

# **BALANCING BRILLIANCE: NURTURING EXECUTIVE FUNCTION AND MENTAL HEALTH IN GIFTED KIDS**

## Webinar Facilitator's Guide



TEXAS ASSOCIATION FOR THE  
**GIFTED & TALENTED**

# *Balancing Brilliance: Nurturing Executive Function and Mental Health in Gifted Kids*

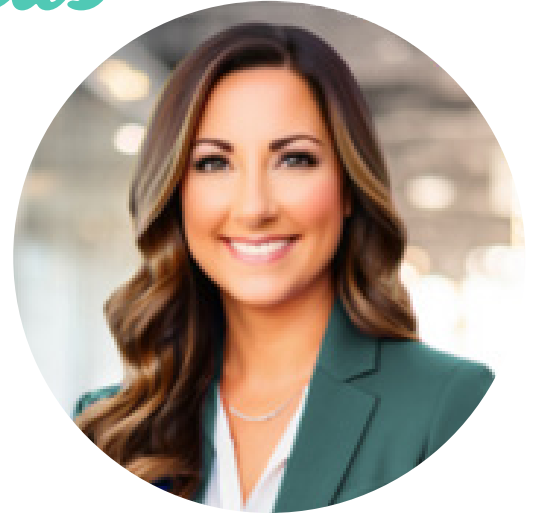
## **DISCUSSION QUESTIONS**

- How can families support their child's mental health while also fostering their giftedness?
- What is the role of advocacy when a child is exhibiting EF challenges in the classroom?

- What are some practical strategies that families can implement to help their gifted child improve their executive function skills?
  
  
  
  
  
  
  
  
  
  
- If families are feeling burned out or at a loss when trying to help their child with their executive function challenges, what are some resources available to them?

# About Dr. Erika Lucas

Being the parent of a gifted child comes with its own set of unique challenges. Gifted children often possess incredible intellect and potential, but sometimes struggle with their executive function skills - the ability to plan, organize, manage time, and complete tasks effectively. Understanding and nurturing these essential skills is crucial not only for unlocking their full potential and setting them up for success, but also for ensuring mental health and well-being. This transformative hour-long webinar is specifically designed to empower parents with the knowledge and skills needed to better understand and help their gifted children develop and enhance their executive function abilities. Led by Dr. Erika Lucas and supported by current research, this webinar is a valuable resource for any parent seeking to navigate the intricacies of their gifted child's executive function.



## LEARN MORE ABOUT ERIKA

Dr. Erika Lucas brings over a decade of teaching experience in Pennsylvania's public school system, with a significant portion of her career dedicated to nurturing the minds of gifted middle school students and collaborating closely with their families. Her recent doctoral journey culminated in the publication of her dissertation, "Applying Executive Function for the Sake of Well-Being: A Case Study of Gifted Middle School Students", a project close to her heart, delving into the crucial role of executive function in supporting the overall well-being of gifted learners.

Passionate about advocating for gifted students, Dr. Lucas is committed to amplifying their voices and dispelling the myths and stereotypes that often surround giftedness. She believes deeply in the power of education to transform lives and is dedicated to making the latest research in gifted education accessible and actionable for teachers, students, and families. Dr. Lucas is on a mission to empower educators to become advocates for their gifted students and agents of change within their communities.

With a focus on demystifying giftedness and exploring the connections between giftedness, mental health, and executive function, Dr. Lucas's work resonates deeply with teachers striving to create supportive and inclusive learning environments for their gifted students. Her insights and research are not just scholarly pursuits but practical tools for educators seeking to better understand and meet the needs of their gifted learners. You can find her on Instagram, Facebook, YouTube, and X @Dr.ErikaLucas.

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