) @jofrei Perfect, thanks! #gtchat

12:08 am **demom2gifted:** Q1: having to do things my way. :) #gtchat

12:09 am **peter\_lydon:** #gtchat Q1..what makes perfectionism a problem...?

12:09 am **DeborahMersino:** Q1: A-, sensitive to feedback, intense, self-critical, 4.0 (yes @laughingatchaos), inability to celebrate successes. What else? #gtchat

12:09 am **jofrei:** I was looking for excellent article by Shaun Hately but getting 404 message #gtchat

12:09 am **ljconrad:** RT @demom2gifted: Q1: having to do things my way. :) #gtchat

12:09 am **padgets:** #gtchat Q1 well, never being wrong, wanting the right answer always

12:09 am **FrazzIld:** Q1: Perfectionism = Procrastination #gtchat

12:09 am **demom2gifted:** Q1: should have said doing things without others to help since I want them just so. #gtchat

12:09 am **deepwaterscoach:** RT @laughingatchaos: Q1: I have a prob with perfectionism; my picture is in the dictionary next to the word ;)/LOL--see my answer? #gtchat

12:10 am **peter\_lydon:** @DeborahMersino #gtchat I'm suddenly very uncomfortable hearing that.

12:10 am **coachaddamy:** #gtchat frustration because knowing can achieve at 110% but not in every area so "not doing your best" =failing? :)

12:10 am **DeborahMersino:** Q1: According to Pacht (1984) perfectionistic students' motivation came more from fear of failure than pursuit of success. #gtchat

12:10 am **psuklinkie:** @DeborahMersino the link from Dr. Silverman didn't work. Update available? #gtchat

12:10 am **laughingatchaos:** Q1:Not enough char. here to desc. perf. Paralysis by analysis: can't get started because not enuf time to make perf. #gtchat

12:10 am **DeborahMersino:** RT @FrazzIld: Q1: Perfectionism = Procrastination <=Yes, indeed. Or starting an assignment/project all over again. #gtchat

12:10 am **coachaddamy:** RT @laughingatchaos: Q1:Paralysis by analysis: can't get started because not enuf time to make perf. #gtchat yep!

12:10 am **laughingatchaos:** RT @FrazzIld: Q1: Perfectionism = Procrastinatio<==YUP! #gtchat

12:10 am **DeborahMersino:** RT @coachaddamy: #gtchat frustration because knowing can achieve at 110% but not in every area so "not doing your best" =failing? :) #gtchat

12:11 am **deepwaterscoach:** Q1: Perfectionism means picking up lint off the carpet after you've vacuumed. #gtchat

12:11 am **laughingatchaos:** @deepwaterscoach LOL! Yes, I did! Thought it was perfect. ;) #gtchat

12:11 am **deepwaterscoach:** Q1: I believe it's based in shame. #gtchat

12:11 am **FrazzIld:** RT @DeborahMersino: Q1: A-, sensitive to feedback, intense, self-critical, 4.0, inability to celebrate successes. What else? #gtchat

12:11 am **denabud:** RT @cybraryman1: My Perfection sites on my GT page: <http://bit.ly/hx5M5p> #gtchat

12:11 am **deepwaterscoach:** RT @laughingatchaos: @deepwaterscoach LOL! Yes, I did! Thought it was perfect. ;)/I've achieved perfection! Thank you! #gtchat

12:11 am **EduGirlSDB:** Q1) Frustration and emotional reactions to mistakes. Temporary withdrawal from class activity.#gtchat

12:11 am **DeborahMersino:** @psuklinkie TY for letting me know about the Silverman link; I'll have to try later; I'll definitely repost a new link if I can! #gtchat

12:11 am **peter\_lydon:** #gtchat poor at accepting complements

12:11 am **jofrei:** Q1 What she said => @laughingatchaos #gtchat

12:11 am **cybraryman1:** Q1 Never being satisfied #gtchat

12:11 am **laughingatchaos:** @deepwaterscoach No, that just means you need a new vacuum. Right? RIGHT? #gtchat

12:11 am **VocabAhead:** 1. For me Perfectionism feels more like an Obsessive Compulsive Disorder #gtchat

12:12 am **psuklinkie:** I was a perfectionist as a GT kid. Cried in fifth grade when I couldn't "get" algebra. I never want my students to deal with that. #gtchat

12:12 am **DeborahMersino:** Q1: Pacht (1984) Measurement of one's own worth entirely in terms of productivity and accomplishment. All-or-nothing evaluations. #gtchat

12:12 am **Boz23:** #gtchat Have a friend who has debilitating perfectionism - takes everything I write and 'improves it' argh! Impossible to work with.

12:12 am **laughingatchaos:** @deepwaterscoach What a great bday gift. ;) #gtchat

12:12 am **cybraryman1:** @VocabAhead That describes my daughter! #gtchat

12:12 am **mareserinitatis:** Sometimes afraid of failing, but used to spend unreasonable time to get something absolutely perfect, whether or not necessary. #gtchat

12:12 am **deepwaterscoach:** RT @VocabAhead: 1. For me Perfectionism feels more like an Obsessive Compulsive Disorder //Totally! #gtchat

12:12 am **DeborahMersino:** @psuklinkie Tender! So get that. For me, I couldn't do a left-handed cartwheel. Immediately quit tumbling (which I loved). #gtchat

12:12 am **laughingatchaos:** @peter\_lydon I had teachers coach me on accepting compliments (in music). Helped so much. #gtchat

12:12 am **coachaddamy:** #gtchat how to decouple what I am capable of with what i have time to do, and what I want to do.... that's really hard!

12:12 am **deepwaterscoach:** @laughingatchaos LOL! #gtchat

12:13 am **jofrei:** Q1 Ripping up drawings or stories because they are not perfect!!! #gtchat

12:13 am **Frazzlld:** Q1: Insisting on doing everything yourself, 'cos no one else will get it just right #gtchat

12:13 am **peter\_lydon:** @laughingatchaos #gtchat that was nice....if only....!

12:13 am **laughingatchaos:** RT @cybraryman1: Q1 Never being satisfied<=="good enough" isn't. #gtchat

12:13 am **cybraryman1:** RT @Frazzlld: Q1: Insisting on doing everything yourself, 'cos no one else will get it just right #gtchat

12:13 am **deepwaterscoach:** Q1: Perfectionism can look like fear of doing something b/c you think you can't do it perfectly. #gtchat

12:13 am **YanikFalardeau:** Always looking for a better idea, a better plan, a better design, a better whatever and never being really satisfied. #gtchat

12:13 am **Boz23:** #gtchat Q1 I only see the mistakes in my art work - noone else seems to mind!

12:13 am **DeborahMersino:** Q1: Pacht (1984) Difficulty in taking credit, experiencing full pleasure, even when success is achieved. Shame/guilt. #gtchat

12:13 am **padgets:** #gtchat sorry daughter needed advice on her "look"

12:13 am **DeborahMersino:** RT @cybraryman1: RT @Frazzlld: Q1: Insisting on doing everything yourself, cos no one else will get it just right <=good one! #gtchat

12:13 am **peter\_lydon:** #gtchat Can perfectionism simply be an innate desire to have something done the way it SHOULD be?

12:13 am **LisaDSB:** Q1 Refusing to put forth effort or try new things b/c of fear of not being the best. #gtchat

12:13 am **laughingatchaos:** @coachaddamy YES!!!! Me too! To many interests, not enough time, able to be good at all of them! #gtchat



- 12:14 am **deepwaterscoach:** RT @Boz23: #gtchat Q1 I only see the mistakes in my art work - no one else seems to mind! #gtchat
- 12:14 am **psuklinkie:** RT @jofrei Silverman article: <http://nmgifted.org/GAC%20Resources/Perfectionism%20The%20Crucible%20of%20Giftedness-SILVERMAN.pdf> #gtchat
- 12:14 am **laughingatchaos:** RT @Frazzlld: Q1: Insisting on doing everything yourself, cos no one else will get it just right<==Guilty. Badly. #gtchat
- 12:14 am **deepwaterscoach:** RT @LisaDSB: Q1 Refusing to put forth effort or try new things b/c of fear of not being the best. #gtchat
- 12:14 am **coachaddamy:** RT @Boz23: #gtchat Q1 I only see the mistakes in my art work - no one else seems to mind! (not seeing small successes as enough--yep!) :)
- 12:14 am **DeborahMersino:** Q1: Delisle talks about a Whitmore study that showed underachievers scored high in perfectionism. Interesting. #gtchat
- 12:14 am **peter\_lydon:** @DeepWatersCoach #gtchat what would they know?!
- 12:14 am **DeborahMersino:** @jofrei - You're so good! TY! #gtchat
- 12:14 am **deepwaterscoach:** RT @peter\_lydon: #gtchat Can perfectionism simply be an innate desire to have something done the way it SHOULD be?//Good question! #gtchat
- 12:14 am **ljconrad:** I think perfectionism is SO over-rated. It seems to diminish with age (talking from experience). #gtchat
- 12:15 am **laughingatchaos:** @DeborahMersino Well, I see that UA/perf. link here with DS9. Very hard to overcome. #gtchat
- 12:15 am **DeborahMersino:** Q2: But what about the POSITIVE aspects of perfectionism? Can you point to them as easily? :- ) #gtchat
- 12:15 am **EduGirlSDB:** RT @DeborahMersino: Q1: Delisle talks about a Whitmore study that showed underachievers scored high in perfectionism. Interesting. #gtchat
- 12:15 am **padgets:** #gtchat @ljconrad yep I agree, the older I get the more I am less perfect
- 12:15 am **psuklinkie:** Perfectionism stifles creativity: if you're too afraid of failing, you'll never make the mistakes that create art and enlightenment #gtchat
- 12:15 am **peter\_lydon:** #gtchat is there a component of 'competitiveness' in there...even with oneself?
- 12:15 am **VocabAhead:** 1. Perfectionism has a negative connotation. It looks like a curse. Can you see anything positive in it? #gtchat
- 12:15 am **psuklinkie:** RT @Frazzlld: Q1: Perfectionism = Procrastination #gtchat
- 12:15 am **laughingatchaos:** @ljconrad I've gotten to the point that I embrace what I KNOW I will stink at. See: last night's painting on canvas. ;) #gtchat
- 12:15 am **deepwaterscoach:** RT @peter\_lydon: @DeepWatersCoach #gtchat what would they know?//Oh no!!! #gtchat
- 12:15 am **peter\_lydon:** @VocabAhead #gtchat yeah...getting it right for a start!
- 12:15 am **demom2gifted:** @ljconrad it is with me, but only looking at my kids and how it has rubbed off on them #gtchat
- 12:15 am **psuklinkie:** RT @DeborahMersino: Q1: According to Pacht (1984) perfectionistic students' motivation came more from fear of failure than pursuit of success. #gtchat
- 12:16 am **deepwaterscoach:** RT @VocabAhead: 1. Perfectionism has a negative connotation. It looks like a curse. Can you see anything positive in it?//good ? !!! #gtchat
- 12:16 am **laughingatchaos:** RT @peter\_lydon: #gtchat is there a component of competitiveness in there...even with oneself?

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Transcript for #gtchat - What the Hasht...

- 12:15 am **laughingatchaos:** RT @peter\_lydon: #gtchat is there a component of competitiveness in perfectionism with obsession. <=Always. #gtchat
- 12:16 am **coachaddamy:** #gtchat Q2.) yes. pushing edges and boundaries. advancing human potential.
- 12:16 am **DeborahMersino:** @peter\_lydon - That's almost the definition! Perfectionists set high standards for themselves. #gtchat
- 12:16 am **cybraryman1:** I have no fear of perfectionism because I will never reach it. #gtchat
- 12:16 am **LisaDSB:** Q2 Flipside is that jobs that are done are done better than anyone. #gtchat
- 12:16 am **VocabAhead:** RT @psuklinkie: RT @Frazzlld: Q1: Perfectionism = Procrastination<< erm, how? Can you plz elaborate in 140 chars :) #gtchat
- 12:16 am **jofrei:** Perfectionism link to depression Sprite' Site <http://www.giftedresources.org/jo/blog/?p=199> - but links not working #gtchat
- 12:18 am **DeborahMersino:** Q2: But what about the POSITIVES in perfectionism? Can you equally talk to these? #gtchat
- 12:18 am **padgets:** #gtchat @DeepWatersCoach she is excited it is her birthday :0)
- 12:18 am **laughingatchaos:** @cybraryman1 LOL! I like that! #gtchat
- 12:18 am **peter\_lydon:** @DeborahMersino #gtchat I'm perfect!
- 12:18 am **peter\_lydon:** #gtchat I'm right...everyone else just doesn;t get it...oh god!
- 12:18 am **psuklinkie:** @peter\_lydon or compliments? :) Great point, though -- complements (or partners) can be terrible for perfectionists. #disastrous #gtchat
- 12:19 am **DeborahMersino:** RT @Frazzlld: @VocabAhead Putting off starting a task because you fear it wont be perfect <=yes. #gtchat
- 12:19 am **deepwaterscoach:** RT @padgets: #gtchat @DeepWatersCoach she is excited it is her birthday :0)//I am! I am!!! #gtchat
- 12:19 am **peter\_lydon:** RT @psuklinkie: @peter\_lydon or compliments? :) Great point, though -- complements (or partners) can be terrible for perfectionists. #disastrous #gtchat
- 12:19 am **demom2gifted:** Q2: positives- wanting to do you best? #gtchat
- 12:19 am **Ijconrad:** Q2: Well ... there are the compliments to consider. Perfect is as perfect does. :) #gtchat
- 12:19 am **coachaddamy:** #gtchat I wonder about how we define perfection vs. high standards. ... once see it as a high standard, easier to adjust thinking?
- 12:19 am **KTVee:** sorry I'm late (one of my many imperfections :) #gtchat
- 12:19 am **jofrei:** Q2 Positive side If you are aiming for perfectionism you have a better chance of hitting very good than if aiming at bearyl passable #gtchat
- 12:19 am **VocabAhead:** @Frazzlld Ah got it now! Yes, definitely. #gtchat
- 12:19 am **LisaDSB:** Q2 = Great attention to detail and thoroughness. #gtchat
- 12:19 am **DeborahMersino:** Q2: "Dabrowski's theory allows allow us to see how perfectionism changes in form at different levels of development." - Silverman. #gtchat
- 12:19 am **TPBookSeries:** RT @coachaddamy: #gtchat: learning to see high standards as an aspiration but not equate high standards with failure....that's a life-long process



12:19 am **peter\_lydon:** @ljconrad #gtchat@jofrei its never perfect enough

12:20 am **DeborahMersino:** RT @demom2gifted: Q2: positives- wanting to do you best? <=Ding. Ding. Ding. Exactly! Thank you! #gtchat

12:20 am **KTVee:** @coachaddamy I wonder this all the time; we must push for great work, but be careful not to expect perfection #gtchat

12:20 am **deepwaterscoach:** RT @jofrei: Q2 Positive side If aiming 4 perfectionism u have a better chance of hitting very good than if aiming at bearily passable #gtchat

12:20 am **Boz23:** #gtchat Q2 When perfectionists do actually produce something it's usually very high quality.

12:20 am **DeborahMersino:** RT @LisaDSB: Q2 = Great attention to detail and thoroughness. <=yes. high standards, indeed. #gtchat

12:20 am **laughingatchaos:** Q2:Positive-never bored, always have something on which to improve! #gtchat

12:20 am **deepwaterscoach:** RT @LisaDSB: Q2 = Great attention to detail and thoroughness. #gtchat

12:20 am **VocabAhead:** 2. The good thing is that you aspire to excel. Which leads to better results. #gtchat

12:20 am **cybraryman1:** RT @deepwaterscoach: RT @LisaDSB: Q2 = Great attention to detail and thoroughness. #gtchat

12:20 am **peter\_lydon:** @laughingatchaos #gtchat Changing ties five times in the morning.

12:20 am **deepwaterscoach:** RT @Boz23: #gtchat Q2 When perfectionists do actually produce something its usually very high quality. #gtchat

12:20 am **DeborahMersino:** Q2: Perfectionism is, after all, "accompanied by an inner knowing that there is more to life than the mundane." Silverman #gtchat

12:20 am **mareserinitatis:** Positive aspects of perfectionism is that you will keep going a figure things out after others have quit. #gtchat

12:20 am **EduGirlSDB:** Q2) Always working to one's highest potential. #gtchat

12:21 am **LisaDSB:** Key is breaking through the barrier of fear to actually produce that perfect work/skill. #gtchat

12:21 am **VocabAhead:** RT @Boz23: #gtchat Q2 When perfectionists do actually produce something its usually very high quality. <But by whose standards? #gtchat

12:21 am **psuklinkie:** Q1: Perfectionism is reloading dishwasher bc hubby can't do it "right" Perfectionism is the kid who corrects the teacher's spelling #gtchat

12:21 am **cybraryman1:** RT @LisaDSB: Key is breaking through the barrier of fear to actually produce that perfect work/skill. #gtchat

12:21 am **DeborahMersino:** RT @laughingatchaos: Q2:Positive-never bored, always have something on which to improve! <=True. #gtchat

12:21 am **psuklinkie:** RT @jofrei: Q1 Ripping up drawings or stories because they are not perfect!!! #gtchat

12:21 am **laughingatchaos:** @peter\_lydon LOL! Or just picky? ;) #gtchat

12:21 am **peter\_lydon:** @psuklinkie #gtchat we would want kids to do that!

12:21 am **coachaddamy:** RT @VocabAhead: RT @Boz23: #gtchat Q2 When perfectionists do actually produce something its usually very hig? (cont) <http://deck.ly/~c6eAh>

12:21 am **deepwaterscoach:** RT @Boz23:Q2 When perfectionists do actually produce something its usually very high quality. #gtchat

12:21 am **DeborahMersino:** @psuklinkie And the kid might not feel like he can help himself/herself. Must correct. #gtchat

12:21 am **padgets:** #gtchat I am not perfect in that 3 days in a row I put on 2 different colored socks and the kids noticed :0) lets kids know it is ok

12:22 am **FrazzIld:** RT @psuklinkie: Q1: Perfectionism is reloading dishwasher bc hubby cant do it "right" / lol! guilty! #gtchat

12:22 am **DeborahMersino:** Interesting that it was MUCH easier for most of you to talk about the negatives...hmmm.... #gtchat

12:22 am **demom2gifted:** @DeborahMersino phew...got a right answer. :) #gtchat

12:22 am **laughingatchaos:** @padgets That's why I wear Little Mismatched socks. ;) #gtchat

12:22 am **KTVee:** @jofrei yes, and erasing work because it's not perfect! #gtchat

12:22 am **DeborahMersino:** @padgets - Excellent point! #gtchat

12:22 am **padgets:** @FrazzIld #gtchat oh yea been there done that!

12:22 am **deepwaterscoach:** Q2: There's a challenge to being "perfect" so it keeps people occupied. #gtchat

12:22 am **padgets:** @laughingatchaos #gtchat that is so awesome :0)

12:22 am **psuklinkie:** Q2: GT kids are often peer leaders who push classmates to higher achievement. Perfectionism pushed the GT, the GT pushes the rest #gtchat

12:23 am **DeborahMersino:** Side note: dd08 just came up to me with her #gtchat shirt and said, "It's for you...to support you!" (melting heart). #gtchat

12:23 am **deepwaterscoach:** Q2: It gives ppl a goal to shoot for--makes them picture what they want and create a plan toward getting there. #gtchat

12:23 am **peter\_lydon:** RT @peter\_lydon: @laughingatchaos Picky is perfectionist. #gtchat

12:23 am **laughingatchaos:** Finish this: Practice makes...? Not perfect. Better. #gtchat

12:23 am **padgets:** #gtchat honestly I did not do it on purpose but it was a great teachable moment

12:23 am **VocabAhead:** Is being a stickler to self specified rules perfectionism? #gtchat

12:23 am **laughingatchaos:** @padgets Kids love 'em. :) #gtchat

12:23 am **ljconrad:** @deepwaterscoach So you don't have much spare time? #gtchat

12:23 am **FrazzIld:** @KTVee Oh yes... ds is tippex tape boy! #gtchat

12:23 am **laughingatchaos:** @DeborahMersino Aw! Love her! :) #gtchat

12:23 am **EduGirlSDB:** @DeborahMersino dd08 is great! #gtchat

12:23 am **deepwaterscoach:** RT @DeborahMersino: Side note: dd08 just came up to me w/ #gtchat shirt & said, "Its for you...to support you!" (melting heart)//aww #gtchat

12:23 am **jofrei:** RT @peter\_lydon: Changing ties five times in the morning Parfait poodle goes to grooming

4/1/2011

Transcript for #gtchat - What the Hasht...

am parlour so he is fit to go grooming parlor #gtchat

12:23 **DeborahMersino:** Q3: BIG ? and perhaps most important...How do we support kids who exhibit perfectionism?  
am #gtchat

12:24 **KTvee:** @DeborahMersino perfectionism always has neg. connotation, but can't it lead to the drive to  
am pursue amazing things? #gtchat

12:24 **laughingatchaos:** @VocabAhead I would think so. #gtchat  
am

12:24 **deepwaterscoach:** RT @ljconrad: @deepwaterscoach So you dont have much spare time?//What is this "spare  
am time" of which you speak? #gtchat

12:24 **YanikFalardeau:** Am a perfectionist in certain things but not all, thank goodness. #gtchat  
am

12:24 **DeborahMersino:** @VocabAhead I would say so...have a vision/image in mind of "how things should be  
am done"...when it's different = #FAIL. #gtchat

12:24 **peter\_lydon:** @jofrei #gtchat the tie has got to match the day, the mod, the kids...  
am

12:24 **DeborahMersino:** RT @KTvee: @DeborahMersino perfectionism always has neg. connotation, but cant it lead to  
am the drive to pursue amazing things? <+YES! #gtchat

12:24 **laughingatchaos:** @deepwaterscoach @ljconrad I know those 2 words, just not together or in that order... #gtchat  
am

12:24 **mareserinitatis:** Remind kids we care about them regardless of how well they do. #gtchat  
am

12:24 **gbetts1:** The word "Product" comes up over and over. Hmmmmmmmm..... #gtchat  
am

12:25 **psuklinkie:** @Boz23 perfectionism squashes creativity when the creative product turns out "lousy" and gets  
am destroyed instead of improved #gtchat

12:25 **LisaDSB:** RT @psuklinkie: Q1: Perfectionism is reloading dishwasher bc hubby cant do it "right" / lol!  
am guilty! /OMG I'm not alone! #gtchat

12:25 **EduGirlSDB:** Q3) That's where I am hoping to find some insight, b/c telling them everything doesn't have to be  
am perfect doesn't always work. #gtchat

12:25 **cybraryman1:** RT @mareserinitatis: Yes!!!! Remind kids we care about them regardless of how well they do.  
am #gtchat

12:25 **deepwaterscoach:** RT @ljconrad: @deepwaterscoach So you dont have much spare time?//I don't, but my kids do!  
am LOL! #gtchat

12:25 **\_\_Quest:** @DeborahMersino Ahhhh! #gtchat  
am

12:25 **DeborahMersino:** All right, my restless chatters...what do you think of Q3. How can we support kids? Ourselves  
am relative to perfectionism. #gtchat

12:25 **deepwaterscoach:** RT @gbetts1: The word "Product" comes up over and over. Hmmmmmmmm.....//Hmmm  
am indeed! #gtchat

12:25 **peter\_lydon:** #gtchat there wa s asong form the 1970's..'cos if you get it wrong, you get it right next time...'  
am

12:25 **coachaddamy:** #gtchat I try to let kids I tutor see I don't know answers, but know how to find them & ask them  
am to name one positive thing abt situation.

12:25 **jofrei:** Q3 I used to rescue paintings from one little girl before she covered great start with all red or  
am black #gtchat

12:25 **deepwaterscoach:** RT @laughingatchaos: @deepwaterscoach @ljconrad I know those 2 words, just not together or  
am in that order...//LOL! #gtchat

12:25 **cybraryman1:** Q3 I would always tell my daughter I would still love her if she got a B. (which was rare!) #gtchat  
am

12:25 **KTvee:** Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of

4/1/2011

Transcript for #gtchat - What the Hasht...

12:25  
am

**KIVee:** Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism #gtchat

12:25  
am

**DeborahMersino:** @gbetts1 -Yes re "product" as opposed to the journey, the enjoyment of learning, growing, being autonomous. Right on, of course! :- ) #gtchat

12:25  
am

**VocabAhead:** If all the inventors were perfectionists, do you think we would have seen any innovations or breakthroughs? #gtchat

12:26  
am

**Boz23:** Boz23 @VocabAhead #gtchat Good point my perfectionistic friend considers her finished work to be excellent but spends so much time on them.

12:26  
am

**peter\_lydon:** RT @KTVEe: Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism #gtchat

12:26  
am

**ljconrad:** @deepwaterscoach {{rolls eyes}} Your time is occupied being so perfect! :p So much for my dry wit! #gtchat

12:26  
am

**deepwaterscoach:** RT @KTVEe: Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism//yes! #gtchat

12:26  
am

**coachaddamy:** RT @deepwaterscoach: RT @KTVEe: Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism//yes! #gtchat

12:26  
am

**mareserinitatis:** Try to help them distinguish between "doing their best" and "doing the impossible". #gtchat

12:26  
am

**DeborahMersino:** Q3: TIP: To @gbetts1 's point, watch what we're praising - effort or results (product). #gtchat

12:26  
am

**gbetts1:** RT @VocabAhead: If all the inventors were perfectionists, do you think we would have seen any innovations or breakthroughs? #gtchat

12:26  
am

**deepwaterscoach:** RT @ljconrad: @deepwaterscoach {{rolls eyes}} Your time is occupied being so perfect! :p So much for my dry wit!//{{gag!}} #gtchat

12:26  
am

**cybraryman1:** RT @mareserinitatis: Try to help them distinguish between "doing their best" and "doing the impossible". #gtchat

12:26  
am

**jofrei:** RT @KTVEe: Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism #gtchat

12:26  
am

**KTVEe:** Q3: Can we maybe talk with kids about how to use perfectionistic tendencies to our advantage? #gtchat

12:26  
am

**VocabAhead:** @Boz23 If all the inventors were perfectionists, do you think we would have seen any innovations or breakthroughs? #gtchat

12:26  
am

**demom2gifted:** RT @KTVEe: Q3: We gotta TALK about it. Kids need to know that many ppl deal with the feeling of perfectionism <-Yes! #gtchat

12:27  
am

**padgets:** #gtchat our human drive to be the best because being the best is looked upon very highly

12:27  
am

**peter\_lydon:** @VocabAhead #gtchat Edison was a perfectionist

12:27  
am

**laughingatchaos:** @VocabAhead No. They learned thousands of ways that didn't work! #gtchat

12:27  
am

**DeborahMersino:** Q3: TIP: As someone has already pointed out - model making mistakes/showcase hunger for learning from foibles. #gtchat

12:27  
am

**Boz23:** #gtchat Q3 Support them to experience successful failure - from a young age.

12:27  
am

**TPBookSeries:** RT @VocabAhead: @Boz23 If all the inventors were perfectionists, do you think we would have seen any innovations or breakthroughs? #gtchat

12:27  
am

**deepwaterscoach:** Q3: Let kids see us fail and respond to it with "I will live to see another day!" #gtchat

12:27  
am

**EduGirlSDB:** RT @DeborahMersino: Q3: TIP: As someone has already pointed out - model making mistakes/showcase hunger for learning from foibles. #gtchat

12:27 am **psuklinkie:** Q1: perfectionism is feeling like I have to reply to EVERY tweet in tonight's #gtchat #sigh

12:27 am **padgets:** #gtchat I mean look at all of our sports

12:27 am **KTVee:** RT @padgets: #gtchat our human drive to be the best because being the best is looked upon very highly

12:27 am **coachaddamy:** RT @DeepWatersCoach: Q3: Let kids see us fail and respond to it with "I will live to see another day!" #gtchat YES!!!! (hard to remember...)

12:28 am **mareserinitatis:** Try to help them get started...give them a bite size piece to start so that it's not so intimidating. #gtchat

12:28 am **DeborahMersino:** Q3: TIP: As many have mentioned, talk about perfectionism as kids get older. For instance, some may choose easier classes to cope. #gtchat

12:28 am **cybraryman1:** @padgets Do you want to wrestle! Love that young Iowa young lady! #gtchat

12:28 am **DeborahMersino:** @psuklinkie You are doing fabulous for your first chat! #gtchat

12:28 am **deepwaterscoach:** Q3: We had to talk about this over & over w/ DD when she was younger--we all make mistakes, & she's still loveable when she does #gtchat

12:28 am **peter\_lydon:** <http://youtu.be/35UtpOZLgCw> #gtchat

12:28 am **KTVee:** Q3: Let kids see us fail and respond to it with "I will live to see another day!" #gtchat <-Yes! I've lived through LOTS of days like that!

12:28 am **DeborahMersino:** RT @mareserinitatis: Try to help them get started...give them a bite size piece to start so that its not so intimidating. <=Like #gtchat

12:28 am **FrazzIld:** Teaching when to accept good enough is good enough and it's time to move on #gtchat

12:28 am **coachaddamy:** #gtchat also, so, what do I know now that I didn't before is a good reframe...

12:28 am **VocabAhead:** Q3: But I don't think as parents we are doing enough to let our kids 'relax'. #gtchat

12:28 am **psuklinkie:** @coachaddamy high standards (except in testing. grr!) allow for mistakes. Perfectionism is painful; high standards are empowering #gtchat

12:29 am **deepwaterscoach:** RT @VocabAhead: Q3: But I dont think as parents we are doing enough to let our kids relax. #gtchat

12:29 am **DeborahMersino:** Q3: TIP: When work is assessed by others, instead of looking at grades, first ask child what THEY are most proud of (Delisle). #gtchat

12:29 am **Boz23:** #gtchat Q3 Explore role models of successful adults - look at what makes them tick.

12:29 am **cybraryman1:** @VocabAhead My daughter put all the pressure on herself and we tried to calm her down to little avail #gtchat

12:29 am **DeborahMersino:** RT @deepwaterscoach: RT @VocabAhead: Q3: But I dont think as parents we are doing enough to let our kids relax. <=Or ourselves. #gtchat

12:29 am **KTVee:** I love to do projects where there a multiple possibilities; like art; there is no such thing as "perfect" then #gtchat

12:29 am **padgets:** @cybraryman1 #gtchat she is only a sophomore so I am sure she will be back :0)

12:29 am **psuklinkie:** RT @LisaDSB: Key is breaking through the barrier of fear to actually produce that perfect work/skill. #gtchat

12:30 am **FrazzIld:** Helping them to step back and look at bigger picture when bogged down in details #gtchat

- 12:30 am **VocabAhead:** Q3: Brings to mind a book I read: ?Battle Hymn of the Tiger Mother,? by Ammy chua. It created such a stir. Perfectionism at play? #gtchat
- 12:30 am **peter\_lydon:** @DeborahMersino #gtchat or ask them to grade it..most will choose a grade lower than teacher..great way to enc? (cont) <http://deck.ly/~0LYmQ>
- 12:30 am **DeborahMersino:** Q3: TIP: When looking at report card, keep focus on "What did you learn?" not grade. (Delisle). #gtchat
- 12:30 am **deepwaterscoach:** RT @DeborahMersino Q3: TIP: When work assessed by others, instead of looking @ grades, ask child what THEY r most proud of (Delisle) #gtchat
- 12:30 am **peter\_lydon:** @DeborahMersino #gtchat Assessment for Learning approach..
- 12:31 am **deepwaterscoach:** RT @cybraryman1: @VocabAhead My daughter put all the pressure on herself and we tried to calm her down to little avail #gtchat
- 12:31 am **YanikFalardeau:** Realized I was a perfectionist when I noticed my son was one. He gasped when I told him nobody was perfect. ;-( Ex: of my mistakes #gtchat
- 12:31 am **DeborahMersino:** Q3: TIP: I'd also say we have to look at OUR expectations as parents and how we play into it/their own self-expectations. #gtchat
- 12:31 am **deepwaterscoach:** RT @DeborahMersino: Q3: TIP: When looking at report card, keep focus on "What did you learn?" not grade. (Delisle). #gtchat
- 12:31 am **psuklinkie:** Exactly! RT @deepwaterscoach Q2: It gives goal to shoot for--makes them picture what they want and create plan toward getting there. #gtchat
- 12:31 am **JenniferLarson:** #gtchat My son often does not want to try something new if he doesn't think he'll already be really good at it.
- 12:31 am **laughingatchaos:** @VocabAhead Ay yi yi don't get me started on that book! ;) #gtchat
- 12:31 am **\_\_Quest:** Q3 Some computer games - in moderation of course - are great to teach how to cope with failure and see it as means to success. #gtchat
- 12:31 am **padgets:** #gtchat that is why I love standards based grading :0)
- 12:31 am **DeborahMersino:** Q3: TIP: Are we helping these kids to become autonomous learners? Or perfect little beings? (hopefully not) #gtchat
- 12:31 am **Boz23:** #gtchat Q3 Praise students for what they have learned, not for the grades they have achieved
- 12:31 am **deepwaterscoach:** RT @DeborahMersino: Q3: TIP: We have to look at OUR expectations as parents and how we play into it/their own self-expectations. #gtchat
- 12:31 am **DeborahMersino:** RT @JenniferLarson: #gtchat My son often does not want to try something new if he doesnt think hell already be really good at it.YES #gtchat
- 12:31 am **peter\_lydon:** RT @DeborahMersino: Q3: TIP: Are we helping these kids to become autonomus learners? Or perfect little beings? (hopefully not) #gtchat
- 12:31 am **FrazzIld:** RT @DeborahMersino: Q3: TIP: We have to look at OUR expectations as parents and how we play into it/their own self-expectations. #gtchat
- 12:31 am **VocabAhead:** @cybraryman1 But should you let her relax? the fear that her grades may slip or she wont learn enough. Does it make u push harder? #gtchat
- 12:31 am **DeborahMersino:** RT @Boz23: #gtchat Q3 Praise students for what they have learned, not for the grades they have achieved <=Absolutely! #gtchat
- 12:32 am **EduGirlSDB:** When I taught preschool & kids asked if I liked their pic, I replied with "Do you like it? did you have fun making it?" #gtchat
- 12:32 am **cybraryman1:** RT @DeborahMersino: RT @Boz23: #gtchat Q3 Praise students for what they have learned, not for the grades they have achieved <=Absolutely! #gtchat
- 12:32 am **DeborahMersino:** RT @JenniferLarson: #gtchat My son often does not want to try something new if he doesnt think hell already be really good at it #gtchat



- 12:32 am **demom2gifted:** Q3: kids books The Dot and Ish by Peter Reynolds helped my son a bit #gtchat
- 12:32 am **hbarlaam:** @Boz23 How do you demonstrate successful failure? #gtchat
- 12:32 am **KTVee:** Is there a difference between "perfectionism" and "passion"? How do we teach kids to distinguish? #gtchat
- 12:32 am **DeborahMersino:** @EduGirlSDB - Hooray! That's wonderful. :- ) #gtchat
- 12:32 am **jofrei:** Asynchrony is big problem - they know what adult excellence is but are not physically capable of producing it yet = baby cheetahs #gtchat
- 12:32 am **psuklinkie:** Q3: show perfectionists how to fail gracefully. Demonstrate mistake-making, creative problem-solving, apologizing. #gtchat
- 12:32 am **\_\_Quest:** Need to be careful too w/ perfectionist child not to go to other extreme and lower expectations of him/her. #gtchat
- 12:32 am **deepwaterscoach:** Q3: I think we put a great deal of pressure on ourselves to parent our kids "perfectly." They pick up on the energy. #gtchat
- 12:32 am **VocabAhead:** @laughingatchaos I know! It made my blood boil! #gtchat
- 12:32 am **coachaddamy:** RT @EduGirlSDB: When I taught kids asked if I liked their pic, "Do you like it? did you have fun making it?" #gtchat love the last part!
- 12:33 am **KTVee:** @DeborahMersino @JenniferLarson that is SO true; many kids resist challenge when they are a bit worried like that #gtchat
- 12:33 am **Boz23:** #gtchat Q3 Help them to set small, achievable goals (and this from someone who NEVER sets goals!)
- 12:33 am **lizditz:** A quick dropin to #GTchat have any of you explored Carol Dreck's Brainology? <http://www.brainology.us/> Looking for schools who have used
- 12:33 am **SmBMSUBronco:** RT @DeborahMersino: RT @Boz23: #gtchat Q3 Praise students for what they have learned, not for the grades they have achieved <=Absolutely! #gtchat
- 12:33 am **deepwaterscoach:** RT @\_\_Quest: Need to be careful too w/ perfectionist child not to go to other extreme and lower expectations of him/her. #gtchat
- 12:33 am **DeborahMersino:** Q3: TIP: "Write your dreams in pencil." - Delisle From his book, talking about how his son changed colleges/didn't live up to expect #gtchat
- 12:33 am **cybraryman1:** @VocabAhead She never relaxed and despite learning difficulties pushed herself to honors on every level HS, BA, MA. #gtchat
- 12:33 am **psuklinkie:** Q3: Make the classroom safe for failure. I thank students for making mistakes and admit when I make my own. Absolutely key. #gtchat
- 12:33 am **mareserinitatis:** RT @jofrei: Asynchrony is big problem - they know what adult excellence is but are not physically capable of producing it yet = baby cheetahs #gtchat
- 12:33 am **DeborahMersino:** @lizditz Do you mean Carol Dweck by chance? #gtchat
- 12:34 am **DeborahMersino:** RT @\_\_Quest: Need to be careful too w/ perfectionist child not to go to other extreme and lower expectations of him/her. <=yes #gtchat
- 12:34 am **psuklinkie:** @DeborahMersino Thank you! This topic is close to my heart. #gtchat
- 12:34 am **padgets:** #gtchat Q3 we have a redo policy that helps kids to get better grades if they do not so well
- 12:34 am **psuklinkie:** RT @mareserinitatis: Remind kids we care about them regardless of how well they do. #gtchat
- 12:34 am **DeborahMersino:** RT @jofrei: Asynchrony is big problem/they know what adult excellence is but are not physically capable of producing it yet<=so true #ntchat

- capable of producing it yet --so true #gtchat
- 12:34 am **Boz23:** @hbarlaam #gtchat Challenge them with enough difficulty that they will struggle, then provide the support for them to succeed.
- 12:34 am **peter\_lydon:** RT @padgets: #gtchat Q3 we have a redo policy that helps kids to get better grades if they do not so well..me too.
- 12:35 am **EduGirlSDB:** What I am hearing from some of you is to send the msg "Do your very best, and that will always be good enough." #gtchat
- 12:35 am **deepwaterscoach:** RT @padgets:Q3 we have a redo policy that helps kids get better grades if they do not so well//or have learning assessed differently #gtchat
- 12:35 am **DeborahMersino:** Q3: TIP: From Delisle - Adults - be sure that child's hopes/dreams are not narrowed by parent's view of success. #gtchat
- 12:35 am **cybraryman1:** @padgets My HW assignment after a test was to write the question & correct answer for all the ones they got wrong. #gtchat
- 12:35 am **DeborahMersino:** RT @peter\_lydon: RT @padgets: #gtchat Q3 we have a redo policy that helps kids to get better grades if they do not so well..me too. #gtchat
- 12:35 am **deepwaterscoach:** RT @EduGirlSDB: What I am hearing from some of you is to send the msg "Do your very best, and that will always be good enough." #gtchat
- 12:35 am **psuklinkie:** If all the inventors were perfectionists, do you think we would have seen any innovations or breakthroughs? #gtchat (via @VocabAhead)
- 12:35 am **deepwaterscoach:** RT @DeborahMersino: Q3: TIP: From Delisle - Adults - be sure that child's hopes/dreams are not narrowed by parents view of success. #gtchat
- 12:35 am **VocabAhead:** RT @mareserinitatis: Remind kids we care about them regardless of how well they do. <<Very important. #gtchat
- 12:35 am **lizditz:** #gtchat quick note #2 Anyone familiar with the Arrowsmith program? <http://bit.ly/gJCrFq>
- 12:35 am **peter\_lydon:** @EduGirlSDB #gtchat sort of...but there are standards...so not a general rule
- 12:35 am **Boz23:** @hbarlaam #gtchat Gifted kids often never meet something at school that is truly challenging for them. Doesn't help perfectionists.
- 12:36 am **DeborahMersino:** Q3: TIP: Acknowledge the anxiety and frustration it provokes (the pursuit of excellence) Such feelings to be expected. - Delisle. #gtchat
- 12:36 am **padgets:** #gtchat Q3 I also love Paige Keely's formative assessments they are short to the point and not threatening
- 12:36 am **DeborahMersino:** @gbetts1 - Can you share a bit about ALM and how it fits with perfectionism/the good/bad? #gtchat
- 12:36 am **lanshrawder:** It shouldn't matter the grade it should matter what they learned @#gtchat
- 12:37 am **EduGirlSDB:** @peter\_lydon They can certainly work to get better, but their best work and effort has to be acceptable in the moment, doesn't it? #gtchat
- 12:37 am **deepwaterscoach:** RT @Boz23: @hbarlaam Gifted kids often never meet something @ school that is truly challenging for them. Doesn't help perfectionists. #gtchat
- 12:37 am **deepwaterscoach:** RT @lanshrawder: It shouldn't matter the grade it should matter what they learned @#gtchat #gtchat
- 12:37 am **psuklinkie:** Q3: I saw a classroom where erasers were forbidden. Was that supportive or did it encourage procrastination? #gtchat
- 12:37 am **DeborahMersino:** @lizditz I can look after the chat. Right now, we're focusing on the chosen topic for this session, which is perfectionism. #gtchat
- 12:37 am **DeborahMersino:** @lizditz Would be delighted to talk later though! #gtchat
- 12:37 **LisaDSB:** DS8 will avoid the puck in hockey b/c if he gets it & doesn't score he won't be as good as the

- am  
best player. I don't know what to do! #gtchat
- 12:38 am **VocabAhead:** So three levels: 1.Laziness/not trying hard enough 2. Perfectionism/Not happy till self set standard met 3.OCD Fine line btw levels. #gtchat
- 12:38 am **DeborahMersino:** Q4: Do you think girls face a different set of challenges when it comes to perfectionism? What are your thoughts? #gtchat
- 12:39 am **padgets:** #gtchat Q3 I have a couple of kids who think they have to be in every club ohh boy!
- 12:39 am **Boz23:** #gtchat Perfectionist kids need to be helped to understand when its okay to stop. Not everything needs to be taken to its ultimate.
- 12:39 am **psuklinkie:** @hbarlaam @Boz23 successful failure is graceful. Like a fallen ice skater -- they get up, smile and move on without lingering #gtchat
- 12:39 am **DeborahMersino:** @LisaDSB Letting him know that trying and failing is more laudable than not trying at all...? #gtchat
- 12:39 am **VocabAhead:** @ianshrawder How will you know how much they learned if there is no grading or tests? #gtchat
- 12:39 am **deepwaterscoach:** Q4: Not sure, but DD is perfectionistic and DS is, well, not. #gtchat
- 12:39 am **padgets:** #gtchat Q4 girls have all the magazine expectations looks being the worst
- 12:39 am **peter\_lydon:** @EduGirlSDB #gtchat best effort has to be acceptable...but effort and standards are 2 diferent things
- 12:40 am **DeborahMersino:** @Boz23 - Great point. The old adage about "being well rounded" is oversold and can be quite unhealthy. #gtchat
- 12:40 am **ljconrad:** RT @deepwaterscoach: Q4: Not sure, but DD is perfectionistic and DS is, well, not. // same here #gtchat
- 12:40 am **padgets:** #gtchat Q4 boys I think have a different set of challenges as the sports thing or academic thing is hard to deal with
- 12:40 am **Boz23:** RT @psuklinkie: @hbarlaam @Boz23 successful failure is graceful. Like a fallen ice skater -- they get up, smile and move on without lingering #gtchat
- 12:40 am **DeborahMersino:** Q4: The "You Can Have It All" syndrome! Puts such pressure on young adults, young moms and career professionals. #gtchat
- 12:40 am **2girlsandpoodle:** My daughter RT @JenniferLarson #gtchat My son often does not want 2 try something new if he doesn't think he'll already be really good at it
- 12:41 am **peter\_lydon:** RT @DeborahMersino: Q4: The "You Can Have It All" syndrome! Puts such pressure on young adults, young moms and career professionals. #gtchat
- 12:41 am **psuklinkie:** @peter\_lydon exactly! Especially in STEM. I \*beg\* students to show their work and resist temptation to "clean up" with the eraser #gtchat
- 12:41 am **coachaddamy:** RT @peter\_lydon: #gtchat best effort has 2 B acceptable.but effort & standards R 2 diferent things. <<--& how 2 define "enough effort"
- 12:41 am **EduGirlSDB:** Q4) This is an interesting question, as the three students I currently work with that show perfectionist tendencies are boys. #gtchat
- 12:41 am **laughingatchaos:** RT @DeborahMersino: Q4: The "You Can Have It All" syndrome! Puts such pressure on young adults, young moms and career professionals. #gtchat
- 12:41 am **demom2gifted:** DS10 is a perfectionist. I don't have DD to compare. I was more extreme I think then DS is. #gtchat
- 12:41 am **FrazzIld:** RT @deepwaterscoach: Q4: Not sure, but DD is perfectionistic and DS is, well, not.< Other way round here #gtchat
- 12:41 am **deepwaterscoach:** RT @DeborahMersino: Q4: The "You Can Have It All" syndrome! Puts such pressure on young adults, young moms and career professionals. #gtchat

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Transcript for #gtchat - What the Hasht...

12:41 am **VocabAhead:** Q4: I think it is more dependent on the task at hand irrespective of the gender. #gtchat

12:41 am **LisaDSB:** RT @DeborahMersino: Letting him know that trying and failing is more laudable than not trying at all? - hope that message sinks in! #gtchat

12:42 am **DeborahMersino:** @lizditz Why you're absolutely right! Dweck's Mindset is an excellent resource for us all. Growth mindset - combats perfectionism! #gtchat

12:42 am **rgoodchild:** RT @Boz23: #gtchat Perfectionist kids need to be helped to understand when its okay to stop Not everything needs to be taken to its ultimate

12:42 am **padgets:** @DeborahMersino #gtchat got sucked into that as a new wife and mother 24 yrs ago now so much have learned the hard way lots of tears

12:42 am **peter\_lydon:** @coachaddamy #gtchat difficult...depends on ability

12:42 am **psuklinkie:** @padgets Q3: I'm more concerned with the \*parents\* who think their kids need to be in every club. #gtchat

12:42 am **DeborahMersino:** Q4: I just noticed in college the pressure to not only "look" perfect, but "be the perfect student," etc. Led to lots of pain 4 many #gtchat

12:42 am **deepwaterscoach:** Q4: So it doesn't seem gender-specific, but I wonder whether girls are perfectionistic abt different things than boys are... #gtchat

12:43 am **peter\_lydon:** RT @DeborahMersino: Q4: I just noticed in college the pressure to not only "look" perfect, but "be the perfect student," etc. Led to lots of pain 4 many #gtchat

12:43 am **cybraryman1:** @psuklinkie In a lot of cases the parents are the problems! #gtchat

12:43 am **\_\_Quest:** Q4 I wonder is it more common in girls? #gtchat

12:43 am **Boz23:** @DeborahMersino #gtchat have you seen Torrances manifesto for children? Don't waste your time being well-rounded. <http://bit.ly/bOF9Pw>

12:43 am **EduGirlSDB:** Q4) I think in addition to academic expectations, there are diff. expec. in schools for behavior for girls vs. boys. #gtchat

12:43 am **jofrei:** Q4 I think both have pressures towards perfectionism but maybe in different areas? #gtchat

12:43 am **DeborahMersino:** @lizditz brings up a great point. Dweck's Growth Mindset vs. Fixed Mindset parallels a lot of our discussion tonight re perfectionis #gtchat

12:44 am **gbetts1:** RT @psuklinkie: @padgets Q3: Im more concerned with the \*parents\* who think their kids need to be in every club. #gtchat

12:44 am **peter\_lydon:** RT @psuklinkie: @peter\_lydon exactly! Especially in STEM. I \*beg\* students to show their work and resist temptation to "clean up" with the eraser #gtchat

12:44 am **demom2gifted:** RT @jofrei: Q4 I think both have pressures towards perfectionism but maybe in different areas? <- thinking the same here #gtchat

12:44 am **peter\_lydon:** RT @gbetts1: RT @psuklinkie: @padgets Q3: Im more concerned with the \*parents\* who think their kids need to be in every club. #gtchat

12:44 am **cybraryman1:** Q4 In general I found that girls were more mature than the boys in elementary and middle school #gtchat

12:44 am **deepwaterscoach:** RT @cybraryman1: @psuklinkie In a lot of cases the parents are the problems!//Parents often get value thru children... #gtchat

12:44 am **padgets:** @psuklinkie #gtchat for sure got those too, think it will look so good on a scholarship app

12:44 am **DeborahMersino:** RT @Boz23: @DeborahMersino Torrances manifesto for children? Dont waste your time being well-rounded. <http://bit.ly/bOF9Pw> <=LOVE/TY #gtchat

12:44 am **peter\_lydon:** @gbetts1 #gtchat hence no social life at home...hence mix poorly...hence no friends!

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Transcript for #gtchat - What the Hasht...

- 12:45 am **EduGirlSDB:** RT @Boz23: #gtchat have you seen Torrance's manifesto for children? Don't waste your time being well-rounded. <http://bit.ly/bOF9Pw>
- 12:45 am **DeborahMersino:** @padgets - You're being RTed because you bring up a poignant point about parent's influence/pressure on kids to "be perfect." #gtchat
- 12:45 am **stumpteacher:** @cybraryman1 As a Middle School teacher, I can say that is true. #gtchat
- 12:45 am **gbetts1:** Torrance, Yes. Study called "The Beyonders" is essential for us to understand and to apply. #gtchat
- 12:45 am **Boz23:** Q4 #gtchat Girls are under HUGE pressure now to be perfect in many ways! Also Asian boys in our schools here - academic pressure.
- 12:46 am **DeborahMersino:** RT @gbetts1: Torrance, Yes. Study called "The Beyonders" is essential for us to understand and to apply. <=TY, Dr. Betts! #gtchat
- 12:46 am **peter\_lydon:** RT @Boz23: Q4 #gtchat Girls are under HUGE pressure now to be perfect in many ways! Also Asian boys in our schools here - academic pressure.
- 12:46 am **psuklinkie:** RT @deepwaterscoach: Q4: So it doesn't seem gender-specific, but I wonder whether girls are perfectionistic abt different things than boys are... #gtchat
- 12:47 am **padgets:** @DeborahMersino gottcha! :0) #gtchat
- 12:47 am **cybraryman1:** RT @Boz23: Q4 #gtchat Girls are under HUGE pressure now to be perfect in many ways! Also Asian boys in our schools here - academic pressure.
- 12:47 am **DeborahMersino:** Q4: I don't necessarily know whether girls r more prone. I simply see the pressures girls face in trying to look good/fit in/do all. #gtchat
- 12:47 am **VocabAhead:** RT @Boz23: #gtchat have you seen Torrance's manifesto for children? Dont waste your time being well-rounded. <http://bit.ly/bOF9Pw> #gtchat
- 12:48 am **peter\_lydon:** @coachaddamy #gtchat just thinking...kids can make a huge effort and get nowhere - fallacy of 'justification of effort'.
- 12:48 am **padgets:** #gtchat I have a new student from China really see it in her
- 12:48 am **DeborahMersino:** BTW - I love the opening letter in Delisle's Appreciate That Less Than Perfect Is More Than Acceptable. How would I react?! ;-) #gtchat
- 12:48 am **Boz23:** #gtchat Love Torrance's Beyonder concept - I see students in Community Problem Solving living this.
- 12:49 am **peter\_lydon:** @DeborahMersino #gtchat and increasingly difficult ...often have to show they are good enough for a boy!!!! Mad topsy turvey world
- 12:49 am **DeborahMersino:** @gbetts1 @Boz23 - Can you share a bit about Torrance's Beyonder concept? Would love to hear more! #gtchat
- 12:49 am **coachaddamy:** RT @peter\_lydon: #gtchat just thinking...kids can make a huge effort and get nowhere:ME personally learning to separate effort from success)
- 12:50 am **gbetts1:** I seek my own perfection. Do you? #gtchat
- 12:50 am **peter\_lydon:** @coachaddamy #gtchat Important in avoiding disappointment..especially for weaker children
- 12:50 am **Boz23:** #gtchat Q4 a friend's masters thesis on perfectionism had equal numbers of boys and girls. She found them easily.
- 12:50 am **coachaddamy:** #gtchat (I can be a success w/o putting in an insane amount of effort....) that may be the other side of "effort is all that matters"
- 12:51 am **DeborahMersino:** The Beyonders by Torrance (let me know if link works) <http://bit.ly/gQ9yaD> #gtchat
- 12:51 am **laughingatchaos:** RT @gbetts1: I seek my own perfection. Do you?<=Only in certain areas. #gtchat



12:51 am **deepwaterscoach:** RT @gbetts1: I seek my own perfection. Do you?//I am a recovering perfectionist!!! Giving myself more grace these days. #gtchat

12:51 am **DeborahMersino:** RT @Boz23: #gtchat Q4 a friends masters thesis on perfectionism had equal numbers of boys and girls. She found them easily.<=TY #gtchat

12:51 am **FrazzIld:** @DeborahMersino Works! #gtchat

12:51 am **Ijconrad:** gtg early tonight. Thanks for a perfectly wonderful chat @DeborahMersino ttyl #gtchat

12:51 am **deepwaterscoach:** Time for me to make an early exit! This has been an excellent chat. Thx @DeborahMersino & everyone! #gtchat

12:51 am **gbetts1:** @DeborahMersino @gbetts1 @Boz23 A longitudinal study about creativity and those who go beyond. #gtchat

12:51 am **DeborahMersino:** @coachaddamy For me, I get caught up in the effort - too much...;-) #gtchat

12:52 am **DeborahMersino:** @Ijconrad - As always, it's been a joy having you with us! #gtchat

12:52 am **deepwaterscoach:** @Ijconrad Oh yay! We can walk out together! #gtchat

12:52 am **peter\_lydon:** @coachaddamy #gtchat also the other side of falling standards and the 'I can be rich' for no effort..just become a pop star!

12:52 am **DeborahMersino:** RT @gbetts1: @DeborahMersino @gbetts1 @Boz23 A longitudinal study about creativity and those who go beyond. <=TY for sharing! #gtchat

12:52 am **FrazzIld:** @Ijconrad Goodnight Lisa. Have a good weekend! #gtchat

12:52 am **YanikFalardeau:** @gbetts1 I seek more balance, joy, peace of mind and patience with myself. ;-) #gtchat

12:52 am **DeborahMersino:** RT @gbetts1: I seek my own perfection. Do you? <=In my passion areas, I suppose. Great question! #gtchat

12:53 am **FrazzIld:** @deepwaterscoach Goodnight #gtchat

12:53 am **Ijconrad:** @deepwaterscoach Yes! #gtchat

12:53 am **DeborahMersino:** RT @deepwaterscoach: @Ijconrad Oh yay! We can walk out together!<=Bye birthday girl. TY 4 sharing time with us! #gtchat

12:53 am **Boz23:** @gbetts1 #gtchat Other people can be scared of perfectionism - I learned early to hide it. My family say I'm fussy.

12:53 am **demom2gifted:** @DeborahMersino link worked. :) #gtchat

12:53 am **jofrei:** RT @gbetts1: I seek my own perfection. Do you? I like that - what I perceive as perfection may look sloppy to other perfectionists! #gtchat

12:53 am **Ijconrad:** @FrazzIld Have a fantastic birthday! :) #gtchat

12:53 am **gbetts1:** Are you perfectionistic? Was a parent? Where does modeling fit in? Passing it on? #gtchat

12:53 am **DeborahMersino:** FINAL THOUGHTS: We have just a few minutes left everyone. Final thoughts, learns tonight, hopes? #gtchat

12:54 am **deepwaterscoach:** @DeborahMersino I'm glad I could make it--originally thought not, so this was a gift b/c this chat is 1 of my fave part of my week! #gtchat

12:54 am **FrazzIld:** @Ijconrad Thank you. I'll try! #gtchat



- 12:54 am **DeborahMersino:** RT @gbetts1: I seek my own perfection. Do you? I like that - what I perceive as perfection may look sloppy to other perfectionists! #gtchat
- 12:54 am **ColinTGraham:** Couldn't help but remember this b4 her visit to UK: 'I'm going to take all your stuffed animals and burn them!' <http://bit.ly/hDOgPQ> #gtchat
- 12:54 am **coachaddamy:** #gtchat thank you all! Interesting thoughts & discussion
- 12:55 am **laughingatchaos:** @gbetts1 No, don't think my parents were perf. Trained as a classical flutist, tho, and think that awakened a sleeping giant. ;) #gtchat
- 12:55 am **DeborahMersino:** Final thought: Chill. Be in the moment. Pursue passions. Praise effort/learning/joyful exploration. Stop. Be! #gtchat
- 12:55 am **gbetts1:** RT @YanikFalardeau: @gbetts1 I seek more balance, joy, peace of mind and patience with myself. ;-) #gtchat
- 12:55 am **padgets:** #gtchat WHAT? ALREADY? oh ok....well I know i am so imperfect that have many things to work on take care stay safe tweet you all next week
- 12:55 am **coachaddamy:** RT @DeborahMersino: Final thought: Chill. Be in the moment. Pursue passions. Praise effort/learning/joyful exploration. Stop. Be! #gtchat
- 12:55 am **Frazzlld:** Psych friend says perfectionists often come from a background of chaos. Perfectionism is a way of exercising control #gtchat
- 12:55 am **EduGirlSDB:** I really have been enjoying this chat, who would have guessed that this would become my preferred way to spend a Fri night? #gtchat
- 12:55 am **DeborahMersino:** @deepwaterscoach Wow - love hearing that! You've helped make it all possible. ;-) #gtchat
- 12:55 am **cybraryman1:** RT @gbetts1: RT @YanikFalardeau: @gbetts1 I seek more balance, joy, peace of mind and patience with myself. ;-) #gtchat
- 12:56 am **Boz23:** #gtchat Great chat. I hope we can help kids reap the benefits of their perfectionism and not let it become debilitating.
- 12:56 am **laughingatchaos:** RT @DeborahMersino: Final thought: Chill. Be in the moment. Pursue passions. Praise effort/learning/joyful exploration. Stop. Be! #gtchat
- 12:56 am **DeborahMersino:** RT @coachaddamy: #gtchat thank you all! Interesting thoughts & discussion <=Glad you were with us! #gtchat
- 12:56 am **peter\_lydon:** @Frazzlld #gtchat or their mental model of the world is one of control
- 12:56 am **jofrei:** @deepwaterscoach @ljconrad Do grab some pirate boat cake and rumballs in the #gtstooxies lobby on your way out! #gtchat
- 12:56 am **padgets:** #gtchat Ommmmmm Ommm one with peace and harmony Ommmm
- 12:56 am **EduGirlSDB:** RT @DeborahMersino: Final thought: Chill. Be in the moment. Pursue passions. Praise effort/learning/joyful exploration. Stop. Be! #gtchat
- 12:56 am **cybraryman1:** "Perfect" ending to a day is chatting here on #gtchat with all my global friends.
- 12:56 am **DeborahMersino:** @EduGirlSDB That's wonderful to hear. It's all about collaboration! So glad you're now a part of our chats! #gtchat
- 12:57 am **DeborahMersino:** RT @padgets: #gtchat Ommmmmm Ommm one with peace and harmony Ommmm #gtchat
- 12:57 am **laughingatchaos:** RT @padgets: #gtchat Ommmmmm Ommm one with peace and harmony Ommmm<=You sure you're in IA and not Boulder? ;) #gtchat
- 12:57 am **TheNextMartha:** @Frazzlld I would agree to that. #gtchat
- 12:57 am **laughingatchaos:** RT @cybraryman1: "Perfect" ending to a day is chatting here on #gtchat with all my global

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am

Transcript for #gtchat - What the Hasht...  
friends.<=Hear hear! #gtchat

12:57 am **DeborahMersino:** RT @Boz23: #gtchat Great chat. I hope we can help kids reap the benefits of their perfectionism and not let it become debilitating. #gtchat

12:57 am **jofrei:** Final thought RT @cybraryman1: "Perfect" ending to a day is chatting here on #gtchat with all my global friends. I second that! #gtchat

12:57 am **KTVee:** RT @cybraryman1 "Perfect" ending to a day is chatting here on #gtchat with all my global friends. (Agreed!)

12:57 am **FrazzIld:** RT @cybraryman1: "Perfect" ending to a day is chatting here on #gtchat with all my global friends. #gtchat

12:57 am **peter\_lydon:** @cybraryman1 #gtchat Make Sunday 4pm EST the perfect start #gtie.....!!!!

12:57 am **padgets:** @laughingatchaos #gtchat he he he he :0) yep in the boonies one with nature, and mud and water and cows in the road

12:58 am **psuklinkie:** Thanks for a great discussion, everyone. Glad I finally broke the ice and participated! What an incredible and passionate group! #gtchat

12:58 am **DeborahMersino:** Still working on transcript situation. Ingenious Web site is in the process of overhaul/updates for transcripts/etc. TY 4 patience! #gtchat

12:58 am **laughingatchaos:** Ok, GTG. Pizza night at the House of Chaos. Mixing it up though: TACO pizza! Perfect! LOL #gtchat

12:58 am **VocabAhead:** RT @Boz23: Great chat.I hope we can help kids reap the benefits of their perfectionism and not let it become debilitating.<\*nod nod\* #gtchat

12:58 am **DeborahMersino:** @psuklinkie Glad you were with us. You offered a lot of sage input! #gtchat

12:58 am **laughingatchaos:** @padgets Heh. My year in IA was the longest year of my life. ; ) #gtchat

12:58 am **FrazzIld:** RT @peter\_lydon: @cybraryman1 #gtchat Make Sunday 4pm EST the perfect start #gtie.....!!!! < Perfect indeed! #gtchat

12:58 am **peter\_lydon:** #gtchat Been interesting....thanks Deborah

12:59 am **KTVee:** Being perfect is overrated, being your best is success! #gtchat

12:59 am **DeborahMersino:** @peter\_lydon - A special shout out and congrats to you on starting #gtie. You and the others are changing the face of Ireland/GT! #gtchat

12:59 am **gbetts1:** @KTVee Yes!! #gtchat

12:59 am **cybraryman1:** @DeborahMersino Thanks for another stimulating chat. Have to go to try to perfect the html on my GT page! Nice chatting #gtchat

12:59 am **VocabAhead:** Very interesting chat. Glad I could join in and learn from all of you. Thanks everyone. #gtchat

12:59 am **laughingatchaos:** RT @KTVee: Being perfect is overrated, being your best is success!<=Perfect is boring. ;) #gtchat

12:59 am **padgets:** @laughingatchaos #gtchat I am but a simple teacher with a simple mind :0)

1:00 am **laughingatchaos:** @padgets Bwahahahahaha!!! #gtchat

1:00 am **coachaddamy:** RT @padgets: @laughingatchaos #gtchat I am but a simple teacher with a simple mind :0) LOL anyone here has a simple mind?!

1:00 am **peter\_lydon:** @DeborahMersino #gtchat This is going to be a GREAT year in Ireland...if just a start...dam...perfectionism again!

1:00 am **DeborahMersino:** That's a wrap, success! I appreciate everyone's input, insights, and the fabulous collaboration

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Transcript for #gtchat - What the Hasht...

1:00 am **DeborahMersino:** That's a wrap, everyone! I appreciate everyone's input, insights and the fabulous collaboration taking place. You.all.rock! #gtchat

1:00 am **FrazzIld:** Thank you everyone, especially @DeborahMersino for another great chat. Off to bed now. #gtchat

1:00 am **DeborahMersino:** @VocabAhead Enjoyed having you with us! #gtchat

1:00 am **cybraryman1:** @padgets You are "simply" perfect in my book! #gtchat

1:01 am **DeborahMersino:** @FrazzIld I know you've played a BIG part in the momentum happening in Ireland too. TY 4 sharing your passion/knowledge w/us!! #gtchat

1:01 am **YanikFalardeau:** Great discussion everyone! Warm thanks @deborahMersino and all for your wisdom and positive energy. Merci beaucoup! #gtchat

1:01 am **DeborahMersino:** Night Ireland. Morning Australia. I'm off to eat dinner with the family. Thank you all again! #gtchat

1:01 am **FrazzIld:** @peter\_lydon Calm down there now. Don't start anything else just yet!! #gtchat

1:01 am **peter\_lydon:** @DeborahMersino a nice birthday pressie for@FrazzIld #gtchat

1:01 am **DeborahMersino:** @YanikFalardeau My pleasure and privilege! #gtchat

1:01 am **psuklinkie:** @DeborahMersino Thanks! It's easy to be inspired by so many like-minded individuals. #gtchat

1:02 am **peter\_lydon:** RT @FrazzIld: @peter\_lydon Calm down there now. Don't start anything else just yet!! #gtchat LOL!

1:02 am **FrazzIld:** @DeborahMersino It's all your fault. You started it! #gtchat

1:02 am **peter\_lydon:** RT @FrazzIld: @DeborahMersino It's all your fault. You started it! #gtchat

am  
1:02 am **DeborahMersino:** @FrazzIld YES! Happy Birthday!! I hope you fully understand how powerful your impact on others has been. SO meaningful! #gtchat

1:03 am **DeborahMersino:** @FrazzIld @peter\_lydon - :) Night! #gtchat

1:04 am **FrazzIld:** @DeborahMersino Thank you. Goodnight and have a great weekend. Bon appetit! #gtchat

1:04 am **peter\_lydon:** #gtchat #gtstooxies...need to catch up on some sleep....later....you rock!

1:28 am **EduGirlSDB:** Sorry I ran off without saying goodbye, dd11 is having a CVS episode today. <http://bit.ly/dTJMvH> #gtchat

1:48 am **KTVee:** You might teach gifted ed if you find yourself making "Renzulli Bars" as a treat for an upcoming presentation... #gtchat :)

3:26 am **DeborahMersino:** Transcript from 02.18 noon/EST #gtchat on STEM w/Guest Expert Susan Assouline of @BelinBlank <http://bit.ly/f7qS0G> #gifted {Scroll to 5pm}

3:28 am **DeborahMersino:** Transcript for 02.18 7pm/EST #gtchat - "A Deeper Look at Perfectionism" <http://bit.ly/h6b6QF> TY to everyone who participated!

3:30 am **DeborahMersino:** 1,320 tweets devoted to #gtchat this week. And more than 113 contributors!

4:17 am **KTVee:** Brown Bag Lunch Series: Invite "experts" 2 school, have kids sign up to lunch with them! LUV IT! #gtchat

4:37 am **Ijconrad:** Univ of Northern Co gifted ed MA program #gtchat #gifted <http://fb.me/vJYRkoAP>

- 4:58 am **KnightTweets0:** RT @psuklinkie: Q3: Make the classroom safe for failure. I thank students for making mistakes and admit when I make my own. Absolutely key. #gtchat
- 5:08 am **ljconrad:** Univ of So Miss Summer Pgrm for Academically Talented Youth #gtchat #gifted <http://fb.me/Stz3EnT9>
- 5:12 am **ljconrad:** Mich State High Achievers Summer Program #gtchat #gifted <http://fb.me/KPGppbIU>
- 5:16 am **ljconrad:** Purdue Leadership Summit: Gifted Native American students #gtchat #gifted <http://fb.me/M0dnQia0>
- 5:18 am **ljconrad:** Purdue's GERI Team Super Summer Program #gtchat #gifted <http://fb.me/AdM5sH7C>
- 5:23 am **ljconrad:** Montclair State (NJ) Academically GT Summer Program #gtchat #gifted <http://fb.me/Q4Br8u9F>
- 5:27 am **ljconrad:** Northwestern Univ Ctr for Talent Dev Summer Program #gtchat #gifted <http://fb.me/UcnL2odT>
- 5:29 am **ljconrad:** Univ of La at Lafayette Summer Enrichment Programs #gtchat #gifted <http://fb.me/FQaJLnfV>
- 5:31 am **ljconrad:** Univ of Oregon Summer Enrichment Program #gtchat #gifted <http://fb.me/AcUel6nU>
- 7:55 am **LesLinks:** RT @KTVEE: Brown Bag Lunch Series: Invite "experts" 2 school, have kids sign up to lunch with them! LUV IT! #gtchat
- 8:45 am **KateArmsRoberts:** A constant at our house. RT @laughingatchaos: Finish this: Practice makes...? Not perfect. Better. #gtchat
- 1:12 pm **peter\_lydon:** #gtie #gtchat #vnb #ge11 Get On Board The Talent Train <http://on.fb.me/hvZZRB>
- 1:41 pm **DazzlId:** RT @peter\_lydon: #gtie #gtchat #vnb #ge11 Get On Board The Talent Train <http://on.fb.me/hvZZRB>
- 1:52 pm **KateArmsRoberts:** Got great ideas reading the #gtchat tweets late last night. Sorry not to have caught yesterday's chats live.
- 2:29 pm **sarastafford:** RT @laughingatchaos: RT @DeborahMersino: Final thought: Chill. Be in the moment. Pursue passions. Praise effort/learning/joyful exploration. Stop. Be! #gtchat
- 2:45 pm **megwhoffman:** @KTVEE I spent many years teaching 3rd grade and they ARE ready! Some need more scaffolding, but HTL skills can be taught. #gtchat
- 5:55 pm **KTVEE:** Inspiring Girls to Go into Engineering Fields <http://www.engineeryourlife.org/> #gtchat
- 7:50 pm **Begabung:** RT @DeborahMersino: Transcript for 02.18 7pm/EST #gtchat - "A Deeper Look at Perfectionism" <http://bit.ly/h6b6QF> TY to everyone who participated!
- 7:54 pm **tappedinorg:** RT @DeborahMersino: Transcript for 02.18 7pm/EST #gtchat - "A Deeper Look at Perfectionism" <http://bit.ly/h6b6QF> TY to everyone who participated!