

# SCPS High School Gifted Education

*December 2020*



## The Most Precious Gift...the Gift of Time

*"Does thou love life? Then do not squander time, for that's the stuff life is made of."*

*-Benjamin Franklin*

*"My favorite things in life don't cost any money. It's really clear that the most precious resource we all have is time." -Steve Jobs*

*"We must use time wisely and forever realize that the time is always ripe to do right." -Nelson Mandela*

Philosophers, theologians, pioneers, and others throughout history have understood the value of time. Time is consistent, time is patterned, but it doesn't always feel that way. Some days seem to go quickly, yet others seem to go on forever.

The most precious gift we can give to ourselves and to others is the gift of time. For ourselves, the gift of time may look like enjoying a hobby, researching a topic of interest, or taking a much-needed break. The gift of time to others may include sharing a meal, exercising, or playing a game together.

In this newsletter, we are presenting gifts to you. Our gifts include ideas about how to make constructive use of time. You will find articles, books, courses, time management tools, and more.

Beginning now, and into the new year, make every moment of time matter. Time is, after all, the most precious gift.

Happy Holidays!

~the SCPS High School Gifted Instructional Team

ABSOLUTE, TRUE, AND MATHEMATICAL TIME, IN AND OF ITSELF  
AND OF ITS OWN NATURE, WITHOUT REFERENCE TO ANYTHING  
EXTERNAL, FLOWS UNIFORMLY AND BY ANOTHER NAME IS  
CALLED DURATION. RELATIVE, APPARENT, AND COMMON TIME  
IS ANY SENSIBLE AND EXTERNAL MEASURE (PRECISE OR  
IMPRECISE) OF DURATION BY MEANS OF MOTION; SUCH AS A  
MEASURE FOR EXAMPLE, AN HOUR, A DAY, A MONTH, A YEAR IS  
COMMONLY USED INSTEAD OF TRUE TIME.

- ISAAC NEWTON -

LIBQUOTES.COM

## Fun Facts about Time

*Arrows of Time* is a project published in *Quantamagazine*. This project is presented in a timeline format to show how humans' understanding of time has evolved throughout history.

<https://www.quantamagazine.org/what-is-time-a-history-of-physics-biology-clocks-and-culture-20200504/>

## Gifts to Ourselves

## Recommended Reading



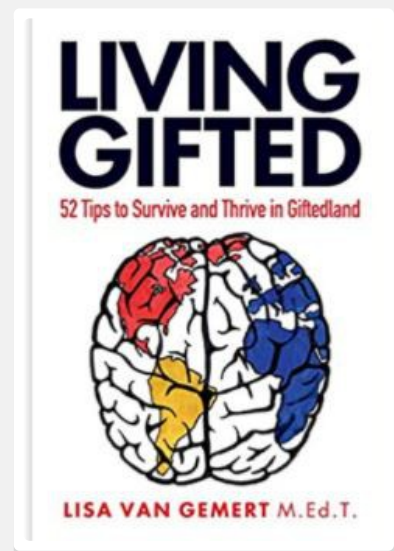
## Perfectionism: A Practical Guide to Managing "Never is Good Enough"

This guide provides advice about how to help perfectionists turn the negative into positive. Click on the link below to learn more about this book.  
<https://www.giftedguru.com/books/perfectionism/>



## 101 Great Books for College-Bound Readers

The Hoagies' Gifted Education Page lists *101 Great Books Recommended for College-Bound Readers*. Click on the link below to access the list.  
[https://www.hoagiesgifted.org/101\\_books\\_for\\_college\\_bound\\_readers.htm](https://www.hoagiesgifted.org/101_books_for_college_bound_readers.htm)

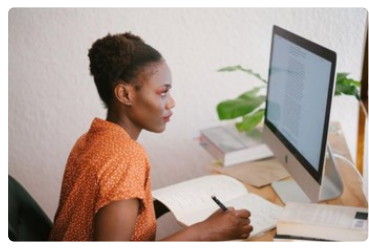


## Living Gifted: 52 Tips to Survive and Thrive in Giftedland

*Living Gifted* explores topics such as motivating the gifted brain and steps for a full and satisfying gifted life. Click on the link below to learn more about *Living Gifted*.  
<https://www.giftedguru.com/books/living-gifted/>

## Free Courses





## Article: 13 Free Resources for High School Students to Get Ahead While School is Out

This article in Forbes Magazine lists sites to help students build skills in several areas including: language, writing, academics, coding, photo editing, and more!

<https://www.forbes.com/sites/kristenmoon/2020/03/30/10-free-resources-for-high-school-students-to-get-ahead-while-school-is-out/?sh=3d1a97a335e4>



## Website: edX

edX offers free courses from data and computer science to leadership and communication.

<https://www.edx.org/search?tab=course>



## Website: coursera

Coursera offers free courses to college students with a school email address. During Covid, high school students also have the opportunity to access courses. Click on the link below to view current course offerings for high school students.

<https://blog.coursera.org/coursera-together-free-online-learning-during-covid-19/>

## Internships

If your child is looking for internships to explore potential career paths, you may want to have them check out the Chegg Internships website. There are many virtual internship possibilities for students to explore!

<https://www.internships.com/high-school/virtual>

## Publications from NAGC

The National Association for Gifted Children publishes information for parents of gifted children. Resources include topics such as motivation, social and emotional considerations, and helping children succeed. Click on the link below to access the NAGC parent resource page.

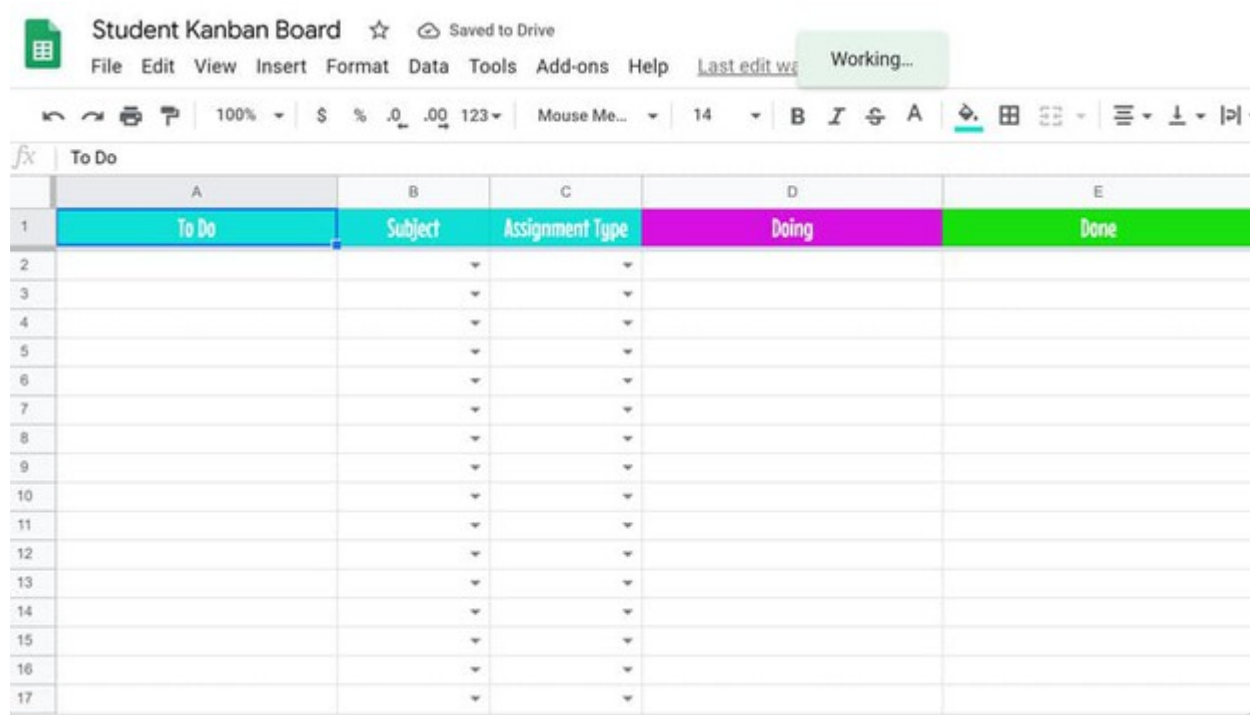
<https://www.nagc.org/resources-publications/resources-parents>

## Time Management Tool

## Kanban Board

A Kanban Board is a simple organizing system that provides a visual for students to see which assignments they have turned in and which ones they have not. Click on the link below for a FREE editable Kanban board that can be copied into Google Drive and shared with students.

<https://www.giftedguru.com/digital-kanban-board-for-students/>



The screenshot shows a Google Sheet titled "Student Kanban Board" with a menu bar (File, Edit, View, Insert, Format, Data, Tools, Add-ons, Help) and a toolbar. The sheet is organized into five columns: A (To Do), B (Subject), C (Assignment Type), D (Doing), and E (Done). The first row (row 1) contains the headers for these columns. The subsequent rows (rows 2-17) are empty, with dropdown arrows visible in columns B and C, indicating they are intended for selection.

	A	B	C	D	E
1	To Do	Subject	Assignment Type	Doing	Done
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					

## Gifts to Others

### Volunteering

Click on the link below to find out more about opportunities in the Fredericksburg area.

<http://cas.umw.edu/psychology/files/2012/02/CSL-Agency-List-2010.pdf>

### 100 Games for Gifted Kids

This blog lists card games, classic games, logic games and more. Click on the link below to access the blog.

<https://reneeatgreatpeace.com/100-games-for-gifted/>





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