



## Transcript from March 11, 2011 to March 12, 2011

All times are Pacific Time

### March 11, 2011

- 12:24 am **DeborahMersino:** "EXPLORE: 5 Programs that Inspire & Engage" will be our noon/EST #gtchat topic tomorrow, 03.11. Join us! #gifted
- 12:25 am **jofrei:** RT @DeborahMersino: "EXPLORE: 5 Programs that Inspire & Engage" will be our noon/EST #gtchat topic tomorrow, 03.11. Join us! #gifted
- 12:25 am **DeborahMersino:** "SHOW: How to Handle Stress in the Moment" will be our 7pm/EST #gtchat topic tomorrow, 03.11. Join us! #gifted #parenting #edchat
- 12:26 am **jofrei:** RT @DeborahMersino: "SHOW: How to Handle Stress in the Moment" will be our 7pm/EST #gtchat topic tomorrow, 03.11. Join us! #gifted #parenting #edchat
- 12:41 am **ljconrad:** RT @DeborahMersino: "EXPLORE: 5 Programs that Inspire & Engage" will be our noon/EST #gtchat topic tomorrow, 03.11. Join us! #gifted
- 12:41 am **ljconrad:** RT @DeborahMersino: "SHOW: How to Handle Stress in the Moment" will be our 7pm/EST #gtchat topic tomorrow, 03.11. Join us! #gifted #parenting #edchat
- 12:43 am **ljconrad:** @DeborahMersino Now I'm worried! I better lurk @ 7PM b/c I do not know how to handle stress at all! #gtchat
- 1:09 am **ljconrad:** New Zealand's Gifted Kids Programme announces 2 new board members #gtchat #gifted <http://fb.me/G87bwuLh>
- 1:28 am **ljconrad:** MN ed grant fund elem orchestra #gtchat #gifted <http://fb.me/JpOYic41>
- 1:28 am **cybraryman1:** RT @ljconrad: RT @DeborahMersino: "EXPLORE: 5 Programs that Inspire & Engage" noon/EST #gtchat topic tomorrow, 03.11 #gifted
- 1:29 am **cybraryman1:** RT @jofrei: RT @DeborahMersino: "SHOW: How to Handle Stress in the Moment" 7pm/EST #gtchat topic tomorrow, 03.11
- 2:55 am **KTVee:** Who else has read "Poke the Box"? Most motivating book ever! It's about getting started NOW instead of SOON. #ecosys #edchat #gtchat
- 3:43 am **giaimojosephine:** Looking forward to tweeting about Dr. Linda Silverman's talk, & participating in #gtchat tomorrow from the #njagc.org conf in Somerset, NJ.
- 4:50 am **DeborahMersino:** RT @ljconrad @DeborahMersino Now I'm worried! I better lurk @ 7PM b/c I do not know how to handle stress at all! #gtchat <=me too/lol
- 5:01 am **DeborahMersino:** Hot off the presses from @PrufrockPress: 101 Success Secrets for #Gifted Kids by @chrstinef <http://bit.ly/gq9nEa> {Congrats!} #gtchat
- 5:04 am **chrstinef:** RT @DeborahMersino: Hot off the presses from @PrufrockPress: 101 Success Secrets for #Gifted Kids by @chrstinef <http://bit.ly/gq9nEa> {Congrats!} #gtchat
- 5:17 am **JohnsHopkins:** RT @theolynn: Some great ideas from 1st mtg with CTYJohns Hopkins #getusa #giftedkids #gtchat <http://twitpic.com/488ahi>
- 5:27 am **Begabungs:** RT @ljconrad: New Zealand's Gifted Kids Programme announces 2 new board members #gtchat #gifted <http://fb.me/G87bwuLh>
- 5:27 am **Begabungs:** RT @DeborahMersino: "SHOW: How to Handle Stress in the Moment" will be our 7pm/EST #gtchat topic tomorrow, 03.11. Join us! #gifted #parenting #edchat
- 5:28 am **Begabungs:** RT @giaimojosephine: Dr. Linda Silverman on visual-spatial learners and teaching strategies at njagc.org March 11-12 in Somerset, NJ #gifted #gtchat #tmnj11

4/1/2011

Transcript for #gtchat - What the Hasht...

5:48 am

**jorrei:** RT @DeborahMersino: Hot off the presses from @FruRockPress: 101 Success Secrets for #Gifted Kids by @chrstinef <http://bit.ly/gq9nEa> {Congrats!} #gtchat

9:26 am

**Begabungs:** Topic: "A Global Perspective on Gifted Education"-Tim Dracup #ukchat #gifted #gtchat <http://tinyurl.com/6jrna2p>

9:35 am

**GiftedPhoenix:** RT @Begabungs: Topic: "A Global Perspective on Gifted Education"-Tim Dracup #edchat #ukedchat #gifted #gtchat <http://tinyurl.com/6jrna2p>

9:37 am

**Begabungs:** RT @GiftedPhoenix: RT @Begabungs: Topic: "A Global Perspective on Gifted Education"-Tim Dracup #edchat #ukedchat #gifted #gtchat <http://tinyurl.com/6jrna2p>

9:37 am

**LesLinks:** RT @GiftedPhoenix: RT @Begabungs: Topic: "A Global Perspective on Gifted Education"-Tim Dracup #edchat #ukedchat #gifted #gtchat <http://tinyurl.com/6jrna2p>

9:38 am

**LesLinks:** Many thoughts to those in need in Japan.. #edchat #gifted #ukedchat #gtchat

9:42 am

**YOUCANPREVAIL:** RT @drchuckwilliams: RT @GaryBrannigan: Being successful in school is one thing; professional success is another. #gtchat

9:50 am

**Begabungs:** Europe for talented and gifted children...Lets rock! #gtchat #edchat #Germany #Bayern <http://talentday.eu/>

10:09 am

**luc\_germain:** RT @Begabungs: Europe for talented and gifted children...Lets rock! #gtchat #edchat #Germany #Bayern <http://talentday.eu/>

11:01 am

**jofrei:** RT @LesLinks: Many thoughts to those in need in Japan.. #edchat #gifted #ukedchat #gtchat

1:08 pm

**ljconrad:** On my way into school this AM. A winter wonderland. I'd like to have a word with Punxsutawney Phil! #gtchat <http://t.co/UUINFE6>

2:33 pm

**giaimojosephine:** Here listening to dr linda silverman at the njagc conference #gtchat #njagc11

2:41 pm

**giaimojosephine:** Dr. Silverman is quoting Peichowski on over excitabilities #gtchat #njagc11

2:50 pm

**giaimojosephine:** Elizabeth Drews..Silverman is quoting her...Silverman says toread Tolan's Welcome tothe Arts #gtchat #njagc11

2:57 pm

**giaimojosephine:** Silverman talks about The Columbus Group, upcoming conferences in April and September #gtchat #njagc11

3:02 pm

**giaimojosephine:** Silverman...norelation betweenhandwriting and mental development, asynchrony is a universal manifestation #gtchat #njagc11

3:09 pm

**giaimojosephine:** Silverman...there is noperfect IQ test...false negatives and false positives #gtchat #njagc11

3:14 pm

**giaimojosephine:** Gifted are an amalgam of developmental ages...Silverman, quoting Tolan #gtchat #njagc11 #tmnj11

3:19 pm

**giaimojosephine:** Silverman talking about Dabrowski's OE theory #gtchat #njagc11 abundance of energy in later years may be welcomed...

3:22 pm

**giaimojosephine:** Silverman says to stop trying to"cure" OEs...#gtchat #njagc11 #tmnj11

3:25 pm

**giaimojosephine:** There is a Dabrowski conference every two years. Per Carolyn K. Of hoagiesgifted. #gtchat #njagc11 #tmnj11

3:33 pm

**giaimojosephine:** Silverman talking about introverts nd extroverts #gtchat #njagc11 #tmnj11 giftedness runs in families

4:05 pm

**DeborahMersino:** Less than an hour until #gtchat! Join as at noon/EST as we discuss "Explore: 5 Programs that Engage & Inspire." #gifted #edchat #scichat

4:06 pm

**giaimojosephine:** Reichert says we need toID ALL gifted students #gtchat #njagc11 reg classroom is a problem...for several reasons

4:08 pm

**giaimojosephine:** The regular classroom does not evoke academic potential...need towork with Title One pgms #gtchat #njagc11 #tmnj11 says Reichert

4:13 pm

**giaimojosephine:** Reichert: We need toID gifted potential..so students w/potential can manifest viaprograms now, decades from now #gtchat #njagc11 #tmnj11

- 4:17 pm **giaimojosephine:** Reichert: Hispanic, black, poor kids are under ID'd...renorm all demographic groups....toID potential #gtchat #njagc11 #tmnj11
- 4:22 pm **giaimojosephine:** Reichert: ID poor gifted kids toaddress missed AYP in uderperforming districts..work with Title 1 #gtchat #njagc11 #tmnj11
- 4:27 pm **Begabung:** RT @giaimojosephine: Reichert says we need toID ALL gifted students #gtchat #njagc11 reg classroom is a problem...for several reasons
- 4:29 pm **DeborahMersino:** RT @giaimojosephine: Silverman says to stop trying to "cure" OEs...#gtchat #njagc11 #tmnj11 #gtchat
- 4:30 pm **giaimojosephine:** Reichert: behavior problems decrease when gifted students are ID'd, put in low cost high qual gifted pgms #gtchat #njagc11 #tmnj11
- 4:31 pm **cybraryman1:** RT @DeborahMersino: 30 minutes until #gtchat! Join us as we explore 5 inspiring programs for learners.
- 4:36 pm **giaimojosephine:** Reichert: Pullouts don't help w/academic achievement, need tochange the psych environment too #gtchat #njagc11 #tmnj11
- 4:37 pm **fullonlearning:** Outstanding day @ NE Regional G&T Partnership. Teachers & EY Practitioners inspirational & enthusiastic! Thank you #gifted #ukedchat #gtchat
- 4:41 pm **giaimojosephine:** Reichert: students need tolearn to self-assess. Find areas of strength. Grades and assessment are different. #gtchat #njagc11 #tmnj11
- 4:47 pm **DeborahMersino:** @greeleyschools Thank you for spreading the word! This district rocks. #gtchat #gtchat
- 4:50 pm **jofrei:** RT @cybraryman1: RT @DeborahMersino: 10 minutes until #gtchat! Join us as we explore 5 inspiring programs for learners #gtchat
- 4:51 pm **DeborahMersino:** Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 4:55 pm **cybraryman1:** RT @DeborahMersino: Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 4:56 pm **DeborahMersino:** My tweets 4 next hour will be devoted to #gtchat. Pardon heavy stream; feel free 2 unfollow. Topic: 5 Inspiring Programs 4 Learners #gtchat
- 4:58 pm **jofrei:** RT @DeborahMersino: Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 4:59 pm **ljconrad:** RT @jofrei: RT @DeborahMersino: Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 5:00 pm **DeborahMersino:** Welcome to #gtchat! Our topic: EXPLORE: 5 Programs that Engage and Inspire. Join us now. #gifted #gtchat
- 5:00 pm **FrazzIld:** RT @DeborahMersino: Welcome to #gtchat! Our topic: EXPLORE: 5 Programs that Engage and Inspire. Join us now. #gifted #gtchat
- 5:00 pm **DeborahMersino:** Please take a moment to introduce yourselves, your role (educator, administrator, parent, advocate) & share where you reside. #gtchat
- 5:01 pm **GaryBrannigan:** Twitter seems slow! #gtchat
- 5:02 pm **DeborahMersino:** Twitter running slow today. Hopefully this will be resolved soon. #gtchat
- 5:02 pm **clairehennessy:** #gtchat Hi folks - Claire, from Dublin, Ireland - writer & creative writing teacher, teach on extra-curricular #gifted programme here.
- 5:02 pm **laughingatchaos:** @GaryBrannigan I think it's overloaded by the earthquake. Tweetchat isn't working well either. :( #gtchat
- 5:03 pm **GiftedPhoenix:** #gtchat Hello from England where it's a gloomy end to a fine Spring day. I'm a #gifted ed consultant, writer, parent and trustee of UK NAGC.
- 5:03 pm **FrazzIld:** Wow, twitter is on a go-slow yet again... #gtchat
- 5:04 pm **ljconrad:** Hi from snowy, snowy Pittsburgh! Blogger, consultant, parent & advocate. #gtchat

- 5:04 pm **FrazzIld:** RT @DeborahMersino: Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 5:04 pm **cybraryman1:** Twitterbrarian Learn all you can, anytime you can, from anyone you can- there will always come a time when you will be grateful you did #gtchat
- 5:04 pm **KateArmsRoberts:** RT @DeborahMersino: Mindful of the devastation in Japan. Hearts and prayers going out to all who have been affected... #gtchat
- 5:04 pm **DeborahMersino:** ATTN: #gtchat-ters. Let's give this 5 minutes and see if stream starts working. I'm guessing it's due to worldwide events. Makes sense.
- 5:05 pm **FrazzIld:** Hi folks. Catherine from a wet and gloomy Wicklow, Ireland. Parent, advocate and support group coordinator #gtchat
- 5:06 pm **megwhoffman:** Hello, all! Meg here from sunny Williamsburg, VA. Former elm. teacher, recent W&M grad, & current curriculum developer. #gtchat
- 5:06 pm **DeborahMersino:** I'm truly excited about today's #gtchat. I'm hoping we can proceed. I see many of you, but can't pull live feed. Let's give it another min.
- 5:07 pm **DeborahMersino:** ATTN: #gtchat -ters: is anyone working on a platform (i.e TweetDeck) that's working? Can you direct a tweet to me?
- 5:07 pm **mareserinitatis:** Can't seem to get to #gtchat today. Too much news on the earthquake and tsunami.
- 5:07 pm **cybraryman1:** @DeborahMersino I am on TweetDeck #gtchat
- 5:07 pm **clairehennessy:** @DeborahMersino TweetDeck's working for me... #gtchat
- 5:07 pm **GiftedPhoenix:** #gtchat @DeborahMersino I'm on tweetdeck and it seems OK
- 5:08 pm **megwhoffman:** @DeborahMersino #gtchat Tweetdeck is okay here.
- 5:09 pm **DeborahMersino:** Give me a second. Sorry. I have to get on TweetDeck... #gtchat
- 5:09 pm **DeborahMersino:** Thank you for being patient! Be with you momentarily! #gtchat
- 5:10 pm **cybraryman1:** @DeborahMersino Patience is a virtue that teachers must posses #gtchat
- 5:11 pm **DazzIld:** Hi everyone, Karen here in the same miserable weather as @frazzIld. I am a parent, advocate and supporter of gifted learners. #gtchat
- 5:12 pm **DeborahMersino:** Okay! Here we go. If it's okay, we'll perhaps go until 11:15. I have lots to share! #gtchat
- 5:12 pm **LesLinks:** Hi all.. keeping a watch and my thoughts on friends and colleagues, village people and towns and loved ones in Japan... #gtchat
- 5:12 pm **DeborahMersino:** I'm going to share 5 programs & look forward to your input/feedback. #gtchat
- 5:12 pm **ljconrad:** @DeborahMersino ((tapping fingers)) patience is not one of my many virtues! #gtchat
- 5:13 pm **DeborahMersino:** Some of you may have heard of these/be familiar with them. I'm hoping to go a bit deeper. #gtchat
- 5:13 pm **laughingatchaos:** #gtchat Ok, I think I have something working here...
- 5:13 pm **KateArmsRoberts:** Kate from Toronto, parent. #gtchat
- 5:13 pm **DeborahMersino:** First up is the Google Science Fair, the first online science fair. #gtchat
- 5:14 pm **clairehennessy:** Hi to all of you for whom twitter is working! :) #gtchat
- 5:14 pm **laughingatchaos:** #gtchat I'm Jen in CO, soon to be IL. Mom, writer, blogger, advocate. Would like to finally sell my house & get settled already. ;)
- 5:15 pm **DeborahMersino:** "Science Connects the World." Google Science Fair is open to kids aged 13-18. #gtchat
- 5:15 pm **DeborahMersino:** Link to Google Science Fair <http://bit.ly/efDpxO> #gtchat
- 5:16 pm **DeborahMersino:** Let me ask, "How many of you are familiar with the Google Science Fair?" #gtchat

- 5:16 pm **cybraryman1:** My Science Fair page has Google Global Science Fair 2011 <http://tinyurl.com/4a35mww> #gtchat
- 5:17 pm **DeborahMersino:** The entire science fair experience is done online/so cool. #gtchat
- 5:17 pm **padgets:** #gtchat sorry to be late, I have kids doing the google science fair
- 5:17 pm **laughingatchaos:** @DeborahMersino #gtchat Never heard of the Google science fair.
- 5:17 pm **ljconrad:** @DeborahMersino excellent since so many schools have cut sci fairs in tight budgets #gtchat
- 5:17 pm **DeborahMersino:** You can plan your science project, conduct your experiments, write up your results - all online. #gtchat
- 5:17 pm **DazzIld:** #gtchat@DeborahMersino I am, but have yet to convince my kids to get involved. I think it takes a teacher to help them get started.
- 5:18 pm **megwhoffman:** I'd never heard of this! Such a great idea . . . #gtchat
- 5:18 pm **DeborahMersino:** Students complete a project submission at the end & create & share a video or slide show online. #gtchat
- 5:19 pm **laughingatchaos:** @DeborahMersino #gtchat What's the age range?
- 5:19 pm **DeborahMersino:** Google Science Fair projects are due April 4, 2011, but I'm hoping many will consider it for next year! #gtchat
- 5:19 pm **GiftedPhoenix:** #gtchat I like the way the Google Site becomes the project submission. I wouldn't say it's been extensively publicised here
- 5:19 pm **DeborahMersino:** Entries/documentation need to be done in English, but Google Translator is available. #gtchat
- 5:20 pm **DeborahMersino:** @GiftedPhoenix I agree. I had vaguely heard about it, but it's more impressive than I realized. #gtchat
- 5:21 pm **DeborahMersino:** @laughingatchaos Age ranges for Google Science Fair - 13-18. #gtchat
- 5:21 pm **laughingatchaos:** @DeborahMersino #gtchat Ah, that's why we're not into it. DS9 is too young right now. In a few years he'll likely do it.
- 5:21 pm **DeborahMersino:** In May, 60 finalists will be chosen; their projects will be posted online. Ppl can vote 4 "People's Choice Award." ;-) #gtchat
- 5:22 pm **LesLinks:** Hi again Leslie in Dublin, Alsorts in Gifted... muck in where ever needed.. ;-D #gtchat [Like it? <http://bit.ly/eCv9Ak> ]
- 5:22 pm **daveandcori:** RT @cybraryman1: My Science Fair page has Google Global Science Fair 2011 <http://tinyurl.com/4a35mww> #gtchat
- 5:22 pm **DeborahMersino:** Then, illustrious panel (think Nobel Laureate) narrows down 60 to 15. #gtchat
- 5:22 pm **LesLinks:** Soooooooooo Sloooooow #gtchat
- 5:23 pm **DeborahMersino:** 15 Google Fair Finalists will be flown to Google headquarters in California. #gtchat
- 5:23 pm **DeborahMersino:** Winners in 13-14,15-16, and 17-18. Grand prizes include 50,000 scholarship, trip to Galapagos Islands, etc. Amazing. #gtchat
- 5:24 pm **jofrei:** Hi Jo Freitag from Gifted Resources in Melbourne Australia. I have just installed Tweet deck but haven't worked it out yet #gtchat
- 5:24 pm **padgets:** #gtchat We cannot do science fairs here because of budget but this is a great way to keep it in our curriculum
- 5:24 pm **DeborahMersino:** @jofrei It takes a bit; I just did it. Glad you're with us! We're talking about 1) Google Science Fair. #gtchat
- 5:24 pm **GiftedPhoenix:** #gtchat Just don't try to compete is you live in Cuba, Zimbabwe, Burma, Iran, Sudan or N Korea (the rules prohibit it!)
- 5:24 pm **DeborahMersino:** @padgets I think it's got incredible possibilities! #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:25 pm **DeborahMersino:** @GiftedPhoenix Thanks for pointing that out. #gtchat
- 5:25 pm **padgets:** #gtchat oh sorry I am Sharon and I am a HS science teacher from Ottumwa Iowa I teacher 9th grade
- 5:25 pm **DeborahMersino:** Question re Google Science Fair: Can you see your students/kids getting involved (if proper age)? #gtchat
- 5:26 pm **GiftedPhoenix:** #gtchat The science fair judges - <http://bit.ly/g22AJd>
- 5:26 pm **DeborahMersino:** RT @GiftedPhoenix: #gtchat The science fair judges - <http://bit.ly/g22AJd> <=TY!
- 5:27 pm **laughingatchaos:** @DeborahMersino #gtchat I think DS9 could be persuaded to investigate. DO IT? Who knows...
- 5:27 pm **DeborahMersino:** Ready for number 2? Here we go. #gtchat
- 5:27 pm **LesLinks:** I can't seem to get any live feed here, even on normal twitter feed.. #gtchat [Like it? <http://bit.ly/i8iQmW> ]
- 5:28 pm **DeborahMersino:** Many of you have heard about Khan Academy, but I'd like to delve deeper. #gtchat
- 5:28 pm **DeborahMersino:** Before we start, though, how many of you have/know students & educators who have utilized? #gtchat
- 5:28 pm **cybraryman1:** Impressive panel of judges but do not see any elementary - high school teachers on it. #gtchat
- 5:29 pm **ljconrad:** Another way online activities will supplement edcation in the future. Good opportunity for gifted students! #gtchat
- 5:29 pm **DeborahMersino:** @cybraryman1 Wow. That's interesting...#gtchat
- 5:29 pm **DeborahMersino:** For those who don't know, Khan Academy offers free education for anyone anywhere. #gtchat
- 5:30 pm **laughingatchaos:** #gtchat Haven't used Khan Academy, but it streams on our Roku so I may introduce the boys. Maybe tonight. They'd love it.
- 5:30 pm **padgets:** #gtchat I use Khan quite a bit just because it lends itself to my student centered classroom
- 5:30 pm **cybraryman1:** Khan Academy has outstanding material. I have them on my Educational Videos page: <http://tinyurl.com/4sclt4a> #gtchat
- 5:30 pm **DeborahMersino:** Online library includes 2,000 videos now. 5 people run the non-profit organization. #gtchat
- 5:30 pm **padgets:** #gtchat it has helped my kids with their math and has some awesome science stuff
- 5:31 pm **DeborahMersino:** @padgets What courses/areas have you utilized? Can you say more about your experiences? #gtchat
- 5:31 pm **cybraryman1:** RT @Pak\_Liam: Useful Science Videos for #flipclass teaching. <http://tinyurl.com/4kj2u7q> #gtchat
- 5:31 pm **jmclean77:** RT @cybraryman1: Khan Academy has outstanding material. I have them on my Educational Videos page: <http://tinyurl.com/4sclt4a> #gtchat
- 5:31 pm **jmanningen:** RT @cybraryman1: Khan Academy has outstanding material. I have them on my Educational Videos page: <http://tinyurl.com/4sclt4a> #gtchat
- 5:31 pm **laughingatchaos:** #gtchat Twitter isn't keeping up w/my caffeine buzz. ;) Gonna toddle down for more coffee...
- 5:31 pm **EclipsingX:** RT @cybraryman1: RT @Pak\_Liam: Useful Science Videos for #flipclass teaching. <http://tinyurl.com/4kj2u7q> #gtchat
- 5:31 pm **DeborahMersino:** I didn't realize it offers detailed reports (for teachers, parents, students). Ability to see progress live. #gtchat

- 5:32 pm **padgets:** #gtchat I have used forensics, genetics, cells, anatomy, pharmacology, microbiology and mroe
- 5:32 pm **GiftedPhoenix:** #gtchat No experience with KA directly. I'm interested in creating mashups with other learning resources. I like the knowledge map
- 5:32 pm **DazzlId:** @DeborahMersino Love Khan Academy. I got the app for my Android and we all use it when out and about. #gtchat
- 5:32 pm **DeborahMersino:** Right now, Khan Academy is doing a trial (with classrooms/educators). Will likely spread. #gtchat
- 5:33 pm **bibkosh:** @KhanAcademy of course! :) RT @cybraryman1: RT @Pak\_Liam: Useful Science Videos for #flipclass teaching. <http://tinyurl.com/4kj2u7q> #gtchat
- 5:33 pm **DeborahMersino:** Students on Khan Academy earn badges (i.e. Meteorite, Black Hole, Moon), encourages effort. #gtchat
- 5:33 pm **GiftedPhoenix:** #gtchat I'm instinctively attracted to more democratic models where learners offer expertise and learn from others in return
- 5:34 pm **DazzlId:** I don't know any teachers using it in a classroom setting yet though. #gtchat
- 5:34 pm **DeborahMersino:** Aha! Now you can follow @KhanAcademy on Twitter too! #gtchat
- 5:34 pm **YanikFalardeau:** @DeborahMersino As well as getting interested in new things. My son became interested in stem cells and biology #gtchat
- 5:34 pm **DeborahMersino:** @DazzlId Yes, there just working on live trials now. #gtchat
- 5:34 pm **DeborahMersino:** @YanikFalardeau How wonderful! #gtchat
- 5:35 pm **DeborahMersino:** @YanikFalardeau I haven't used it/shown it to my dds yet. Looking forward to doing so! #gtchat
- 5:35 pm **jannymarie:** @dallasf @WDCazz Might be helpful for our paper RT @cybraryman1 My Science Fair page <http://tinyurl.com/4a35mww> #gtchat
- 5:35 pm **kjbaker:** RT @DeborahMersino: Aha! Now you can follow @KhanAcademy on Twitter too! #gtchat
- 5:35 pm **DeborahMersino:** FYI - You have to log into Khan Academy w/Twitter or a Facebook account. #gtchat
- 5:35 pm **DeborahMersino:** I think you also need permission if you're under 13. #gtchat
- 5:36 pm **KateArmsRoberts:** My 7 year old likes the biology. #gtchat And the math is excellent.
- 5:36 pm **megwhoffman:** Never heard of KA- looks useful for kids and for teachers who want to keep up. (applications for the math/science phobic teachers?) #gtchat
- 5:36 pm **clairehennessy:** Must check this out - is KA strong in all subjects or are there ones it's better on? #gtchat
- 5:36 pm **DeborahMersino:** The Khan Academy apps/videos/progress reports/"energy" trackers (for encouragement) are inspiring. #gtchat
- 5:37 pm **YanikFalardeau:** @DeborahMersino Started a short while ago. It's really amazing. Looking forward to using the new features with my 8 year old. #gtchat
- 5:37 pm **DeborahMersino:** @clairehennessy Great question. Began with Math, but believe reviews are quite positive for all subjects. #gtchat
- 5:37 pm **cybraryman1:** @KateArmsRoberts My Biology page: <http://tinyurl.com/4b7aqku> #gtchat
- 5:38 pm **DeborahMersino:** @megwhoffman Yes - that's exactly it! Kids who want to explore higher levels can. Teachers can watch/learn/grow. #gtchat
- 5:38 pm **DeborahMersino:** Ready for #3? Is this working for you all? Please feel free to share thoughts/opinions along the way. TY! #gtchat
- 5:38 pm **padgets:** #gtchat @LesLinks yep I gottcha!
- 5:39 pm **GiftedPhoenix:** Looks like Google and the Gates Foundation are now backing Khan - so it's set to become a big business #gtchat

- 5:39 pm **KateArmsRoberts:** What was #1? #gtchat
- 5:39 pm **DeborahMersino:** @GiftedPhoenix Agreed. And will likely evolve/set precedents for others like it. #gtchat
- 5:40 pm **cybraryman1:** @KateArmsRoberts Google Science Fair #gtchat
- 5:40 pm **DeborahMersino:** @KateArmsRoberts Google Science Fair.  
<http://www.google.com/events/sciencefair/index.html> #gtchat
- 5:40 pm **KateArmsRoberts:** Thx. #gtchat
- 5:40 pm **DeborahMersino:** #3: Davidson Young Scholars Program via @DavidsonGifted. #gtchat
- 5:40 pm **DeborahMersino:** Again, you may have heard about it/would like to share a bit more. #gtchat
- 5:41 pm **RVAFamilyMag:** RT @DeborahMersino: The Khan Academy apps/videos/progress reports/"energy" trackers (for encouragement) are inspiring. #gtchat
- 5:41 pm **DeborahMersino:** Davidson Young Scholars (DYS) offers free services to nurture/support profoundly gifted. #gtchat
- 5:41 pm **clairehennessy:** @DeborahMersino Have heard good things from its former students/participants! #gtchat
- 5:41 pm **YanikFalardeau:** @GiftedPhoenix #gtchat Big business or big social venture?  
<http://www.khanacademy.org/about/faq>
- 5:41 pm **DeborahMersino:** Do any of you have experience with DYS? #gtchat
- 5:42 pm **GiftedPhoenix:** #gtchat @DeborahMersino Hope it doesn't eclipse its competitors - we need to grow the market in these platforms!
- 5:42 pm **DeborahMersino:** @GiftedPhoenix Agree - future rests upon it. #gtchat
- 5:42 pm **asynschlrfsnd:** RT @DeborahMersino: Davidson Young Scholars (DYS) offers free services to nurture/support profoundly gifted. #gtchat #fb
- 5:42 pm **DeborahMersino:** Re DYS, students/parents receive assistance from Davidson. #gtchat
- 5:43 pm **padgets:** #gtchat sorry I was out kids coming into class they are started now reading.....
- 5:43 pm **asynschlrfsnd:** @DeborahMersino Sorry I'm not joining; I'm in a coastal area up high & am sheltering friends as precaution #tsunami #gtchat
- 5:44 pm **DeborahMersino:** Academic support, educational advocacy, talent development, online seminars (kids & parents). #gtchat
- 5:44 pm **DeborahMersino:** @AsynchSchlrFnd No worries. Safety first. Sending good thoughts your way. #gtchat
- 5:45 pm **DeborahMersino:** DYS offers parents online seminars to assist w/ parenting challenges. #gtchat
- 5:45 pm **cybraryman1:** Don't worry I have Davidson Young Scholars program here:  
<http://tinyurl.com/4mplqjn> #gtchat Davidson provides excellent materials.
- 5:45 pm **DeborahMersino:** Moreover, Davidson Young Scholars have online colloquia that's incredible. #gtchat
- 5:45 pm **padgets:** #gtchat ummmm never heard of it
- 5:46 pm **DeborahMersino:** DYS online colloquia includes chance to interact w/professionals in a wide variety of fields. #gtchat
- 5:46 pm **DeborahMersino:** From game theory and 3-D animation to the art of mathematics, how to handle bullies, etc. #gtchat
- 5:47 pm **cybraryman1:** @padgets I have quite a few sites from Davidson on my GT page:  
<http://tinyurl.com/6fhtxcl> #gtchat
- 5:47 pm **DeborahMersino:** Every summer, Davidson Young Scholars & their families come together for a summit. #gtchat
- 5:48 pm **jofrei:** I'm back on Tweet chat seems to be moving ok now #gtchat

- 5:48 pm **cybraryman1:** @DeborahMersino The beauty is that Davidson has a lot of great resources for parents too #gtchat
- 5:48 pm **\_\_Quest:** @DeborahMersino that sounds great! #gtchat
- 5:48 pm **DeborahMersino:** At the DYS Summit, there are parent workshops, dynamic speakers, peer interactions. #gtchat
- 5:48 pm **KateArmsRoberts:** Most of DYS attention seems directed to the Profoundly gifted #gtchat Am I right?
- 5:48 pm **GiftedPhoenix:** #gtchat No experience of DYS though broadly familiar. Can the resources be accessed by those not in the programme?
- 5:49 pm **jofrei:** Or maybe not... #gtchat
- 5:49 pm **DeborahMersino:** @KateArmsRoberts Yes. You're right. #gtchat
- 5:49 pm **megwhoffman:** #gtchat All of these suggestions really interesting in light of Rena Subotnik's talk on talent development at NCNC today . . .
- 5:49 pm **DeborahMersino:** Regarding applications, must be US citizen (sorry global friends) 5-16 yrs old, meet qual. scores/testing requirements. #gtchat
- 5:50 pm **DeborahMersino:** @megwhoffman Look forward to hearing more re Subotnik! #gtchat
- 5:50 pm **megwhoffman:** #gtchat . . . talked about knowing talent development trajectories for different fields and providing opportunities accordingly.
- 5:51 pm **DeborahMersino:** @GiftedPhoenix I don't believe so. Good question though. Excellent model/could/should be replicated elsewhere/worldwide. #gtchat
- 5:51 pm **jofrei:** Back to just main Twitter now -sorry I'll just lurk and read transcript later #gtchat
- 5:51 pm **DeborahMersino:** I want to move on, but have to mention the Young Scholars Ambassador Program. Pls check it out. Link coming. #gtchat
- 5:51 pm **GiftedPhoenix:** #gtchat @DeborahMersino Wish we had the same level of philanthropy as the Davidsons provide!
- 5:52 pm **DeborahMersino:** Link to Davidson Young Scholars Ambassador Program -<http://bit.ly/fWbMwj> #gtchat
- 5:52 pm **DeborahMersino:** @GiftedPhoenix I hear you. They're truly incredible. #gtchat
- 5:52 pm **DeborahMersino:** @jofrei Sorry about the feed, Jo. It's been so crazy today. #gtchat
- 5:53 pm **DeborahMersino:** Ready for #4? #gtchat
- 5:53 pm **DeborahMersino:** #4: NaNoWriMo Young Writers Program. Again, have to share more about this program! #gtchat
- 5:54 pm **DeborahMersino:** Here's a link to the NaNoWriMo home page. Stands for National Novel Writing Month (which is Nov.) #gtchat
- 5:54 pm **DeborahMersino:** It's good to know about/be able to plan in advance though. Kids 17 & under write a novel in 30 days. #gtchat
- 5:55 pm **DeborahMersino:** Output is what matters in NaNoWriMo YWP. Helps kids take risks, write on the fly, learn to love writing. #gtchat
- 5:55 pm **clairehennessy:** Nanowrimo is a great one - even if not in Nov, lots of tips etc on site. #gtchat
- 5:56 pm **DeborahMersino:** Question: Have any of you had children/students who have participated? What did you think? #gtchat
- 5:56 pm **KateArmsRoberts:** Love the NaNoWriMo Young Writers Program!! #gtchat Great for helping perfectionists break through.
- 5:56 pm **DeborahMersino:** @clairehennessy Yes, while researching today, I found all sorts of incredible tools/programs. #gtchat
- 5:56 pm **GiftedPhoenix:** RT @KateArmsRoberts: Love the NaNoWriMo Young Writers Program!! #gtchat Great for helping perfectionists break through.

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Transcript for #gtchat - What the Hasht...

- 5:57 pm **DeborahMersino:** in 2009, more than 35,000 young writers throughout the world participated in NaNoWriMo's YWP. #gtchat
- 5:57 pm **DeborahMersino:** @KateArmsRoberts YES!! Take that perfectionism!! #gtchat
- 5:57 pm **clairehennesy:** @KateArmsRoberts Yep, absolutely! #gtchat
- 5:57 pm **DeborahMersino:** Educators K-12 can facilitate NaNoWriMo in classroom and/or after school. #gtchat
- 5:58 pm **DeborahMersino:** Or kids can do on their own at home/library. Great international connections made in chat rooms! #gtchat
- 5:58 pm **GiftedPhoenix:** #gtchat I like the workbooks - <http://bit.ly/hoBHGG> (link to the secondary workbook)
- 5:58 pm **cybraryman1:** We should promote <http://tinyurl.com/ywohm> at the beginning of the school year #gtchat
- 5:58 pm **DeborahMersino:** Also, you'll find other opportunities for creative writers, like ScriptFrenzy, going on now. #gtchat
- 5:58 pm **DeborahMersino:** RT @GiftedPhoenix: #gtchat I like the workbooks - <http://bit.ly/hoBHGG> (link to the secondary workbook)
- 5:59 pm **DeborahMersino:** @cybraryman1 Agree! Plan for it/count down for it. Utilize tools year round. #gtchat
- 6:00 pm **DeborahMersino:** ScriptFrenzy boot camps introduce students/kids to script genres, character invention, online plots, formatting basics, etc. #gtchat
- 6:00 pm **cybraryman1:** @DeborahMersino My Writing Resources page: <http://tinyurl.com/yd8ee6k> #gtchat
- 6:00 pm **DeborahMersino:** The NaNoWriMo YWP Plot Machine is fun too. :- ) #gtchat
- 6:00 pm **DeborahMersino:** @giftedphoenix mentioned the workbooks. They're excellent! #gtchat
- 6:01 pm **DeborahMersino:** Here's The Young Scriptwriter's Workbook from NaNoWriMo YWP. <http://bit.ly/eQImzG> #gtchat
- 6:02 pm **FrazzIld:** RT @jofrei: Back to just main Twitter now -sorry Ill just lurk and read transcript later /Me too :-( #gtchat
- 6:02 pm **DeborahMersino:** @\_\_Quest My dd10 did NaNoWriMo this past year. Highlight of her year!! Wrote 3,000 words. Not bad. :- ) #gtchat
- 6:02 pm **DeborahMersino:** You can also follow @ScriptFrenzy on Twitter. #gtchat
- 6:03 pm **DeborahMersino:** Who is still here? Shall we go a bit long and try to introduce #5? What do you all think? #gtchat
- 6:03 pm **KateArmsRoberts:** I'll stay as long as you are here. #gtchat
- 6:03 pm **padgets:** #gtchat Me Me Me Me!!!!!!
- 6:03 pm **megwhoffman:** #gtchat I'm still here!
- 6:04 pm **GiftedPhoenix:** #gtchat Go for 5!
- 6:04 pm **DeborahMersino:** Okay! Terrific. We'll keep going for 15 more minutes. I'm going to craft an Ingenious Blog Post on these 5 also. #gtchat
- 6:04 pm **LesLinks:** Can lurk only.. #gtchat [Like it? <http://bit.ly/dYCSmj> ]
- 6:04 pm **DeborahMersino:** I'm hoping the blog post will be helpful for those who couldn't be here or are having Twitter issues. #gtchat
- 6:04 pm **DazzIld:** I'm still here, but it's still so slow I'm just following along...what's number 5?? #gtchat
- 6:05 pm **DeborahMersino:** #5: The Institute for Educational Advancement's Apprenticeship Program. #gtchat
- 6:05 pm **padgets:** #gtchat I am ok with tweetdeck

4/1/2011

Transcript for #gtchat - What the Hasht...

- 6:05 pm **DeborahMersino:** Here's a link to the IEA Apprenticeship Program: <http://bit.ly/gwwHEt> #gtchat
- 6:05 pm **DazzlId:** @DeborahMersino The suspense is killing me.....5? #gtchat
- 6:05 pm **jofrei:** @DeborahMersino Thank you I will look forward to reading blog post #gtchat
- 6:06 pm **DeborahMersino:** @DazzlId #5 is the Institute for Educational Advancement's Apprenticeship Program. #gtchat
- 6:06 pm **KateArmsRoberts:** Oooohh! That looks cool! #gtchat
- 6:06 pm **DeborahMersino:** I just learned about this program and to be honest, I don't know how admissions works. #gtchat
- 6:06 pm **DazzlId:** See how far behind I am here??? Sorry! #gtchat
- 6:07 pm **DeborahMersino:** Nevertheless, it sounds amazing! IEA's Apprenticeship Program is a 3-4 week summer program for gifted high school students. #gtchat
- 6:07 pm **padgets:** #gtchat dam did not know about this one either
- 6:07 pm **padgets:** #gtchat will all of the programs be on the wiki?
- 6:07 pm **DeborahMersino:** Gives students opp. to work w/teams of professionals in medicine, industrial design, law & business. #gtchat
- 6:08 pm **DeborahMersino:** @padgets I'll put them into an Ingenious Blog Post (will include links). Sound good? #gtchat
- 6:08 pm **padgets:** #gtchat That would be awesome thanks!!!!
- 6:08 pm **DeborahMersino:** IEA Apprenticeship Program offers real-world environments where kids creatively problem solve. #gtchat
- 6:09 pm **GiftedPhoenix:** #gtchat Absolutely agree that this kind of activity is much better than a 'taught' summer school. But how much does it cost?
- 6:09 pm **cybraryman1:** @DeborahMersino Thanks for making everyone aware of these outstanding programs #gtchat
- 6:09 pm **DeborahMersino:** In 2011, IEA apprentices will be housed at the University of Southern Calif. (no affiliation). #gtchat
- 6:09 pm **DeborahMersino:** @GiftedPhoenix Good question. I'm sorry I can't answer. I have emailed/will share when I find out more. #gtchat
- 6:10 pm **\_\_Quest:** RT @cybraryman1: @DeborahMersino Thanks for making everyone aware of these outstanding programs #gtchat
- 6:10 pm **DeborahMersino:** I chose it b/c it represents the powerful mentoring opps that benefit #gifted. #gtchat
- 6:10 pm **DeborahMersino:** Examples forthcoming: Pediatric medicine research at Children's Hospital in LA. #gtchat
- 6:10 pm **megwhoffman:** RT @\_\_Quest: RT @cybraryman1: @DeborahMersino Thanks for making everyone aware of these outstanding programs #gtchat
- 6:11 pm **DeborahMersino:** Live Stem Cell Maintenance at Children's Hospital. Industrial Design at Art Center College of Design in Pasadena. #gtchat
- 6:11 pm **GiftedPhoenix:** #gtchat I've found that the cost of many of the US summer opportunities tends to be buried deep in the publicity - deliberately I guess!
- 6:11 pm **DeborahMersino:** Law and order at Los Angeles Superior Court. Air pollution research at USC lab. #gtchat
- 6:11 pm **KateArmsRoberts:** Quick look at the brochure: \$3,200 and \$4,200 #gtchat
- 6:12 pm **DeborahMersino:** @GiftedPhoenix Yes. Wouldn't it be wonderful if these became the norm/were funded. Makes sense for all of our futures. #gtchat
- 6:12 pm **GiftedPhoenix:** #gtchat It's important for our advocacy efforts to emphasise the contribution gifted learners can make to the well-being of others
- 6:12 pm **meawhoffman:** #atchat Such great experiences. Scholarships available?

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Transcript for #gtchat - What the Hasht...

- 6:12 pm **KateArmsRoberts:** Looks like they have some funding. They specifically say financial aid is available. #gtchat
- 6:12 pm **DeborahMersino:** @megwhoffman I don't know if they're available for this. IEA does offer a scholarship tho for schooling. #gtchat
- 6:13 pm **GiftedPhoenix:** @KateArmsRoberts #gtchat Phew!
- 6:13 pm **DeborahMersino:** Also, there's a Gifted Resource Center on the IEA site. Haven't fully explored, but looks interesting. Link forthcoming. #gtchat
- 6:14 pm **DeborahMersino:** Link to the Institute for Educational Advancement's Gifted Resource Center: <http://bit.ly/eW6qUN> #gtchat
- 6:14 pm **padgets:** @DeborahMersino #gtchat there is nothing more frustrating for a teacher than kids who waste valuable classtime!!!!
- 6:16 pm **padgets:** #gtchat sorry I am watching my class and see time ticking away and knowing they will not be done by Tues uggg
- 6:17 pm **tbbwn:** Work + network issues = missed #gtchat...will have to tune in tonight
- 6:18 pm **padgets:** #gtchat well, gotta go, class not on task enough take care stay safe and hopefully tweet you all later tonight :)
- 6:18 pm **GiftedPhoenix:** #gtchat It's been good to get back to reality after being immersed in educational benchmarking for so long! Thanks Deborah!
- 6:27 pm **DazzlId:** Hope to catch you all later. Thanks @DeborahMersino! #gtchat
- 6:32 pm **FrazzId:** Sorry to have missed #gtchat tonight. Twitter way too slow. Will try again for next one
- 6:34 pm **KateArmsRoberts:** Thanks for staying late @DeborahMersino. Great resources today! #gtchat
- 6:44 pm **giaimojosephine:** At the NJAGC conf, David Tyson talks about the need to develop the creativity of the gifted #gtchat #njagc11 #tmnj11
- 7:10 pm **Quirkles:** RT @giaimojosephine: At the NJAGC conf, David Tyson talks about the need to develop the creativity of the gifted #gtchat #njagc11 #tmnj11
- 8:47 pm **DeborahMersino:** @GiftedPhoenix My pleasure! So glad you were here. #gtchat
- 8:48 pm **DeborahMersino:** @FrazzId Twitter was bogged down earlier; you weren't alone! Hopefully, we'll be zipping through tweets tonight. Hope to see you! #gtchat
- 8:49 pm **DeborahMersino:** @giaimojosephine THANK YOU for all of your timely tweets from NJAGC. Look forward to reviewing them all this weekend. #gifted #gtchat
- 8:57 pm **MaryStGeorge:** #gtchat Twitter didn't work for me earlier. Gifted Online accepts international students. <http://j.mp/a8GEhx>
- 9:05 pm **YanikFalardeau:** @DeborahMersino Thank you so much for all these amazing #gtchat sessions.
- 9:05 pm **DeborahMersino:** @tbbwn Sorry we missed you. Twitter feed wasn't working for many. Hope to see you tonight! #gtchat
- 9:06 pm **DeborahMersino:** RT @GiftedPhoenix: Its important 4 r advocacy efforts to emphasise the contribution gifted learners can make to well-being of others #gtchat
- 9:25 pm **DeborahMersino:** RT @YanikFalardeau: @DeborahMersino Thank you so much for all these amazing #gtchat sessions.<=It's all about collaboration! #gtchat
- 9:27 pm **MaryStGeorge:** @DeborahMersino @GiftedPhoenix agree about contribution #gtchat
- 9:39 pm **DeborahMersino:** Join us at 7pm/EST for #gtchat. Our topic: "SHOW: How to Handle Stress In the Moment." #gifted #parenting #edchat
- 9:40 pm **blairteach:** RT @DeborahMersino: Join us at 7pm/EST for #gtchat. Our topic: "SHOW: How to Handle Stress In the Moment."
- 9:43 pm **DeborahMersino:** Got Stress? Join us at 7pm/EST for #gtchat. <http://twitpic.com/48kf11>

10:09 pm **KateArmsRoberts:** @DeborahMersino I don't think I'll make #gtchat tonight. but I'll be scouring the [wthashtag.com/transcript.php?page\\_id=...](http://wthashtag.com/transcript.php?page_id=...)

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Transcript for #gtchat - What the Hasht...

- 10:17 pm **MaryStGeorge:** RT @DeborahMersino: Got Stress? Join us at 7pm/EST for #gtchat. <http://twitpic.com/48kf11>
- 10:36 pm **mygiftedgirl:** RT Ingenious .. a few hours away from #gtchat! Join us at 7pm/EST. Our topic: "SHOW: How to Handle Stress In the... <http://fb.me/xe1018Zv>
- 10:42 pm **KateArmsRoberts:** Join us at 7pm/EST for #gtchat. Our topic: "SHOW: How to Handle Stress In the Moment." #gifted #parenting #edchat RT @deborahmersino
- 11:20 pm **giaimojosephine:** Home, in between NJAGC workshops and tonight's Richard Lederer presentation. Exciting, very informative. More tomorrow. #gtchat #gifted
- 11:22 pm **giaimojosephine:** #gtchat! Join us at 7pm/EST. "SHOW: How to Handle Stress In .. <http://bit.ly/dE89Kg> hope to make it. Will tweet from #njagc conference.
- 11:25 pm **Jeff\_shoemaker:** RT @giaimojosephine: #gtchat! Join us at 7pm/EST. "SHOW: How to Handle Stress In .. <http://bit.ly/dE89Kg> hope to make it. Will tweet from #njagc conference.
- 11:31 pm **Jeff\_shoemaker:** New post: 10 Things you should know about gifted children: creativity <http://t.co/Ecdgth8> #gtchat #edchat
- 11:50 pm **cybraryman1:** @DeborahMersino ?Stress is when you wake up screaming and you realize you haven't fallen asleep yet? #gtchat
- 11:50 pm **peter\_lydon:** RT @cybraryman1: @DeborahMersino ?Stress is when you wake up screaming and you realize you haven't fallen asleep yet? #gtchat
- 11:54 pm **laughingatchaos:** @cybraryman1 @DeborahMersino OMG! You nailed it! LOL #gtchat
- 11:54 pm **laughingatchaos:** RT @cybraryman1: @DeborahMersino ?Stress is when you wake up screaming and you realize you havent fallen asleep yet?<=That's me! ;) #gtchat
- 11:54 pm **teachagiftedkid:** After a couple weeks hiatus, I'm back. Eager to catch up with everyone and participate in the #gtchat #gtstooxies
- 11:54 pm **ljconrad:** Sooooooo stressed! I have Twitter, Tweetchat, and Tweetdeck all up and running. I don't want to miss a thing! #gtchat
- 11:55 pm **DeborahMersino:** My tweets 4 next hour will be devoted to #gtchat. Pardon heavy stream; feel free 2 unfollow. Topic: Got Stress? #gifted #parenting #gtchat
- 11:55 pm **ljconrad:** @teachagiftedkid Welcome home! #gtstooxies #gtchat
- 11:56 pm **DeborahMersino:** @teachagiftedkid So glad you'll be with us! :) #gtchat
- 11:57 pm **EduGirlSDB:** Almost time for #gtchat!
- 11:57 pm **DeborahMersino:** All right...doing the Twitter Zen thing. May you work all right for us. We don't want to be stressed! #gtchat
- 11:57 pm **laughingatchaos:** @ljconrad I'll see your stressed and raise you uber-stressed! ;) #gtchat
- 11:57 pm **peter\_lydon:** #gtchat my tweets for the next hour will be on gifted children - lurk, listen or lob in -
- 11:58 pm **teachagiftedkid:** I've had enough stress lately. Looking forward to time w/like-minded advocates for gifted education & some good stress #gtchat #gtstooxies
- 11:59 pm **deepwaterscoach:** RT @peter\_lydon: #gtchat my tweets for the next hour will be on gifted children - lurk, listen or lob in - #gtchat

March 12, 2011

- DeborahMersino:** Welcome to #gtchat! Tonight's topic: SHOW: How to Handle Stress in the Moment. Time to get our calm on. #gifted Join us now! #gtchat
- cybraryman1:** Twitterbrarian who believes ?In times of stress, be bold and valiant.? #gtchat
- DeborahMersino:** Please take a moment to introduce yourselves, your role (educator, parent, advocate, other) & share where you reside. #gtchat #gtchat

- 12:01 am **peter\_lydon:** #gtchat <http://bit.ly/gQQRbj>
- 12:01 am **DeborahMersino:** I'm Deborah Mersino, moderator of #gtchat, wife/mom to two feisty girls, grad student, speaker/consultant to GT comm. Living in CO. #gtchat
- 12:01 am **\_\_Quest:** RT @deepwaterscoach: RT @peter\_lydon: #gtchat my tweets for the next hour will be on gifted children - lurk, listen or lob in - #gtchat
- 12:01 am **MaryStGeorge:** #gtchat Mary St George in New Zealand, parent, teacher, advocate for gifted.
- 12:01 am **jofrei:** Hi Jo Freitag from Gifted Resources Melbourne Australia hoping Tweet Chat will behave this time #gtchat
- 12:01 am **peter\_lydon:** #gtchat Peter Lydon, Dublin, Ireland, Teacher, Rabble rouser, [www.giftedandtalented.ie](http://www.giftedandtalented.ie)
- 12:01 am **laughingatchaos:** I'm Jen in CO, soon IL. Mom, writer, blogger, advocate. STRESSED B/C OF THIS CROSS COUNTRY MOVE! #gtchat
- 12:01 am **KTVee:** Krissy - Missouri - grades 3-6 #gifted ed teacher; so glad it's Friday (just had to throw that in!) #gtchat
- 12:01 am **DeborahMersino:** RT @cybraryman1: Twitterbrarian who believes ?In times of stress, be bold and valiant.?<=Absolutely love this! #gtchat
- 12:02 am **mareserinitatis:** Cherish. Parent, from North Dakota. #gtchat
- 12:02 am **ljconrad:** Hi from still snowy and cold Pittsburgh ... parent, advocate, blogger, consultant to parents of gifted! #gtchat
- 12:02 am **\_\_Quest:** Hi - Petra here from Ireland. Parent and board member. Hello everyone! #gtchat
- 12:02 am **MaryStGeorge:** #gtchat all the best for your move, Jen.
- 12:02 am **DeborahMersino:** Recent research from American Psychological Association shows kids pick up on parents' stress. I'll share stats, while you check in. #gtchat
- 12:03 am **DeborahMersino:** 91% of 1,136 young ppl (ages 8-17) cited ways they know their parents are stressed/largely by their behaviors. #gtchat
- 12:03 am **peter\_lydon:** @OCCGATE #gtchat GATE Teachers???
- 12:04 am **DeborahMersino:** APA report reveals that although parents may think they're shielding their kids from stress, they don't do a good job of hiding it. #gtchat
- 12:04 am **MaryStGeorge:** @OCCGATE some New Zealand students enjoyed making vidcasts or their messages of encouragement to chch people after our quake #gtchat
- 12:04 am **laughingatchaos:** @MaryStGeorge Thanks Mary. My own personal OEs need it to be over soon. ;) #gtchat
- 12:05 am **laughingatchaos:** @DeborahMersino And if stats aren't enuf, come check out the overall stress levels here! Boys & I feed off each other! #gtchat
- 12:05 am **jofrei:** Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> #gtchat
- 12:05 am **peter\_lydon:** @DeborahMersino #gtchat is that because ultimately the can't?
- 12:05 am **teachagiftedkid:** #gtchat Hi! I'm a GT Specialist & part-time Math Specialist 4 a public elem, NW Houston. Married to #giftedhubby and parent of 2 GT childen
- 12:05 am **DeborahMersino:** Online Harris Interactive Survey 2010-34% parents yell; 30% say parents argue w/others in home 18% say parents too busy/no time 4 me #gtchat
- 12:05 am **ljconrad:** #gtchat@jofrei Hold cursor over avatar of tweet you want to RT! :)
- 12:05 am **DeborahMersino:** Causes: Money is major stressor this year not surprisingly. #gtchat
- 12:06 am **sammorra:** #gtchat Hi. I'm a teacher and mom in NJ. Will be popping in and out. Sorry
- 12:06 am **lynchem1:** RT @cybraryman1: Twitterbrarian who believes ?In times of stress, be bold and valiant.? #gtchat
- 12:06 am **DeborahMersino:** Few more stats, then we'll get to questions... #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

12:06 am

**Kivee:** RT @jofrei: Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> #gtchat

12:06 am **laughingatchaos:** @DeborahMersino Sigh...they talked to my boys, didn't they? :( #gtchat

12:07 am **DeborahMersino:** Top causes of adult stress in 2010 according to APA: 1) Money - 76% 2) Work - 70% 3) Economy - 65% 4) Family responsibilities - 58% #gtchat

12:07 am **jofrei:** RT @ljconrad: #gtchat@jofrei Hold cursor over avatar of tweet you want to RT! :) Thanks #gtchat

12:07 am **MaryStGeorge:** @lynchem1 @cybraryman1 boldness and valiance under stress fits with fight and flight theory #gtchat

12:08 am **DeborahMersino:** Adult causes via APA (cont). 5) Relationships - 55% 6) Personal health concerns - 52% 7) Housing costs - 52 % and.the.list.goes.on. #gtchat

12:08 am **DeborahMersino:** RT @KTvee: RT @jofrei: Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> <=TY for posting! #gtchat

12:08 am **teachagiftedkid:** #gtchat Now that my kids are grown, I can say w/experience that raising children is stressful, everyone being pulled in many directions.

12:09 am **DeborahMersino:** Adult behaviors when stressed (via APA): 31% skip meals 40% overeat/eat unhealthy foods 44% stay awake at night. #gtchat

12:09 am **peter\_lydon:** @DeborahMersino #gtchat Alcohol in there somewhere?

12:09 am **DeborahMersino:** Last stat: Of young ppl surveyed by APA, 32% believe parent has been "really worried or stressed about things" in past 6 months. #gtchat

12:09 am **mareserinitatis:** Really surprised family isn't higher! RT @DeborahMersino Top causes of adult stress in 2010: 4) Family responsibilities - 58% #gtchat

12:10 am **chrstinef:** sorry I'm late guys! #gtchat

12:10 am **DeborahMersino:** Only 6% didn't think parents were significantly stressed in last 6 months. Wow. #gtchat

12:10 am **deepwaterscoach:** Ohhhhhmmmmmm... #gtchat

12:10 am **DeborahMersino:** @peter\_lydon Not in APA study, but definitely... #gtchat

12:10 am **deepwaterscoach:** Oh my goodness--STRESS when my WIFI stops working during #gtchat

12:10 am **jofrei:** Sorry I mean Dr Michele Borba says Kids pick up on your stress <http://bit.ly/e8nj81> - must be stressed! #gtchat

12:10 am **chrstinef:** @DeborahMersino not surprised at all! #gtchat

12:10 am **DeborahMersino:** @chrstinef Welcome!! #gtchat

12:10 am **laughingatchaos:** @peter\_lydon @DeborahMersino Oh, I'm sure alcohol is in there somewhere... #gtchat

12:10 am **teachagiftedkid:** #gtchat "stay awake at night" and that bowl of cereal after midnight - that's me alright! [Like it? <http://bit.ly/eH19sj> ]

12:10 am **deepwaterscoach:** RT @teachagiftedkid: #gtchat Now that my kids are grown, I can say w/experience that raising children is stressful #gtchat

12:10 am **laughingatchaos:** @chrstinef Hey babe! :) #gtchat

12:11 am **ljconrad:** @DeepWatersCoach lol #gtchat

12:11 am **DeborahMersino:** So let's get to some sharing/self-reflection. Post responses if you feel comfortable. Or just lurk. #gtchat

12:11 am **laughingatchaos:** @deepwaterscoach Yeah, my usual OM ain't working. :( #gtchat

12:11 am **DrTamaraSoles:** RT @DeborahMersino: 91% of 1,136 young ppl (ages 8-17) cited ways they know their parents are stressed/largely by their behaviors. #gtchat

12:11 am **micheleborba:** @DeborahMersino Yes! Esp hyper-sensitive #gifted children prime for picking up on our stress <http://bit.ly/e8nj81> #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:11 am **peter\_lydon:** #gtchat @laughingatchaos @DeborahMersino Gotta be a big aspect of behaviour.
- 12:11 am **cybraryman1:** Great member of my PLN: Dr Michele Borba @micheleborba #gtchat
- 12:11 am **chrstinef:** @laughingatchaos Heygirl. Me = STRESSED after today ;) #gtchat
- 12:11 am **DeborahMersino:** Q1: What primary areas cause you the most stress right now? (You can list categories like money, relationships, or be specific. #gtchat
- 12:12 am **DeborahMersino:** @micheleborba So glad you jumped in...have articles of yours I plan to share! #gtchat
- 12:12 am **MaryStGeorge:** @DeborahMersino workload a big stressor #gtchat
- 12:12 am **laughingatchaos:** @chrstinef Me too! And I don't have an awesome book coming out! #gtchat
- 12:12 am **peter\_lydon:** #gtchat sounds strange but none of those things...and I've thought about this ..would separate vigilance from stress.
- 12:12 am **\_\_Quest:** @mareserinitatis without meaning to be sexist... I'd say if you looked at the % by gender, family stresses wud come higher for women #gtchat
- 12:12 am **deepwaterscoach:** Q1: Children fighting, & not knowing how do deal w/ it. Parenting them in general--am I doing the right thing? #gtchat
- 12:12 am **chrstinef:** 1) \$\$ 2) Loss of parent 3) concerns regarding future 4) I'm a GT adult ;) #gtchat
- 12:13 am **laughingatchaos:** Q1: Moving. New school/house. Selling this one. Keeping boys calm. Hubby 1k miles away LOOKING for new house. Hits keep on coming! #gtchat
- 12:13 am **teachgiftedkid:** #gtchat Q1: Unexpected demands on my time. I'm a planner, proactive type. [Like it? <http://bit.ly/hNDPxF> ]
- 12:13 am **DeborahMersino:** Q1: Money, economy, transition, grad school, worrying about kids' stress (irony), relationships, TIME. #gtchat
- 12:13 am **deepwaterscoach:** RT @peter\_lydon: #gtchat sounds strange but none of those things...and I've thought about this..would separate vigilance from stress. #gtchat
- 12:13 am **peter\_lydon:** @DeborahMersino #gtchat more likely to get stressed by slow walkers, systems outside my control not working efficiently.
- 12:13 am **laughingatchaos:** Q1: So I'm a little odd, in that my HUGE stressors right now are The Big Life Stressors. Usually it's the little stuff that gets me. #gtchat
- 12:13 am **micheleborba:** RT @cybraryman1: Great member of my PLN: Dr Michele Borba @micheleborba #gtchat <Thanks for that - happy #FF
- 12:13 am **mareserinitatis:** @\_\_Quest Definitely would agree! It's near the top of my list, at least. #gtchat
- 12:14 am **BrendonWalker:** @DeborahMersino Money. The constant need to invest in medical and psychological interventions for GT children with 0 gov subsidy #gtchat
- 12:14 am **cybraryman1:** @DeborahMersino Q1 Most stress for me comes from my adult children and their problems #gtchat
- 12:14 am **DeborahMersino:** @peter\_lydon Great point. We're going to get to that soon! ;-) #gtchat
- 12:14 am **KTVee:** the state of gifted education + lack of change in education = stress #gtchat
- 12:14 am **deepwaterscoach:** RT @cybraryman1: @DeborahMersino Q1 Most stress for me comes from my adult children and their problems// u mean it keeps going??? #gtchat
- 12:14 am **LisaDSB:** Joining late...sorry. Managing stress is a big issue for me, so I didn't want to miss this one! #gtchat
- 12:14 am **chrstinef:** Q1 I get stressed related to my creative self also - so there is that added to the mix #gtchat
- 12:14 am **peter\_lydon:** #gtchat oh...and students who say 'no' t an instruction (rare that it is)
- 12:15 am **laughingatchaos:** Q1:Biggest of the big is finding a new school for a 2e son and a GT son, in a district across the country. #gtchat

- 12:15 am **jofrei:** Q1 At the moment huge financial and mental stress put on us by centrelink red tape and nonpayment of husbands pension! #gtchat
- 12:15 am **DeborahMersino:** @BrendonWalker Good to see you Brendon. And I hear you. Saving right now for summer camp. Tough. #gtchat
- 12:15 am **sammorra:** Q1Not enough time in the day. Too much multi-tasking. Not doing enough. #gtchat
- 12:15 am **DeborahMersino:** RT @KTvee: the state of gifted education + lack of change in education = stress #gtchat
- 12:15 am **laughingatchaos:** @deepwaterscoach @cybraryman1 @DeborahMersino NOOO! Things are supposed to get EASIER when they move out! ; ) #gtchat
- 12:15 am **cybraryman1:** The bigger they are the bigger problems! #gtchat
- 12:15 am **ljconrad:** #gtchat Economy - PA governor just cut higher ed funding by 50% ds a senior and 2 in college next year!!!
- 12:15 am **DeborahMersino:** Q2: Would you say your stress has increased or decreased in the past year? #gtchat
- 12:15 am **chrstinef:** @sammorra you sound like me! #gtchat
- 12:15 am **laughingatchaos:** @chrstinef My creative self dies/hides when I'm most stressed. It's entirely lost right now. :( #gtchat
- 12:15 am **\_\_Quest:** @mareserinitatis Mine too #gtchat
- 12:16 am **LisaDSB:** RT @deepwaterscoach: Q1: Children fighting, & not knowing how do deal w/ it. Parenting them in general--am I doing the right thing? #gtchat
- 12:16 am **LesLinks:** Trying to juggle transatlantic parental care issues, and then immediate family (teen) care issues and money allatthesametime.AAaaaa #gtchat
- 12:16 am **chrstinef:** @laughingatchaos @deepwaterscoach @cybraryman1 @DeborahMersino who told you THAT lie! #gtchat
- 12:16 am **peter\_lydon:** #gtchat I think I would be mightily stressed about the US Education system (insofar as there is 'a' US system) right now.
- 12:16 am **ColinTGraham:** I always think of stress like "Stress/Strain" (pressure/tension) from physics! Both needed, but damaging if there is too much! #gtchat
- 12:16 am **sammorra:** @chrstinef :) #gtchat
- 12:16 am **peter\_lydon:** RT @ColinTGraham: I always think of stress like "Stress/Strain" (pressure/tension) from physics! Both needed, but damaging if there is too much! #gtchat
- 12:16 am **MaryStGeorge:** q2 increased till I got sick then decreased when i wised up #gtchat
- 12:16 am **chrstinef:** @DeborahMersino more than quadrupled. But, so have my coping strategies #gtchat
- 12:16 am **cybraryman1:** Q2 I think the way the economy is and the cutbacks in education and other services cause a lot of stress #gtchat
- 12:16 am **DeborahMersino:** Q2: Increase. Took on more (school). Still investing \$ in biz. Puberty imminent. #gtchat
- 12:16 am **laughingatchaos:** Q2: Increased. BUT last year was Code Red also. Praying things are better by fall. #gtchat
- 12:16 am **KTvee:** RT @sammorra: Q1Not enough time in the day. Too much multi-tasking. Not doing enough. #gtchat <-- I agree, me too!
- 12:16 am **chrstinef:** @laughingatchaos SO SORRY! Not good...that balance helps! #gtchat
- 12:17 am **ljconrad:** #gtchat Q2: My stress level has never been higher in my life!
- 12:17 am **jofrei:** Q2 Definitely increased this year #gtchat
- 12:17 am **DeborahMersino:** @ColinTGraham Absolutely LOVE this analogy. Fits well with discussion of

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Transcript for #gtchat - What the Hasht...

- 12:17 am **DeborahMersino**: @ColinTGraham Absolutely LOVE this analogy. Fits well with discussion of gifted adult OEs we're going to chat about too. #gtchat
- 12:17 am **peter\_lydon**: #gtchat less in the last year....getting more chilled with time.
- 12:17 am **BrendonWalker**: @DeborahMersino increased. Massively. #gtchat
- 12:17 am **LesLinks**: RT @cybraryman1: The bigger they are the bigger problems! Ya I have seen that w/my own siblings and my parents...very hard.esp if2e #gtchat
- 12:17 am **DeborahMersino**: @MaryStGeorge Good for you. #gtchat
- 12:17 am **laughingatchaos**: @DeborahMersino AGH! Don't get me started on the whole puberty thing! The TALK is imminent! :/ #gtchat
- 12:17 am **deepwaterscoach**: RT @MaryStGeorge: q2 increased till I got sick then decreased when i wised up #gtchat
- 12:17 am **KTVee**: Q2: Mine is always same. I FIND things to be stressed about, when I'm not. #gtchat
- 12:17 am **teachagiftedkid**: #gtchat Q2: My stresses go in cycles now rather than overall increase or decrease. [Like it? <http://bit.ly/hfXlBm> ]
- 12:17 am **laughingatchaos**: @chrstinef I know! I feel it's hiding for it's own protection! :( I'll let it, but then creativity & I are taking writing classes. #gtchat
- 12:18 am **deepwaterscoach**: @laughingatchaos If we didn't need a drink before, we need it now! LOL! #gtchat
- 12:18 am **BrendonWalker**: @DeborahMersino g'day mate. Just happened to be on twitter and saw #gtchat appear. Thought I'd jump in :)
- 12:18 am **sammorra**: Q2 Little less than last year, but only because I have been actively working on it. #gtchat
- 12:18 am **DeborahMersino**: @KTVee @sammorra "Not doing enough." Let's come back to that...I think that has to do with OEs/perfectionism. I'm w/you tho. #gtchat
- 12:18 am **peter\_lydon**: #gtchat better also at turning stress into something positive
- 12:18 am **chrstinef**: @ljconrad I am SO there with you! #gtchat
- 12:18 am **deepwaterscoach**: Q2: It has decreased as I've learned how shame has motivated me in the past & I've decreased that as a motivator. #gtchat
- 12:18 am **chrstinef**: @laughingatchaos NICE! #gtchat
- 12:18 am **MaryStGeorge**: @laughingatchaos beware the talk - ends up with "so what else did you already know? these days #gtchat
- 12:18 am **laughingatchaos**: @deepwaterscoach A delightful glass of red is my companion this evening. ;) #gtchat
- 12:18 am **LisaDSB**: Q2 - probably decreased since I've gotten used to homeschooling more. It's been stressful to take on that responsibility. #gtchat
- 12:18 am **DeborahMersino**: @BrendonWalker Happy to have you here Brendon! We've missed you! #gtchat
- 12:18 am **ColinTGraham**: We can forget things are pulling us apart as well as pushing down on us. Identifying sources is important for appropriate control #gtchat
- 12:18 am **sammorra**: @DeborahMersino @KTVee And the guilt of not doing enough. #gtchat
- 12:18 am **peter\_lydon**: @DeepWatersCoach somebody wrote a book about that once...hmmm. #gtchat
- 12:19 am **DeborahMersino**: RT @peter\_lydon: #gtchat better also at turning stress into something positive <=Excellent. #gtchat
- 12:19 am **laughingatchaos**: @chrstinef : ) Looking forward to it. Reward for surviving the move. ;) #gtchat
- 12:19 am **deepwaterscoach**: RT @laughingatchaos: @deepwaterscoach A delightful glass of red is my companion this evening. ;)/Lovely! #gtchat
- 12:19 am **cybraryman1**: @LisaDSB I admire you because it is an awesome responsibility. #gtchat
- 12:19 am **reasoningmind**: Sorry I'm late! Momentarily distracted by the new look for Hoot Suite. Now to

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Transcript for #gtchat - What the Hasht...

- 12:19 am **reasoningmama:** Sorry im late: momentarily distracted by the new look for mood suits. Now to discuss stress at #gtchat!
- 12:19 am **laughingatchaos:** @MaryStGeorge Yeah, already hit that last night. :/ Sigh.... #gtchat
- 12:19 am **LesLinks:** Economy is causing alot of stress here... my kids are accutely aware of it... wonder whats point in school/if/no/ jobs=emmigrating #gtchat
- 12:19 am **deepwaterscoach:** RT @peter\_lydon: @DeepWatersCoach somebody wrote a book about that once...hmmm.//HmMMM indeed... #gtchat
- 12:19 am **DeborahMersino:** Q3: (drumroll)...Would your kids/students describe you as Very Stressed, Stressed, Mildly Stressed or Not Stressed at All? #gtchat
- 12:19 am **peter\_lydon:** #gtchat Stress - - don;t get mad, get better!
- 12:19 am **laughingatchaos:** @LisaDSB I keep hearing HSing reduces stress, but I just see it as tipping me over the edge into the abyss. #gtchat
- 12:20 am **chrstinef:** @laughingatchaos very good reward! Important to remember to do things like that! Nurture your authentic self, you know #gtchat
- 12:20 am **DeborahMersino:** RT @ColinTGraham: Identifying sources is important for appropriate control <=YES #gtchat
- 12:20 am **MaryStGeorge:** @DeborahMersino depends what they just did, and how I responded! #gtchat
- 12:20 am **LesLinks:** @BrendonWalker @DeborahMersino Hey Brendon... nice to see you!!! was thinking of your the other day... #gtchat
- 12:20 am **DeborahMersino:** @LesLinks Think it's impacted kids here too...whole shift in mentality. #gtchat
- 12:20 am **chrstinef:** @DeborahMersino Q3 Mildly stressed (to very stressed!) - I just asked them! #gtchat
- 12:20 am **laughingatchaos:** @chrstinef YUP! #gtchat
- 12:20 am **peter\_lydon:** @DeborahMersino #gtchat and identifying the feeling that precedes and accompanies increased stress
- 12:20 am **DeborahMersino:** @MaryStGeorge In general... :- ) #gtchat
- 12:20 am **chrstinef:** @MaryStGeorge hahaha! So true #gtchat
- 12:21 am **ljconrad:** @BrendonWalker Nice to see you! I wake up to your tweets every AM! :) #gtchat
- 12:21 am **LisaDSB:** @cybraryman1 Aww, thanks! #gtchat
- 12:21 am **jofrei:** Q3 I think they would say Mum is stressed out! #gtchat
- 12:21 am **deepwaterscoach:** Q3: Depends on the day. Hour. Minute. Nanosecond... #gtchat
- 12:21 am **ColinTGraham:** Q3. Not sure they'd know, I tend to maintain as calm an outward exterior as I can when teaching... now ask my family the same ?n !! #gtchat
- 12:21 am **laughingatchaos:** Q3: 1 boy said stressed, the other said very stressed. #gtchat
- 12:21 am **DeborahMersino:** Q2: Stressed Regularly with moments of Very Stressed. #gtchat
- 12:21 am **laughingatchaos:** Q3:I'd rate myself OH MY GOD SHE'S GONNA BLOW! #gtchat
- 12:21 am **chrstinef:** @DeborahMersino Q3 the kids I work with - and the colleagues I interact with would say I am NOT stressed. That's because I hide it #gtchat
- 12:21 am **deepwaterscoach:** RT @laughingatchaos: Q3: 1 boy said stressed, the other said very stressed. //Wow--instant answers! Love it! #gtchat
- 12:21 am **teachagiftedkid:** #gtchat Q3: Students would say I was mildly stressed. Will be more stressed as performance standards project due date gets closer.
- 12:22 am **laughingatchaos:** RT @DeborahMersino: Q2: Stressed Regularly with moments of Very Stressed. <=Sounds familiar. ;) #gtchat
- 12:22 am **KTVee:** Q3: Scary thought - never considered how they perceive my stress. #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:22 am **sammorra**: Q3 Both kids said stressed to mildly stressed. I am going to ignore what my husband just said. :) #gtchat
- 12:22 am **laughingatchaos**: @chrstinef But do you suffer physically from hiding it? I hide it poorly AND suffer physically. #gtchat
- 12:22 am **peter\_lydon**: #gtchat Colleague thinks I'm stressed when in fact I'm buzzing.
- 12:22 am **MaryStGeorge**: LOL just asked kid - depends but mostly you're just cazh (casual) to cazh as! #gtchat
- 12:22 am **DeborahMersino**: Q4: Do you have any negative behaviors associated w/your stress? Only share if you feel comfortable. #gtchat
- 12:22 am **ljconrad**: Q3: Off the charts stressed! #gtchat
- 12:23 am **reasoningmind**: Q3: I work more directly with the teachers and they usually have no idea. They just know I'm busy. Children are usually oblivious. #gtchat
- 12:23 am **deepwaterscoach**: RT @sammorra: Q3 Both kids said stressed to mildly stressed. Ignore what my husband just said. :)/LOL! What wld u say abt him? #gtchat
- 12:23 am **ColinTGraham**: Remember a lesson about feelings with Jpnese adult learners. 1st said "I'm stressed" 2nd said "I'm stressed + 1" just like kids! #gtchat
- 12:23 am **DeborahMersino**: RT @peter\_lydon: #gtchat Colleague thinks Im stressed when in fact Im buzzing. <=I get that...passion can look like stress. #gtchat
- 12:23 am **LisaDSB**: Q3 - one kid said "very stressed" and one (the pleaser) said "not stressed at all." Maybe it all averages out ;- ) #gtchat
- 12:23 am **deepwaterscoach**: RT @peter\_lydon: #gtchat Colleague thinks Im stressed when in fact Im buzzing.//Matter of perspective, isn't it? #gtchat
- 12:23 am **chrstinef**: @laughingatchaos I would say "NO", but the three mos of bedrest due to SEVERE Anemia last year would make a liar of me #gtchat
- 12:23 am **MaryStGeorge**: q4 spending excessive time social networking online #gtchat (you asked!)
- 12:23 am **teachagiftedkid**: #gtchat Q4: Plenty but I'm getting better at seeing them coming before they become a problem for colleagues & family.
- 12:23 am **sammorra**: Q4 Don't get enough sleep. Makes stress worse. #gtchat
- 12:24 am **laughingatchaos**: Q3:I've had problems w/stress my whole adult life. I try to manage it, but seem to fail miserably. #gtchat
- 12:24 am **BrendonWalker**: @DeborahMersino speaking on behalf of myself only...I get grumpy #gtchat
- 12:24 am **peter\_lydon**: @DeepWatersCoach #gtchat a lot of stress is incoming down from being busy, distracted, elsewhere with life.
- 12:24 am **ColinTGraham**: Maybe they mean that you're stressing them! RT @peter\_lydon: #gtchat Colleague thinks I'm stressed when in fact I'm buzzing.
- 12:24 am **chrstinef**: @laughingatchaos Now I take better care to take care of myself - eat right, chillax, exercise, follow my own advice from 101 SS! HA #gtchat
- 12:24 am **reasoningmind**: Q4: My stress is usually caused by someone not doing their part. Usually I try really hard not to show it when I speak to them. #gtchat
- 12:24 am **peter\_lydon**: RT @chrstinef: @laughingatchaos Now I take better care to take care of myself - eat right, chillax, exercise, follow my own advice from 101 SS! HA #gtchat
- 12:24 am **laughingatchaos**: Q4: Yup. Yell too much, lately chest pains, don't exercise due to lack of time...yeah, not healthy. #gtchat
- 12:24 am **DeborahMersino**: Q4: Not stopping. Not slowing down. Less than ideal demeanor at super-stressed times. (i.e. "BRUSH YOUR TEETH NOW."), chocolate. #gtchat
- 12:24 am **sammorra**: @DeepWatersCoach Can't write that on Twitter. :) #gtchat
- 12:24 am **DeborahMersino**: RT @peter\_lydon: @DeepWatersCoach #gtchat a lot of stress is incoming down from being busy, distracted, elsewhere with life.<=YES #gtchat

12:24 am **KTVoo**: Q3: difference between stress and intensity? Stress can drive you in good

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12:27 am

**KTVee:** Q3. URGENCY BETWEEN STRESS AND INTENSITY: STRESS can drive you in good directions, too, I think. #gtchat

12:24 am **laughingatchaos:** @deepwaterscoach Hey, they were available! ;) #gtchat

12:24 am **LisaDSB:** Q4 - I get very tense and need to have control over my environment. Add'l noise, demands, wrinkles, set me off :( #gtchat

12:25 am **chrstinef:** Q4 - I spin - like all GT adults I know. The spinning is bad. And I am unforgiving to myself - another bad habit #gtchat

12:25 am **deepwaterscoach:** Q3: I've gotten myself out of MANY commitments over the past year. I am a lot less stressed--much happier. #gtchat

12:25 am **jofrei:** Q4 I tend to nag everyone to do things when I'm stressed! There is such a fine line between reminding and nagging! #gtchat

12:25 am **KTVee:** @LisaDSB yes--a balance! :) #gtchat

12:25 am **reasoningmind:** Inadequate sleep makes everything worse. RT @samorra: Q4 Don't get enough sleep. Makes stress worse. #gtchat

12:25 am **chrstinef:** @DeborahMersino hahaha TWIN! #gtchat

12:25 am **peter\_lydon:** #gtchat Stress is ultimately things not going according to YOUR plan.

12:25 am **DeborahMersino:** RT @chrstinef: Q4 - I spin - like all GT adults I know. The spinning is bad. And I am unforgiving to myself - another bad habit #gtchat

12:25 am **laughingatchaos:** @chrstinef :/ 3 yrs ago I crashed from adrenal fatigue. Scary. BIG reason why I'm GF now. Sadly, I'm more stressed NOW than then. #gtchat

12:25 am **deepwaterscoach:** @laughingatchaos Mine aren't. Perhaps that's a good thing? #gtchat

12:25 am **ColinTGraham:** Q4 I just tend to get snappy, or totally withdrawn and uncommunicative. #gtchat

12:25 am **cybraryman1:** Q4 My wife taught me how to communicate better. In now use a lot of "I feel" messages #gtchat

12:25 am **LisaDSB:** RT @peter\_lydon: #gtchat Stress - - don;t get mad, get better! -- good advice! #gtchat

12:25 am **LesLinks:** My dd just said.. Calm down... calm down!!! ;-D #gtchat [Like it? <http://bit.ly/hfDhyv> ]

12:26 am **laughingatchaos:** @chrstinef I will if you will! I'll be your stress Angel of Dooooommm!! ;) #gtchat

12:26 am **LesLinks:** RT @reasoningmind: Inadequate sleep makes everything worse. RT @samorra: Q4 Dont get enough sleep. Makes stress worse.= sleep.. ya #gtchat

12:26 am **chrstinef:** @deepwaterscoach smart - just started de-cluttering commitments, etc too. Hoping it helps! Can't hurt!!! #gtchat

12:26 am **reasoningmind:** @deepwaterscoach I was just talking to a teacher today about the importance of being able to say no, even when you're interested! #gtchat

12:26 am **DeborahMersino:** RT @cybraryman1: Q4 My wife taught me how to communicate better. In now use a lot of "I feel" messages<=Excellent! #gtchat

12:26 am **DeborahMersino:** Now for the good part... #gtchat

12:26 am **chrstinef:** @laughingatchaos fair enough! #gtchat

12:26 am **laughingatchaos:** @chrstinef ME TOO! I know DS9 spins, now I see it in me! And unforgiving AND GUILT! #gtchat

12:26 am **ColinTGraham:** @cybraryman1 Have you got a "Feelings" page, Jerry? ;-P #gtchat

12:26 am **deepwaterscoach:** Q4: Yelling more. Don't take things in flow as usual. Wake up w/ anxiety in middle of night. Spin mentally w/o meaningful activity #gtchat

12:27 am **peter\_lydon:** #gtchat Very important..1st thing in the morning to look in the mirror and ask yourself how you feel.

12:27 am **DeborahMersino:** Sharon Lind wrote an excellent piece on Adult Stress. I'm going to share tidbits

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Transcript for #gtchat - What the Hasht...

- 12:27 am **DeborahMersino:** SHARON LIND WROTE AN EXCELLENT PIECE ON ADULT STRESS. I'M GOING TO SHARE IT WITH YOU NEXT. Credit goes to her! Link forthcoming... #gtchat
- 12:27 am **\_\_Quest:** RT @peter\_lydon: #gtchat Stress is ultimately things not going according to YOUR plan.
- 12:27 am **KTVee:** Q4: Being stressed can drive other people crazy. It's like a hamster running in the wheel - sometimes you just want it to stop! #gtchat
- 12:27 am **DeborahMersino:** Gifted Adults via SENG <http://bit.ly/glhYpZ> #gtchat
- 12:27 am **deepwaterscoach:** @chrstinef It's so important. We try to do WAY too much just because we can—or think we can. @laughingatchaos #gtchat
- 12:27 am **LesLinks:** RT @DeborahMersino: RT @cybraryman1: Q4 My wife taught me to communicate better. now use a lot of "I feel" messages<=Excellent!=Ya! #gtchat
- 12:27 am **chrstinef:** @DeborahMersino I know that article - LOVE #gtchat
- 12:27 am **peter\_lydon:** #gtchat @KTVee ah no..that's great fun!
- 12:27 am **DeborahMersino:** Here are Lind's tips: 1) Acknowledge your gifts - first step toward building a strong emotional base. #gtchat
- 12:28 am **KTVee:** @reasoningmind saying no is a life skill that is REALLY hard for some people! #gtchat
- 12:28 am **MrsC\_teach:** So, I have to say, I thought #gtchat had started talking about adult ADD with the last few comments ...
- 12:28 am **deepwaterscoach:** @reasoningmind So true. We really need to hone in on the things we really want to do, & say no daily! 5X daily. 100X daily! #gtchat
- 12:28 am **LesLinks:** RT @deepwaterscoach: @chrstinef Its so important. We try to do WAY too much just because we can—or think we can. @laughingatchaos #gtchat
- 12:28 am **chrstinef:** @deepwaterscoach @laughingatchaos Or think we HAVE to in order to find meaning or acceptance #gtchat
- 12:28 am **DeborahMersino:** 2) Nurture your own identity development (so important!). #gtchat
- 12:28 am **deepwaterscoach:** RT @KTVee: @reasoningmind saying no is a life skill that is REALLY hard for some people! //true. and so necessary #gtchat
- 12:28 am **deepwaterscoach:** RT @chrstinef: @deepwaterscoach @laughingatchaos Or think we HAVE to in order to find meaning or acceptance//yes. but we don't! #gtchat
- 12:28 am **DeborahMersino:** 3) Give yourself permission to be a growing, changing, imperfect person. (Lind) #gtchat
- 12:29 am **laughingatchaos:** RT @\_\_Quest: RT @peter\_lydon: #gtchat Stress is ultimately things not going according to YOUR plan. #gtchat
- 12:29 am **deepwaterscoach:** RT @DeborahMersino: Here are Linds tips: 1) Acknowledge your gifts - first step toward building a strong emotional base. #gtchat
- 12:29 am **BrendonWalker:** @chrstinef define "spin" for me? #gtchat
- 12:29 am **DeborahMersino:** 4) Take advantage of - and cope with - overexcitabilities (OEs). Helps turn dissonance into more of a symphony. #gtchat
- 12:29 am **chrstinef:** @deepwaterscoach @chrstinef @laughingatchaos --> EXACTLY! #gtchat
- 12:29 am **peter\_lydon:** #gtchat re: plan..keeps teachers awake at night..need to mechanism to let go.
- 12:29 am **deepwaterscoach:** RT @DeborahMersino: 2) Nurture your own identity development (so important!). #gtchat
- 12:29 am **reasoningmind:** @deepwaterscoach that's when goals come in. If it doesn't work toward well-planned goals, set it aside. #gtchat
- 12:29 am **DeborahMersino:** 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:29 am **chrstinef:** @DeborahMersino #3 is so so so important! #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:29 am **deepwaterscoach:** RT @DeborahMersino: 3) Give yourself permission to be a growing, changing, imperfect person. (Lind) <--LOVE! #gtchat
- 12:29 am **peter\_lydon:** RT @DeborahMersino: 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:29 am **MaryStGeorge:** @DeborahMersino agree on imperfection, including imperfect parenting - perfect parents cant prepare kids for imperfect world #gtchat
- 12:29 am **deepwaterscoach:** RT @DeborahMersino: 4) Take advantage of - and cope with - overexcitabilities (OEs). Helps turn dissonance into more of a symphony. #gtchat
- 12:29 am **cybraryman1:** My Coping Strategies (for teachers) page: <http://tinyurl.com/4td3gnk> #gtchat
- 12:29 am **LesLinks:** RT @DeborahMersino: 2) Nurture your own identity development (so important!). Yup.. know what limits you want/need and risks uwant.. #gtchat
- 12:30 am **DeborahMersino:** Lind states gifted adults have increased stress reactions b/c of their overexcitabilities. #gtchat
- 12:30 am **laughingatchaos:** @DeborahMersino My dissonance=>symphony would resemble Schoenberg. :/ #gtchat
- 12:30 am **deepwaterscoach:** RT @reasoningmind: @deepwaterscoach thats when goals come in. If it doesnt work toward well-planned goals, set it aside.//yes! #gtchat
- 12:30 am **DeborahMersino:** Key to 1) learn to ID own stress symptoms. 2) develop coping strategies (Lind). #gtchat
- 12:30 am **DeborahMersino:** @MaryStGeorge Oh.so.true. #gtchat
- 12:30 am **laughingatchaos:** RT @DeborahMersino: Lind states gifted adults have increased stress reactions b/c of their overexcitabilities.<=Noo, really? ; ) #gtchat
- 12:30 am **chrstinef:** @BrendonWalker Obsessing on a particular thing or topic, unable to let go #gtchat
- 12:31 am **ColinTGraham:** I did a workshop about 8 years ago called "Putting the 'Tea' into Teacher" which was all about stress management... #gtchat
- 12:31 am **MrsC\_teach:** @cybraryman1 You have a link for everything. Amazing! #gtchat
- 12:31 am **deepwaterscoach:** @reasoningmind We have 2 b kind to ourselves & vigilant about our time, energy, and love! Ruthless in cutting out what doesn't work. #gtchat
- 12:31 am **chrstinef:** @DeborahMersino Totally agree! #gtchat
- 12:31 am **peter\_lydon:** #gtchat develep a sense of humour.
- 12:31 am **MaryStGeorge:** @DeborahMersino yes, and to ID yourFIRST stress signals - what happens before the big ones #gtchat
- 12:31 am **LisaDSB:** I wonder if our natural intensity plays into our stress management. I find my OEs make it really hard to cope with added stress. #gtchat
- 12:31 am **deepwaterscoach:** RT @DeborahMersino: Key to 1) learn to ID own stress symptoms. 2) develop coping strategies (Lind). #gtchat
- 12:31 am **DeborahMersino:** De-stressing: Talk about feelings to someone (well done @cybraryman1), relaxation exercises, change diet, ask for help (Lind) #gtchat
- 12:31 am **MaryStGeorge:** @peter\_lydon agree on sense of humour #gtchat
- 12:31 am **cybraryman1:** RT @ColinTGraham: ....Identifying sources is important for appropriate control #gtchat
- 12:31 am **deepwaterscoach:** RT @peter\_lydon: #gtchat develep a sense of humor.//and we have access to such a great sense of humor! #gtchat
- 12:31 am **chrstinef:** @DeborahMersino interestingly - same keys for kids! Which is why I am trying to take my own advice. HAHAAHA #gtchat
- 12:32 am **LisaDSB:** Ooh....just saw that Lind already said that...must read faster!!! #gtchat
- 12:32 am **LesLinks:** RT@reasoningmind We have 2 b kind to ourselves & vigilant about our time,

- 12:32 am **ColinTGraham**: I am still amazed at how few teachers, especially, have healthy coping mechanisms for handling stress/strain #gtchat
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:32 am **peter\_lydon**: #gtchat make a point of laughing every day even if you have nothing specific to laugh about.
- 12:32 am **DeborahMersino**: Lind (cont)... - Make time for fun, develop organizational skills, exercise sense of humor (good one @peter\_lydon). #gtchat
- 12:32 am **create2day**: "@peter\_lydon: #gtchat make a point of laughing every day even if you have nothing specific to laugh about."
- 12:32 am **laughingatchaos**: RT @chrstinef: @DeborahMersino interestingly -same keys for kids! Which is why I am trying to take my own advice.<=you're not alone! #gtchat
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: De-stressing: Talk abt feelings 2 someone (well done @cybraryman1), relaxation, change diet, ask for help (Lind) #gtchat
- 12:32 am **chrstinef**: @DeborahMersino Play time is so very important~! #gtchat
- 12:32 am **MaryStGeorge**: @chrstinef Good work on taking own advice - excellent advisor that you picked! #gtchat
- 12:32 am **peter\_lydon**: #gtchat keep books of funnies...Calvin and Hobbes etc
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: Lind (cont)... - Make time for fun, develop organizational skills, exercise sense of humor ). #gtchat
- 12:32 am **DeborahMersino**: For those who are unfamiliar with OEs, you can search for Dabrowski. So enlightening! #gtchat
- 12:32 am **laughingatchaos**: @ColinTGraham Teachers aren't taught coping skills; I know I wasn't. #gtchat
- 12:33 am **cybraryman1**: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat
- 12:33 am **jofrei**: @DeborahMersino Love these Lind strategies! #gtchat
- 12:33 am **DeborahMersino**: Counseling the Gifted & Talented by Silverman (great for adults too) <http://bit.ly/hINqXm> #gtchat
- 12:33 am **peter\_lydon**: RT @cybraryman1: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat.good man jerry!
- 12:33 am **MaryStGeorge**: @peter\_lydon read webcomics #gtchat
- 12:33 am **ColinTGraham**: Cultural coping mechanisms are also very different... I might laugh or make a joke, other cultures may see this as inappropriate #gtchat
- 12:33 am **chrstinef**: @MaryStGeorge haha! THANKS...now, if I could only LISTEN and execute better! hahahaha #gtchat
- 12:33 am **laughingatchaos**: @peter\_lydon Calvin was funny til I realized I'm RAISING him! LOL! Eh, still funny... ;) #gtchat
- 12:33 am **deepwaterscoach**: RT @DeborahMersino: Counseling the Gifted & Talented by Silverman (great for adults too) <http://bit.ly/hINqXm> #gtchat
- 12:33 am **laughingatchaos**: RT @cybraryman1: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat
- 12:34 am **teachagiftedkid**: RT @laughingatchaos: @peter\_lydon Calvin was funny til I realized I'm RAISING him! LOL! Eh, still funny... ;) #gtchat
- 12:34 am **LesLinks**: Take a walk, look and listen to the world around you - birds singing.. light reflecting.. and enjoy a moment in time every day.. #gtchat
- 12:34 am **peter\_lydon**: #gtchat Visit Glendalough, Co. Wicklow once a year and listen to the silence.
- 12:34 am **DeborahMersino**: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat

- 12:34 am **deepwaterscoach:** RT @laughingatchaos: @peter\_lydon Calvin was funny til I realized Im RAISING him! LOL! Eh, still funny... ;) //I'm raising him too! #gtchat
- 12:34 am **ColinTGraham:** @laughingatchaos People aren't taught coping skills, but it is important for teachers to be trained in them #gtchat
- 12:34 am **laughingatchaos:** @teachagiftedkid No, seriously, I'm honest to God raising Calvin! #gtchat
- 12:34 am **DeborahMersino:** RT @create2day: "@peter\_lydon: #gtchat make a point of laughing every day even if you have nothing specific to laugh about."<=love. #gtchat
- 12:34 am **reasoningmind:** Thanks! RT @deborahmersino: For those who are unfamiliar with OEs, you can search for Dabrowski. So enlightening! #gtchat
- 12:34 am **chrstinef:** RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat
- 12:34 am **MaryStGeorge:** RT @ColinTGraham: @laughingatchaos People aren't taught coping skills, but it is important for teachers to be trained in them #gtchat
- 12:34 am **KTVee:** Find humor in (almost) everything. It's hard to be stressed when you're laughing. #gtchat
- 12:34 am **laughingatchaos:** RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa><=YAY! #gtchat
- 12:35 am **cybraryman1:** @ColinTGraham How to be Culturally Responsive sites: <http://tinyurl.com/45s9cm4> #gtchat
- 12:35 am **LesLinks:** RT @peter\_lydon: #gtchat Visit Glendalough, Co. Wicklow once a year and listen to the silence. Ya...like that.. good for the soul #gtchat
- 12:35 am **peter\_lydon:** #gtchat I even have the same rain jacket!
- 12:35 am **chrstinef:** @ColinTGraham @laughingatchaos I think EVERYONE needs it - kids through adult #gtchat
- 12:35 am **laughingatchaos:** @ColinTGraham I agree, but there's only so much PD time. #gtchat
- 12:35 am **deepwaterscoach:** RT @chrstinef: RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat
- 12:35 am **reasoningmind:** RT @ktvee: Find humor in (almost) everything. It's hard to be stressed when you're laughing. #gtchat
- 12:35 am **deepwaterscoach:** RT @KTVee: Find humor in (almost) everything. Its hard to be stressed when youre laughing.//so true! releases endorphins too. #gtchat
- 12:35 am **DeborahMersino:** RT @MaryStGeorge: RT @ColinTGraham: People arent taught coping skills, but it is important for teachers to be trained in them<=YES #gtchat
- 12:35 am **Teacherhorizons:** @ColinTGraham indeed, but they always seem to have a similar joke in their culture that makes no sense to us #gtchat
- 12:35 am **chrstinef:** @KTVee can't smile and frown simultaneously! Smile always wins out :D #gtchat
- 12:36 am **laughingatchaos:** @peter\_lydon Bit of a drive, but I'll consider it. ;) #gtchat
- 12:36 am **ljconrad:** You need to accept the fact that some things are beyond your control! #gtchat
- 12:36 am **DeborahMersino:** Let's shift a bit to kids. They pick up on our stress. We can model how to handle in the moment. Need to understand their world too. #gtchat
- 12:36 am **teachagiftedkid:** @laughingatchaos I believe you! I raised his brother! Remember the Zits teenager? Pretty familiar w/him too. #gtchat
- 12:36 am **peter\_lydon:** #gtchat <http://bit.ly/pmf2j>
- 12:36 am **laughingatchaos:** @KTVee Why I'll be watching a VERY FUNNY MOVIE tonight. I need it. #gtchat
- 12:36 am **chrstinef:** @deepwaterscoach @DeborajMersino @laughingatchaos thanks for the RT guys #gtchat

- 12:36 am **reasoningmind:** @ktvee my students could tell between my different smiles. Even when someone was acting up I smiled a certain way. #gtchat
- 12:36 am **peter\_lydon:** #gtchat @laughingatchaos LOL...will give the guided tour when you arrive.
- 12:36 am **chrstinef:** @ljconrad but...but...but... #gtchat
- 12:36 am **LisaDSB:** Recognizing OEs for what they are is helpful – can now see when I need alone time (and am helping DS - my clone - to see it too). #gtchat
- 12:36 am **laughingatchaos:** RT @LesLinks: Need 101 success secrets for Gifted Adults???:-D<=OOH! Good idea! #gtchat
- 12:36 am **LesLinks:** Need 101 success secrets for Gifted Adults???:-D #gtchat [Like it? <http://bit.ly/hzKfa3> ]
- 12:36 am **DeborahMersino:** Tips for Parents: Worry, Stress, and Depression by E. Amend via @DavidsonGifted <http://bit.ly/eysldm> #gtchat
- 12:36 am **LesLinks:** @teachagiftedkid @laughingatchaos Ya.. Zits...;-D #gtchat
- 12:36 am **jofrei:** RT @ljconrad: You need to accept the fact that some things are beyond your control! YES!!! #gtchat
- 12:36 am **laughingatchaos:** @teachagiftedkid LOL! Not there...yet. ; ) #gtchat
- 12:37 am **ColinTGraham:** @Teacherhorizons It's not so much the joke as the use of humour in a stressful situation. Some cultures express concern/anxiety. #gtchat
- 12:37 am **deepwaterscoach:** @chrstinef YW! You're worth it! #gtchat
- 12:37 am **peter\_lydon:** @jofrei #gtchat where's that hula hoop?
- 12:37 am **laughingatchaos:** @peter\_lydon Yay! I miss Ireland. Been twice, can't wait to return. :) #gtchat
- 12:37 am **DeborahMersino:** RT @LesLinks: Need 101 success secrets for Gifted Adults???:-D #gtchat [Like it? <http://bit.ly/hzKfa3> ] <=Affirmative. Must. Yes. #gtchat
- 12:37 am **LisaDSB:** Understanding OEs in my son helped me learn about it in myself. We help each other now. #gtchat
- 12:37 am **jofrei:** RT @DeborahMersino: Tips for Parents: Worry, Stress, and Depression by E. Amend via @DavidsonGifted <http://bit.ly/eysldm> #gtchat
- 12:37 am **peter\_lydon:** RT @laughingatchaos: @peter\_lydon Bit of a drive, but I'll consider it. ; ) #gtchat.we could have a Tweep Up
- 12:37 am **chrstinef:** @deepwaterscoach :D After today...nice to hear! #gtchat
- 12:38 am **ljconrad:** @chrstinef uh ... uh ... uh ... #gtchat
- 12:38 am **DeborahMersino:** I'm going to share tips from Amend article. Tips are 4 kids, but healthy for adults to consider as well. #gtchat
- 12:38 am **deepwaterscoach:** We can relieve our stress by choosing different perspectives on the challenges we're facing too. #gtchat
- 12:38 am **Teacherhorizons:** @ColinTGraham I guess you mean like sarcasm? #gtchat
- 12:38 am **KTvee:** @reasoningmind yeah, kids have grt perception on that #gtchat
- 12:38 am **laughingatchaos:** RT @LisaDSB: Understanding OEs in my son helped me learn about it in myself. We help each other now.<=Me too. And hubby too. #gtchat
- 12:38 am **chrstinef:** @peter\_lydon @jofrei AHHH!!! Love hula hoop analogies ;) #gtchat
- 12:38 am **DeborahMersino:** 1) Remember everything, even positive events, can cause stress. #gtchat
- 12:38 am **chrstinef:** @DeborahMersino @LesLinks I'm game!!! #gtchat
- 12:38 am **laughingatchaos:** @peter\_lydon A tweet up! I'm there! :) #gtchat
- 12:38 am **deepwaterscoach:** @chrstinef Aw...we all need our cheering sections sometimes! #gtchat
- 12:38 am **peter\_lydon:** @chrstinef #gtchat thought you'd like that!

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Transcript for #gtchat - What the Hasht...

- 12:38 am **laughingatchaos:** RT @deepwaterscoach: We can relieve our stress by choosing different perspectives on the challenges were facing too. #gtchat
- 12:39 am **DeborahMersino:** 2) Managing stress level helps ppl function effectively. (so simple, but true). {We - and our kids - can learn}. #gtchat
- 12:39 am **ColinTGraham:** @Teacherhorizons No. Example: I had a student faint and gash her head during a table manners lesson. ... #gtchat
- 12:39 am **deepwaterscoach:** RT @DeborahMersino: 1) Remember everything, even positive events, can cause stress. #gtchat
- 12:39 am **jofrei:** RT @peter\_lydon: @jofrei #gtchat wheres that hula hoop? That's a good question! Sprite may have one under a pile of her stuff! #gtchat
- 12:39 am **peter\_lydon:** #gtchat Stress can be good to...shouldn't FEAR stress...should manage it
- 12:39 am **chrstinef:** @peter\_lydon hahahaha! ;) #gtchat
- 12:39 am **reasoningmind:** @teacherhorizons was anyone else titled most sarcastic teacher by their students? #gtchat
- 12:39 am **chrstinef:** @deepwaterscoach so very true! #gtchat
- 12:39 am **peter\_lydon:** @DeborahMersino #gtchat I was just about to say that !
- 12:39 am **LesLinks:** @chrstinef @DeborahMersino @LesLinks Go girl.. do it.. ;-D #gtchat
- 12:39 am **laughingatchaos:** My word for 2011 is strong. When I remember that, I can deal w/my stress better. Because I am stronger than I realize. :) #gtchat
- 12:39 am **DeborahMersino:** 3) When child is stressed, communicate acceptance (i.e. Sounds like you're pretty worried about...) - Amend #gtchat
- 12:39 am **reasoningmind:** \RT @deepwaterscoach: We can relieve our stress by choosing different perspectives on the challenges were facing too. #gtchat
- 12:39 am **chrstinef:** @DeborahMersino Did a series on stress a few years ago...think I'll report on blog tomorrow #gtchat
- 12:39 am **deepwaterscoach:** RT @DeborahMersino: 2) Managing stress level helps ppl function effectively. (so simple, but true). {We - and our kids - can learn}. #gtchat
- 12:40 am **ColinTGraham:** @Teacherhorizons Japanese staff were expressing concern and rushing about... Western staff were making jokes with me... mismatch #gtchat
- 12:40 am **MaryStGeorge:** @OCCGATE thanks will add to <http://ultranet.giftededucation.org.nz/WebSpace/364/> #gtchat
- 12:40 am **laughingatchaos:** RT @DeborahMersino: 3) When child is stressed, communicate acceptance (i.e. Sounds like youre pretty worried about...) - Amend #gtchat
- 12:40 am **Teacherhorizons:** @ColinTGraham ohh haha i see. good example! but yeah i understand now. #gtchat
- 12:40 am **teachagiftedkid:** #gtchat Had a teacher encourage my kids to keep a rainbow file & stormy file. Put lots of things in rainbow file & refer to it frequently
- 12:40 am **peter\_lydon:** @laughingatchaos #gtchat sure..but don't kid yourself in every circumstance...sometimes we're not strong and we just have to accept it.
- 12:40 am **deepwaterscoach:** RT @DeborahMersino: 3) When child is stressed, communicate acceptance (i.e. Sounds like youre pretty worried about...) - Amend #gtchat
- 12:40 am **DeborahMersino:** 3 (cont.) Avoid trying to talk a child into feeling differently {IMPORTANT}. Feelings are not right or wrong. - Amend. #gtchat
- 12:40 am **Teacherhorizons:** @ColinTGraham hmm didn't quite catch that one #gtchat
- 12:40 am **chrstinef:** @LesLinks @DeborahMersino going to do it! #gtchat
- 12:41 am **ColinTGraham:** @Teacherhorizons The Japanese reaction seemed to be to "look busy", Western reaction was to "use humour". Stressor was the same. #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:41 am **laugningatchaos:** @peter\_lydon True. But I was mentally telling myself too often that "I can't handle this" when it wasn't true. #gtchat
- 12:41 am **deepwaterscoach:** Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed. #gtchat
- 12:41 am **MaryStGeorge:** RT @teachagiftedkid: #gtchat Had a teacher encourage my kids to keep a rainbow file & stormy file. Put lot? (cont) <http://deck.ly/~fH8yY>
- 12:41 am **cybraryman1:** My Communicating with Children page (to eliminate a lot of stress): <http://tinyurl.com/4s87ukb> #gtchat
- 12:41 am **DeborahMersino:** 4) Provide support. Be involved (yes, find time to relax and be w/them). Communicate. - Amend. #gtchat
- 12:41 am **laughingatchaos:** @chrstinef @LesLinks @DeborahMersino Gifted Adults 101? Hooray! :) #gtchat
- 12:41 am **laughingatchaos:** RT @deepwaterscoach: Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed. <=YES! #gtchat
- 12:41 am **deepwaterscoach:** If we change our perspectives to more empowered ones, we feel more in control and less stress. Grace also helps us feel better. #gtchat
- 12:41 am **DeborahMersino:** RT @deepwaterscoach: Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed. <=Yes. #gtchat
- 12:42 am **DeborahMersino:** @cybraryman1 YOU are amazing. #gtchat
- 12:42 am **KTVee:** at times, g/t have unfair expectations placed on them, and feel that, and don't think it's okay to admit stress. #gtchat
- 12:42 am **peter\_lydon:** #gtchat teach children to count slowly - and breathe properly from the diaphragm
- 12:42 am **deepwaterscoach:** RT @DeborahMersino: 3 (cont.) Avoid trying to talk a child into feeling differently {IMP'T}. Feelings not right or wrong. - Amend. #gtchat
- 12:42 am **chrstinef:** @laughingatchaos @LesLinks @DeborahMersino Would be a fun project! #gtchat
- 12:42 am **DeborahMersino:** @teachagiftedkid - Love the idea of a rainbow/stormy file. #gtchat
- 12:42 am **LesLinks:** @chrstinef @LesLinks @DeborahMersino Yay... worthwhile doing...;-D #gtchat
- 12:42 am **jofrei:** RT @cybraryman1: My Communicating with Children page (to eliminate a lot of stress): <http://tinyurl.com/4s87ukb> #gtchat
- 12:42 am **chrstinef:** @deepwaterscoach YES! #gtchat
- 12:42 am **ColinTGraham:** I have been 'stressed' all day, because of the situation in Japan. Epicentre was about 150miles from where I used to live... but #gtchat
- 12:42 am **MaryStGeorge:** RT @DeborahMersino: @cybraryman1 YOU are amazing. #gtchat I agree!
- 12:42 am **DeborahMersino:** Strong relationships will help moderate negative feelings/events. #gtchat
- 12:42 am **LisaDSB:** @cybraryman1 What a great public service you're providing! Will check your communication page later. #gtchat
- 12:43 am **laughingatchaos:** @peter\_lydon I immediately feel better when I breathe like playing my flute. Hm. Maybe I should play more often... ; ) #gtchat
- 12:43 am **peter\_lydon:** RT @laughingatchaos: @peter\_lydon I immediately feel better when I breathe like playing my flute. Hm. Maybe I should play more often... ; ) #gtchat
- 12:43 am **cybraryman1:** @LisaDSB My wife gave me a lot of help on that page. #gtchat
- 12:43 am **DeborahMersino:** @ColinTGraham Oh my. I can't fathom. So sorry to hear. #gtchat
- 12:43 am **Teacherhorizons:** @ColinTGraham I see, I suppose western teachers are generally more humorous? #gtchat
- 12:43 am **chrstinef:** @ColinTGraham Hope all your friends/family OK. I had to check on friends/fam on Calif Coast and HI this am #gtchat

12:43 am **ColinTGraham:** Having lived in an earthquake-prone environment coping strategies are 'in place'

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Transcript for #gtchat - What the Hasht...

- 12:43 am **ColinTGraham**: Having lived in an earthquake-prone environment, coping strategies are in place and forces of nature are outside our control. #gtchat
- 12:43 am **chrstinef**: @laughingatchaos um...YES! play more.... #gtchat
- 12:43 am **laughingatchaos**: RT @DeborahMersino: @teachagiftedkid - Love the idea of a rainbow/stormy file.<=Me too. Gonna do 1 for me & get boys to do one too #gtchat
- 12:43 am **peter\_lydon**: #gtchat smokers get 'stressed' so they smoke but only in top half of lungs...if they breathe more deeply, wouldn't need cigs to fix stress.
- 12:43 am **deepwaterscoach**: RT @laughingatchaos: @peter\_lydon I feel better when I breathe like playing my flute. Hm. Maybe I should play more often...<--LIKE!! #gtchat
- 12:44 am **teachagiftedkid**: #gtchat Rainbow/stormy file helps you remember that you are basically a good person. Ups & downs to be expected.
- 12:44 am **DeborahMersino**: Remember that frustration is part of growth. If we can see it that way as opposed to all-or-nothing (help kids do the same) = grow. #gtchat
- 12:44 am **peter\_lydon**: RT @DeborahMersino: Remember that frustration is part of growth. If we can see it that way as opposed to all-or-nothing (help kids do the same) = grow. #gtchat
- 12:44 am **chrstinef**: @OCCGATE @MaryStGeorge Ye - step by stp instructions in the 101 Success Secrets book for that #gtchat
- 12:44 am **delta\_dc**: @ColinTGraham I think frameworks are essential for handling stress. <http://t.co/TuEerVx> #gtchat
- 12:44 am **laughingatchaos**: @chrstinef Time, dear, time. :( But I need to. Deep breathing AND creativity AND relaxation. #gtchat
- 12:44 am **peter\_lydon**: @DeborahMersino #gtchat Yeah..learn to accept frustration, and move beyond it.
- 12:44 am **chrstinef**: @DeborahMersino YES! so important #gtchat
- 12:44 am **cybraryman1**: To relax breathing exercises, meditation, yoga are very helpful #gtchat
- 12:44 am **DeborahMersino**: @teachagiftedkid Reminds me of the OEs. Good/tricky aspects of them. Same w/life experiences. Good to realize. Get thoughts down. #gtchat
- 12:44 am **MaryStGeorge**: reminds me of @chrstinef's idea for friends (keep a notecard with positive friend quality's when one is upset w thm). #gtchat < also v cool
- 12:45 am **laughingatchaos**: @peter\_lydon Good point! Sadly, I know a LOT of musician heavy smokers. :( #gtchat
- 12:45 am **deepwaterscoach**: RT @DeborahMersino: Frustration is part of growth. If we can see it that way vs. all-or-nothing (help kids do the same) = grow. #gtchat
- 12:45 am **KTVee**: @DeborahMersino yes, perhaps stress is a fertilizer for growth! #gtchat
- 12:45 am **peter\_lydon**: @laughingatchaos #gtchat seems to go with the business :(
- 12:45 am **LesLinks**: What if stress is interfering with an activity or missing vital days at school that they should not be missing... howtogetoverhump #gtchat
- 12:45 am **chrstinef**: @laughingatchaos You need to regroup like me. Hard to carve the time, but necessary...yes! NECESSARY. #gtchat
- 12:45 am **peter\_lydon**: RT @KTVee: @DeborahMersino yes, perhaps stress is a fertilizer for growth! #gtchat..IS....we need stress to go strong
- 12:45 am **BrendonWalker**: @DeborahMersino It's what you choose to do with frustration that is key. Does it bind you up, or help u find an answer? #gtchat
- 12:46 am **deepwaterscoach**: RT @KTVee: @DeborahMersino Stress is a fertilizer for growth!!/a butterfly's struggle against the chrysalis makes it strong to fly #gtchat
- 12:46 am **laughingatchaos**: @MaryStGeorge @chrstinef Good for marriages too! ; ) #gtchat
- 12:46 am **DeborahMersino**: Also, naming the feeling helps - Sad, Angry, Scared, Happy, Excited, Tender. We model. Help kids do the same. #gtchat

- 12:46 am **chrstinef:** @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:46 am **ColinTGraham:** @delta\_dc Yes, and being able to identify what is and is not directly controllable. News will get through, but frustration is there! #gtchat
- 12:46 am **laughingatchaos:** @peter\_lydon In music school. :( How they dealt w/stress. #gtchat
- 12:46 am **peter\_lydon:** #gtchat Embrace your inner frustration, then push it over and move on!
- 12:46 am **chrstinef:** @laughingatchaos @MaryStGeorge @chrstinef that will be in 101 SS for GT adults! #gtchat
- 12:46 am **deepwaterscoach:** RT @DeborahMersino: Also, naming the feeling helps - Sad, Angry, Scared, Happy, Excited, Tender. We model. Help kids do the same. #gtchat
- 12:46 am **DeborahMersino:** @BrendonWalker Agree. We get to choose. Vital to get calm enough to realize we have a choice. #gtchat
- 12:46 am **ljconrad:** RT @BrendonWalker Its what you choose to do with frustration that is key. Does it bind you up, or help u find an answer? #gtchat
- 12:46 am **deepwaterscoach:** RT @chrstinef: @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:46 am **chrstinef:** @DeborahMersino Emo vocab so vital. Great to develop EARLY #gtchat
- 12:47 am **laughingatchaos:** @chrstinef Yes, regrouping now. Read yr post & been thinking about it. I need more regrouping. #gtchat
- 12:47 am **KTVee:** @DeepWatersCoach love that! #gtchat
- 12:47 am **cybraryman1:** RT @deepwaterscoach: RT @chrstinef: @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:47 am **chrstinef:** @sammorra YES! #gtchat
- 12:47 am **sammorra:** When stress is caused by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:47 am **deepwaterscoach:** Embracing natural time. Sometimes we try to force things that aren't meant to happen until later...or at all. #gtchat
- 12:47 am **LisaDSB:** @teachagiftedkid Do you have more info or link about rainbow file -is it just stuff that makes you happy in it? What goes in stormy? #gtchat
- 12:47 am **laughingatchaos:** RT @sammorra: When stress is cause by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:47 am **DeborahMersino:** Fear of failure. Fear of not-measuring up. Fear of state tests. Fear "I'm not pretty enough." Fear of... REFRAMING needed. #gtchat
- 12:47 am **KTVee:** RT @sammorra: When stress is cause by a "tug-of-war" learn to let go of the rope. #gtchat <-yes, knowing when to hang on and let go!
- 12:47 am **sammorra:** @chrstinef Took me a while to learn that one. #gtchat
- 12:47 am **chrstinef:** @laughingatchaos I'm doing better since chillaxin and letting go more #gtchat
- 12:47 am **DeborahMersino:** RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope.<=love this. #gtchat
- 12:47 am **ColinTGraham:** @DeborahMersino @chrstinef Thanks for the concern, PLN on Twitter/FB has been a great support. #gtchat
- 12:47 am **cybraryman1:** RT @DeborahMersino: RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope.<=love this. #gtchat
- 12:48 am **laughingatchaos:** @deepwaterscoach AGH! Ok, I'll stop freaking about selling/buying a house. A time for everything... #gtchat
- 12:48 am **chrstinef:** @laughingatchaos and remind me of that after you read the email I sent you #gtchat
- 12:48 am **peter\_lydon:** #gtchat wrap your arms tightly around frustration and squeeze the bejaysus out

of it...bit like a stress ball really....actually....

- 12:48 am **deepwaterscoach:** @KTVEe Butterflies teach us so much! #gtchat
- 12:48 am **chrstinef:** @DeborahMersino reframing very important! #gtchat
- 12:48 am **DeborahMersino:** When Gifted Kids Don't Have All the Answers by Delisle/Galbraith (a favorite) <http://bit.ly/eIVScm> #gtchat
- 12:48 am **laughingatchaos:** @chrstinef Good. I hate letting go, but ALWAYS feel better when I do. #gtchat
- 12:48 am **sammorra:** @DeborahMersino @KTVEe @laughingatchaos Took me a while to learn that one. Not easy, but worth it. #gtchat
- 12:48 am **laughingatchaos:** @chrstinef Saw that, will reply later. ./ #gtchat
- 12:48 am **ColinTGraham:** Can't win by pushing either! RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:48 am **chrstinef:** @peter\_lydon NICE! #gtchat
- 12:48 am **teachgiftedkid:** #gtchat Write down/collect the good things people say about you, your accomplishments you are proud of, people you've helped for rainbow.
- 12:48 am **deepwaterscoach:** RT @laughingatchaos: @deepwaterscoach AGH! Ok, Ill stop freaking about selling/buying a house. A time for everything...//Yes & YAY! #gtchat
- 12:48 am **peter\_lydon:** #gtchat .actually...isn;t a stress ball suggested for use by ADHD kids to help them cope with needs to fidget while sitting in class??? ref?
- 12:48 am **cybraryman1:** Please join us on the Twitter Exercise Motivation Team #temt <http://tinyurl.com/4etlf4t> #gtchat
- 12:48 am **BrendonWalker:** @DeborahMersino and watch the other side fall on their arse :P @sammorra #gtchat
- 12:49 am **MaryStGeorge:** my feed stopped! #gtchat
- 12:49 am **DeborahMersino:** APA Survey on Kids Picking Up on Parents' Stress via USA Today. <http://usat.ly/fmiac8> #gtchat
- 12:49 am **jofrei:** Sprite and Black Dog <http://www.youblisher.com/p/10553-Sprite-and-Black-Dog/> #gtchat
- 12:49 am **LesLinks:** I have to go now folks.. will see you later.. #gtchat
- 12:49 am **KTVEe:** thinking about recent projects, kids got super-frustrated, then, they GOT IT .. need more siutations for healthy frustration #gtchat
- 12:49 am **peter\_lydon:** @teachgiftedkid #gtchat I do an activity in class like this where students write anonymously about another - only positive things
- 12:49 am **DeborahMersino:** 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:49 am **cybraryman1:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:49 am **sammorra:** Ill add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:49 am **ColinTGraham:** Biological reactions to shocks can induce stressful situations... cooling-off periods are important #gtchat
- 12:49 am **laughingatchaos:** RT @DeborahMersino: APA Survey on Kids Picking Up on Parents Stress via USA Today. <http://usat.ly/fmiac8> #gtchat
- 12:50 am **teachgiftedkid:** #gtchat Note the things that might not be going so well, criticisms or failures for the stormy file. Normally, less in stormy file.
- 12:50 am **laughingatchaos:** @LesLinks Bye babe! Have a great weekend! #gtchat
- 12:50 am **deepwaterscoach:** RT @KTVEe: thinking about recent projects, kids got super-frustrated, then, they GOT IT ..need more siutations 4 healthy frustration #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:50 am **DeborahMersino:** @peter\_lydon I'm an official Peter Lydon fan now. President of your fan club. I love the way you describe life! #gtchat
- 12:50 am **deepwaterscoach:** RT @sammorra: Ill add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:50 am **laughingatchaos:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> => Hooboy can use THIS! #gtchat
- 12:50 am **reasoningmind:** @ktvee figuring out the appropriate level of difficulty is REALLY difficult sometimes. #gtchat
- 12:50 am **teacher6th:** RT @DeborahMersino: RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope. => love this. #gtchat
- 12:50 am **laughingatchaos:** RT @sammorra: Ill add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:50 am **sammorra:** RT @BrendonWalker: and watch the other side fall on their arse :P #gtchat LOL!
- 12:50 am **laughingatchaos:** RT @DeborahMersino: @peter\_lydon Im an official Peter Lydon fan now. President of your fan club. I love the way you describe life! #gtchat
- 12:50 am **deepwaterscoach:** RT @DeborahMersino: @peter\_lydon Im an official Peter Lydon fan now. President of your fan club. //welcome to the club! #gtchat
- 12:51 am **chrstinef:** @laughingatchaos NICE! #gtchat
- 12:51 am **KTVee:** The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress <http://amzn.to/eAilrb> #gtchat
- 12:51 am **MaryStGeorge:** @peter\_lydon depends on the kids whether stress ball helps, tempts or distracts. Range matters with strategies #gtchat
- 12:51 am **ljconrad:** @LesLinks tty! Have a good rest. :) #gtchat
- 12:51 am **DeborahMersino:** @deepwaterscoach @KTVee Excellent point about healthy frustration. If we can model Growth Mindset (Dweck) it's helpful - growth! #gtchat
- 12:51 am **jofrei:** RT @teachagiftedkid collect good things people say about you, accomplishments , people youve helped for rainbow - like that idea #gtchat
- 12:51 am **pesleda:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:51 am **peter\_lydon:** #gtchat @MaryStGeorge yup..sure.
- 12:51 am **peter\_lydon:** #gtchat have some ADHD kids who would throw it at me!
- 12:51 am **deepwaterscoach:** RT @KTVee: The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress <http://amzn.to/eAilrb> #gtchat
- 12:51 am **KTVee:** @reasoningmind yes- it's so important; you don't want to overload, right? #gtchat
- 12:52 am **deepwaterscoach:** @ljconrad Hiiiiii!!!! Can't believe chat has gone this long & I haven't said hiiiiii (until now--when i've said it twice) #gtchat
- 12:52 am **DeborahMersino:** LQ: We've got just a few minutes left. I love your openness. Final thoughts about managing stress ourselves/with our kids/students? #gtchat
- 12:52 am **LisaDSB:** @teachagiftedkid Thanks for the info! #gtchat
- 12:52 am **peter\_lydon:** #gtchat @DeborahMersino BREATHE
- 12:52 am **DeborahMersino:** RT @deepwaterscoach: RT @KTVee: The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress => will check out! #gtchat
- 12:52 am **chrstinef:** Hate to tweet and run, but as usual...life is a bit busy at the moment (nope, not stressed about it either!) #gtchat
- 12:52 am **teacher6th:** @LesLinks What if stress is interfering with an activity or missing vital days at school... this is a biggy any answers? #gtchat

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Transcript for #gtchat - What the Hasht...

- 12:53 am **reasoningmind:** @ktvee exactly. just like any type of exercise. hopefully the instructor is able to identify how much is just enough. #gtchat
- 12:53 am **dmitch528:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:53 am **ljconrad:** @deepwaterscoach rotflol #gtchat
- 12:53 am **ColinTGraham:** @DeborahMersino LQ: Go for a walk! #gtchat
- 12:53 am **DeborahMersino:** @ljconrad makes me laugh regularly. She's relieves my stress by being who she is. :- ) #gtchat
- 12:53 am **cybraryman1:** Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:53 am **laughingatchaos:** @DeborahMersino Scaredy Squirrel is FUN! #gtchat
- 12:53 am **BrendonWalker:** @DeborahMersino re LQ: Laugh often #gtchat
- 12:54 am **deepwaterscoach:** @ljconrad Just sayin'! #gtchat
- 12:54 am **DeborahMersino:** @teacher6th Dr. Silverman and others suggest when stress is interfering with everyday life/may be time to consult prof. help. #gtchat
- 12:54 am **laughingatchaos:** @chrstinef Bye hon! Breathe! \*I'll be watching!\* ; ) #gtchat
- 12:54 am **deepwaterscoach:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is. :-)/totally! #gtchat
- 12:54 am **peter\_lydon:** RT @laughingatchaos: @DeborahMersino Scaredy Squirrel is FUN! #gtchat...Imagine..he was a flying squirrel all along!
- 12:54 am **reasoningmind:** LQ: Incorporate relaxing periods into your regular schedule/class. Even if you just turn the lights off for 2min. #gtchat
- 12:54 am **laughingatchaos:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is. :-)<=She's awesome. :) #gtchat
- 12:54 am **DeborahMersino:** @teacher6th @LesLinks If you can find a counselor who is trained w/giftedness/behaviors - best. #gtchat
- 12:54 am **KTVee:** @laughingatchaos our school counselor let me borrow her book and I loved it! He's sooo cute and soooo anxious! #gtchat
- 12:54 am **MaryStGeorge:** @teacher6th look for sources, teach relaxation #gtchat
- 12:54 am **Folmerica:** RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:54 am **DeborahMersino:** RT @reasoningmind: LQ: Incorporate relaxing periods into your regular schedule/class. Even if you just turn the lights off for 2min. #gtchat
- 12:55 am **ljconrad:** @DeborahMersino Ah ..... And I was just gonna say how much gtchat relieves my stress! #gtchat
- 12:55 am **peter\_lydon:** @laughingatchaos ..flying squirrel...he always had the tools he needed to cope. #gtchat
- 12:55 am **chrstinef:** @laughingatchaos In and out....in and out.... #gtchat
- 12:55 am **jofrei:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is Yes! She is a great encourager! #gtchat
- 12:55 am **cybraryman1:** Hope everyone has a tress free weekend. Have fun, enjoy yourself <http://yfrog.com/gzpfmuj> #gtchat
- 12:55 am **laughingatchaos:** @KTVee We have one...it's packed. ./ But we LOVE it. #gtchat
- 12:55 am **chrstinef:** @DeborahMersino 101 has lots of strategies for stress #gtchat
- 12:55 am **chrstinef:** @ljconrad @DeborahMersino --> ME TOO!!! #gtchat
- 12:55 am **lauhinaatchaos:** @chrstinef Lather. rinse repeat. :) #gtchat

- 12:55 am **DeborahMersino**: FQ: Take time to appreciate what is. And who others are. Who we are. What we have already. Opportunities for growth. Blessings. #gtchat
- 12:55 am **MaryStGeorge**: I have put together a page for our earthquake parents at <http://j.mp/f7PKpy> and would value suggested additions #gtchat
- 12:55 am **kyteacher**: RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:56 am **laughingatchaos**: @peter\_lydon Hm. Methinks \*I\* need to remember this... ; ) #gtchat
- 12:56 am **ColinTGraham**: @cybraryman1 "tress free" you mean I should get a haircut? ;-P #gtchat
- 12:56 am **ljconrad**: {{blushing}} Feeling the love! And loving this community! #gtchat
- 12:56 am **deepwaterscoach**: RT @cybraryman1: Hope everyone has a tress free weekend. Have fun, enjoy yourself <http://yfrog.com/gzpfmuj> //you want us w/ no hair? #gtchat
- 12:56 am **DeborahMersino**: RT @chrstinef: @DeborahMersino 101 has lots of strategies for stress <=Can't wait to read/have you as a Guest Expert on this!! #gtchat
- 12:56 am **MaryStGeorge**: feed extremely patchy sorry #gtchat
- 12:56 am **DeborahMersino**: @MaryStGeorge Thank you Mary. #gtchat
- 12:56 am **peter\_lydon**: RT @laughingatchaos: #gtchat...Every day of your life you will be presented with a lesson....
- 12:57 am **laughingatchaos**: @DeborahMersino @chrstinef CAN'T WAIT TO \*GET\* THE BOOK! #gtchat
- 12:57 am **laughingatchaos**: RT @peter\_lydon: RT @laughingatchaos: #gtchat...Every day of your life you will be presented with a lesson...<=True. Need to look! #gtchat
- 12:57 am **DeborahMersino**: @MaryStGeorge And no worries...feed has been touch-and-go all day. We appreciate ALL of your contributions! #gtchat
- 12:57 am **peter\_lydon**: #gtchat..which you must learn and it will be presented until it is learned and when it is there is another to follow..there are only lessons
- 12:58 am **peter\_lydon**: @laughingatchaos #gtchat Oh...teh sharks!
- 12:58 am **KTVee**: have students write own story that says "I worry about.." and put them together in a book - they can c they are not alone in stress #gtchat
- 12:58 am **MaryStGeorge**: I certainly appreciate the collegial support of gifted tweeples #gtchat
- 12:58 am **laughingatchaos**: @peter\_lydon LIFE is lessons...if we remember to learn them. #gtchat
- 12:58 am **BrendonWalker**: @DeborahMersino hope to pop in again soon. Nice to tweet again :) #gtchat
- 12:58 am **DeborahMersino**: Plan to take time to revel in my kids' this weekend. Celebrate them as.is. My rocker dd10 and my little dd08. Love.them.dearly. #gtchat
- 12:58 am **DeborahMersino**: @KTVee Powerful indeed. Excellent suggestion for others too. #gtchat
- 12:58 am **deepwaterscoach**: @cybraryman1 Sometimes when we're stressed, the tresses fall out of their own accord! #gtchat
- 12:58 am **ColinTGraham**: The first step in dealing with undue stress or strain is recognizing that it's there... after that it should be downhill #gtchat
- 12:59 am **DeborahMersino**: @BrendonWalker Good to see you again! All the best! #gtchat
- 12:59 am **peter\_lydon**: #gtchat Some people get stressed about their tresses @DeepWatersCoach
- 12:59 am **ljconrad**: Wow! I feel so much better now! I can't think of a better group of people to spend my Friday evenings with! Indebted to Deborah! #gtchat
- 12:59 am **laughingatchaos**: RT @ColinTGraham: The 1st step in dealing with undue stress or strain is recognizing that its there;after that it should be downhill #gtchat
- 12:59 am **peter\_lydon**: @DeepWatersCoach #gtchat bad tress day
- 12:59 am **deepwaterscoach**: RT @peter\_lydon: #gtchat Some people get stressed about their tresses

@DeepWatersCoach//true!

- 1:00 am **DeborahMersino**: Well, we did it. That wasn't too stressful now, was it? :-). Hope everyone has a delightful weekend. Appreciating you all! #gtchat
- 1:00 am **deepwaterscoach**: RT @peter\_lydon: @DeepWatersCoach #gtchat bad tress day//LOL!
- 1:00 am **ColinTGraham**: It's very dis-tressing... RT @peter\_lydon: #gtchat Some people get stressed about their tresses @DeepWatersCoach
- 1:00 am **chrstinef**: @DeborahMersino Thanks hun! #gtchat
- 1:00 am **laughingatchaos**: At least I have NO stress planning Friday night dinner! Pizza! Again! LOL #gtchat
- 1:00 am **jofrei**: RT @ljconrad: I cant think of a better group of people to spend my Friday evenings with! Indebted to Deborah! I second that! #gtchat
- 1:00 am **peter\_lydon**: @DeborahMersino #gtchat very good..beginning to descend into humour..people de-stressing!
- 1:00 am **deepwaterscoach**: RT @ColinTGraham: Its very dis-tressing... RT @peter\_lydon: #gtchat Some people get stressed about their tresses//ROTFLOL!!! #gtchat
- 1:00 am **laughingatchaos**: @DeborahMersino Thank you m'dear! Everyone have a great weekend! #gtchat
- 1:00 am **DeborahMersino**: Also, planning overhaul of Ingeniosus Web site! Transcripts will finally be current, as will Twtpoll. I'll keep u posted! #gtchat
- 1:01 am **deepwaterscoach**: RT @laughingatchaos: At least I have NO stress planning Friday night dinner! Pizza! Again! LOL//Pizza has its purposes! #gtchat
- 1:01 am **DeborahMersino**: RT @ColinTGraham: Its very dis-tressing... RT @peter\_lydon #gtchat Some people get stressed about their tresses @DeepWatersCoach<LOL #gtchat
- 1:01 am **MaryStGeorge**: soon I shall get a burst of 100 messages #gtchat
- 1:01 am **ljconrad**: Join me in the Lobby! Mimosas for everyone. I'm buying! #gtchat
- 1:01 am **teacher6th**: Do the best you can-today (every day is different) is our chant to help w/ stress/pressure #gtchat
- 1:01 am **KTVee**: @DeborahMersino Is that stressing you out? #gtchat Sorry--had to ask. :)
- 1:01 am **peter\_lydon**: #gtchat we should all meet up around a tress-le table sometime
- 1:02 am **deepwaterscoach**: RT @ljconrad: Join me in the Lobby! Mimosas for everyone. Im buying!//woot! #gtstooxies #gtchat
- 1:02 am **ColinTGraham**: Don't argue about the # of slices! RT @laughingatchaos At least I have NO stress planning Friday night dinner! Pizza! Again! LOL #gtchat
- 1:02 am **DeborahMersino**: @KTVee Monetary aspect is a bit, but overall I'm excited. 100,000+ hits this year already (less than 3 months). It's a privilege. #gtchat
- 1:02 am **ColinTGraham**: All from bots asking if you need ways to control stress... RT @MaryStGeorge: soon I shall get a burst of 100 messages #gtchat
- 1:03 am **laughingatchaos**: @ColinTGraham Oh, no! Homemade personal pizzas for all! Too many variations here! LOL #gtchat
- 1:03 am **laughingatchaos**: RT @DeborahMersino: @KTVee Monetary aspect is a bit, but overall Im excited. 100,000+ hits this year already (less than 3 months). #gtchat
- 1:03 am **KTVee**: @DeborahMersino Amazing. Exciting. Appreciate here! :) #gtchat
- 1:03 am **jofrei**: RT @ljconrad: Join me in the Lobby! Mimosas for everyone I'm buying<= for pic see <http://www.giftedresources.org/jo/blog/?p=1990> #gtchat
- 1:04 am **ColinTGraham**: Thanks for the chat everyone... and to @DeborahMersino for moderating... a definite #ff #gtchat
- 1:04 am **MaryStGeorge**: @DeborahMersino updating the transcripts will be a big job, we appreciate the hours you put in #gtchat

1:04 am **sammora**: @DeborahMersino Great talk. Love the humor at the end. Glad I made it

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1:04 am

Transcript for #gtchat - What the Hasht...

**sammotta:** @DeborahMersino Great talk. Love the humor at the end. Glad I made it.  
#gtchat

1:05 am **getsweetie:** Yes!RT @MaryStGeorge: I certainly appreciate the collegial support of gifted tweeples #gtchat

1:05 am **teachagiftedkid:** RT @getsweetie: Yes!RT @MaryStGeorge: I certainly appreciate the collegial support of gifted tweeples #gtchat

1:06 am **peter\_lydon:** @cybraryman1 #gtchat Heard of some research into use of Harp music with hospital patients...apparently speeds up healing process!

1:07 am **MaryStGeorge:** @peter\_lydon well we already met around a stressle tble, it seems #gtchat

1:08 am **peter\_lydon:** #gtchat #gtstoogies 1.07 am some house keeping and then my leaba

1:08 am **peter\_lydon:** #gtchat Fare thee well #gtstoogies !

1:10 am **mabdaigle:** RT @deepwaterscoach: If we change our perspectives to more empowered ones, we feel more in control and less stress. Grace also helps us feel better.  
#gtchat

1:10 am **deepwaterscoach:** RT @peter\_lydon: #gtchat Fare thee well #gtstoogies !//Good night! #gtstoogies

1:11 am **getsweetie:** RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate #engsschat How Eng & SS Thurs can work together #gtchat

1:56 am **Teacherhorizons:** @reasoningmind haha have no idea, but would be funny if students did that to their teacher. #gtchat

3:59 am **giaimojosephine:** Lederer and Silverman were great today, more informative and practical workshops for parents, children on Saturday #gtchat #education #nj

4:14 am **KTVee:** @mjstarks welcome from a fellow GATE teacher :) Hope you enjoy Twitter as much as I do! #gtchat

4:48 am **jofrei:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat

4:52 am **ljconrad:** RT @jofrei: RT @ljconrad: Join me in the Lobby! Mimosas for everyone I'm buying<= for pic see <http://www.giftedresources.org/jo/blog/?p=1990> #gtchat

4:54 am **ljconrad:** RT @DeborahMersino: Also, planning overhaul of Ingeniosus Web site! Transcripts will finally be current, as will Twtpoll. I'll keep u posted! #gtchat

4:57 am **ljconrad:** RT @DeborahMersino I'm excited.100,000+ hits this year already (less than 3 months). It's a privilege. Ingeniosus.net #gtchat

6:33 am **ClipSnap:** RT @laughingatchaos: RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH><=Hooboy can use THIS! #gtchat

7:03 am **KnightTweets0:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat

7:14 am **Begabungsg:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat

7:29 am **ziggiu:** RT @teachagiftedkid: #gtchat Rainbow/stormy file helps you remember that you are basically a good person. Ups & downs to be expected.

7:39 am **FrazzIld:** @deborahmersino Sorry, was sooo tired last night, could not stay awake for #gtchat. Have work this morning and can't afford to "slip up".

10:15 am **Jason\_Walters:** @QTGamer86 @laughingatchaos Need to Sell your house? Let me help you find a #TOPAGENT in your area <http://bit.ly/gIOy3A> #REALTOR #gtchat

2:28 pm **KTVee:** Reading this and wondering why #gifted is not already tracked?  
<http://bit.ly/eOmbYC> #gtchat

2:53 pm **giaimojosephine:** Dr. Silverman says less intelligent people are better at lying #gtchat #njagc11 parents need to OWN their own giftedness

2:56 pm **giaimojosephine:** Silverman: a high IQ test score cannot be faked. There are no good test takers, only bad ones #gtchat #njagc11

3:01 pm **liconrad:** RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own

- @chrstinef** - <http://bit.ly/gq9nEa> #gtchat
- 3:12 pm **giaimojosephine**: Silverman talks about Barbara Lewis' books, The Kid's Guides To Social Activity...about service, compassion, giving #gtchat #njagc11
- 3:16 pm **giaimojosephine**: Silverman: morphemes are more important than phonemic awareness #gtchat #njagc11
- 3:20 pm **giaimojosephine**: Silverman: Fairness relates to justice, as in: fair to whom? #gtchat #njagc11
- 3:46 pm **giaimojosephine**: Silverman: You and your child do not need fixing. #gtchat #njagc11
- 3:48 pm **chrstinef**: Winner, #gtchat and my thoughts on STRESS?. <http://nblo.gs/fl0d7>
- 5:35 pm **MattSL**: RT @Mensa\_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/13AalH6> #gtvoice #gtchat
- 5:35 pm **gsacademy**: RT @Mensa\_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/o1lzglX> #gtvoice #gtchat
- 5:51 pm **sympihly**: 'Giftedness' linked w/ prenatal exposure to testosterone? - <http://bit.ly/e6XB4E> [ #edchat #science #gtchat #neuro #cogsci ]
- 6:23 pm **Begabungs**: RT @ljconrad: {{blushing}} Feeling the love! And loving this community! #gtchat
- 6:57 pm **LesLinks**: RT @gsacademy: RT @Mensa\_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/o1lzglX> #gtvoice #gtchat
- 6:58 pm **LesLinks**: RT @MattSL: RT @Mensa\_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/13AalH6> #gtvoice #gtchat
- 8:08 pm **Begabungs**: RT @giaimojosephine: Silverman talks about Barbara Lewis' books, The Kid's Guides To Social Activity...about service, compassion, giving #gtchat #njagc11
- 9:02 pm **psuklinkie**: Literature Everywhere: Gatsby <http://tumblr.com/x011r2rxol> #ntchat #edchat #gtchat
- 9:03 pm **KTVee**: RT @MakeArtLife Purpose of art is washing the dust of daily life off r souls.~Picasso/Make time 2 get creative & give kids opp. to. #gtchat
- 9:14 pm **ljconrad**: Rationale for Gifted Fine Arts Program #gtchat #gifted <http://fb.me/Op64sMxv>
- 9:16 pm **Begabungs**: RT @ljconrad: Rationale for Gifted Fine Arts Program #gtchat #gifted <http://fb.me/Op64sMxv>
- 9:24 pm **ljconrad**: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 9:25 pm **KTVee**: RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 9:27 pm **sarastafford**: RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 9:59 pm **Begabungs**: RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 10:46 pm **giaimojosephine**: The NJAGC conference was a very worthwhile event, got to hear Linda Silverman talk about perfectionism, Dabrowski. #gtchat #njagc11 #gifted