

**FOR MORE
INFORMATION,
CHECK OUT THE
FOLLOWING BOOKS:**

- ◆ *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism*

-Antony, M., & Swinson, R. (1998)

- ◆ *Overcoming Perfectionism: The Key to Balanced Recovery*

- Smith, A. (1990)

- ◆ *Never Good Enough: How to Use Perfectionism to Your Advantage Without Ruining Your Life*

- Ramirez, M., & Basco (2000)



"...at the heart of perfectionism is fear — an inordinate fear of failing, the fear that unless one is perfect, one is worthless"

Clark, 2002, p. 173

Resources

Clark, B. (2002). *Growing up gifted* (6th ed.) Upper Saddle River, NJ: Pearson Education, Inc.

Galbrith, J. (1983) *The gifted kids survival guide: For ages 11-18*. Minneapolis, MN: Free Spirit Publishing Inc.

Schuler, P. (2000). Perfectionism and gifted adolescents. *Journal of Secondary Education*, 11(4), 183-197.

Perfectionism



An informational guide detailing perfectionism in gifted adolescents

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DID YOU KNOW?

Gifted adolescents who possess perfectionism are not generally affected in the identification process. Rather, these adolescents are more affected by a major myth associated with giftedness and perfectionism. This myth identifies the gifted population as being flawless in ALL areas (Galbraith, 1983). The truth is that, all individual, regardless of their age, talent, or experiences do in fact make mistakes — especially children.



Perfectionism

While expectations come mostly from the parents of gifted individuals, peers also place various forms of pressure on gifted adolescents. Often, gifted adolescents possess an intense sensitivity to the reactions of their peers. Perfectionist students work extremely hard to avoid any type of criticism, which often creates a large amount of anxiety and worry (Schuler, 2000).

Perfectionism is defined as students possessing excessively high standards or expectations in relation to their personal performance

(Schuler, 2000)

TIPS FOR PARENTS

- ◆ Set priorities
- ◆ Show acceptance of mistakes
- ◆ Set realistic yet high standards
- ◆ Model relaxation techniques
- ◆ Discuss personal experiences
- ◆ Encourage self-evaluation skills



For the most part, you should not be highly concerned with your child's perfectionism unless it begins to drastically influence their life.