

# WISE ON YOUR WAY

a program for underachieving gifted adolescents

## 0 PROGRAM

Sabine Sypré, ECHA-Specialist in Gifted Education, developed a program for underachieving adolescents because there appeared to be no such program available in Belgium and The Netherlands. This program is designed for individual guidance of adolescents. The program is based on the workbook 'The Power in yourself' by Jan Kuipers (2011), ECHA-Specialist too, but was fully adapted for adolescents. The goal of this program 'Wise on your way' is to re-let the youngsters have fun in school and to make them learn something again.

Specialists in gifted education can use this program as well in schools as in psychologists practices.

## 1 SELF-KNOWLEDGE TALK

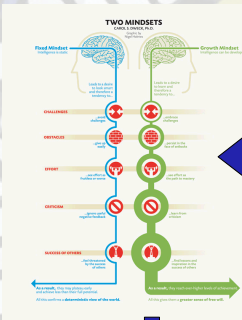
This is a talk about school with evoking questions such as:  
 What in school is still enjoyable for you? What gives you energy?  
 Are there things at school or at home that you don't feel enthusiastic about?  
 What do you like to do in your spare time?  
 How come you're thrilled about that?

This can also be done with a set of images or photos.



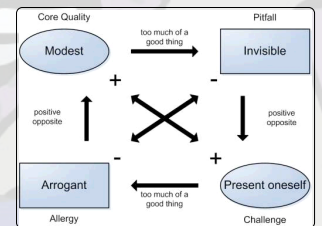
## 3 MISSING LINK: MINDSET

Mindset (Dweck, 2012) is the missing link in the program by Kuipers. Thus, in this program, a mindsettraining based on ©Brainology from Dweck (2002) is introduced to help the youngsters develop a growth mindset.



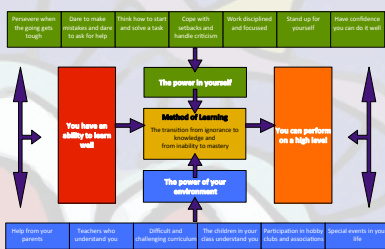
## 2 YOUR QUALITIES

Find your qualities, pitfalls and challenges by the core quadrant game (Ofman, 2009) and learn from your allergies.  
 Find your values for friendship by playing the inner values-game (Siebers, 2003).



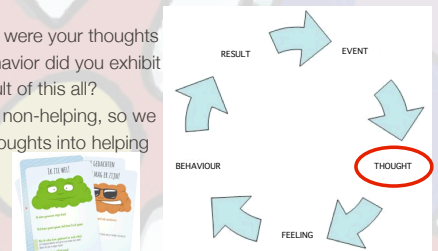
## 4 DEVELOPMENTAL PROCESS

With the Model of Talentdevelopment (Kuipers, 2011) we give the adolescent insight in his own developmental process. A smart-game is used to let them feel their own frustration-level and search for new strategies.



## 5 HELPFUL THOUGHTS

Rational Emotive Therapy (RET) is used to change their thinking about tasks.  
 What happened, what were your thoughts and feelings, what behavior did you exhibit and what was the result of this all?  
 Negative thoughts are non-helping, so we try to convert these thoughts into helping thoughts.



## 7 SETTING GOALS

A missing ingredient in the development of most gifted is career development (Kerr, 1991). Setting a goal is necessary to increase motivation for school. By using the talent-toolbox (Dewulf, 2012) and the inner value game (Sieber, 2003), the adolescent finds his talents and values concerning his dreamjob.



They discover their interests and skills through online questionnaires. They have to imagine a day in the future, ten years from now. Gathered all this information, we choose an appropriate study or training.



## 6 LEARNING SKILLS

With the learning skills-game (De Maaré, Neijenhuis, Doelman, & Jochems, 2010) the adolescent finds his strengths and weaknesses in learning skills. In a SMART-plan we work on the skills that are not yet mastered.

The book Learn.How?Like this! (Opgenhaffen, 2011) aims to help pupils and students to find a suitable study method.



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