

Girls

Schwager, T., and Schuerger, M. (1999). Gutsy Girls – Young Women Who Dare. Minneapolis: Free Spirit Publishing.

In exciting, inspiring first-person stories, these intrepid young women (ranging in age from 14 to 24) tell of their daring feats from extreme sports to ground-breaking, history-making achievements...

Karnes, F. and Bean, S. (1995). Girls & Young Women Inventing: Twenty True Stories about Inventors plus How You Can Be One Yourself. Minneapolis: Free Spirit Publishing.

First-person stories by 22 girls and young women prove that anyone can be a leader, regardless of gender or age. Includes a how-to "Leadership Handbook" section.

Karnes, F. and Bean, S. (1997). Girls and Young Women Entrepreneurs: True Stories about Starting and Running a Business plus How You Can Do It Yourself. Minneapolis: Free Spirit Publishing.

Real-life role models are profiled in this book--girls and young women who have successfully started and run their own businesses.

Boys

Zimmerman, B. (2005). 100 Things Guys Need to Know. Minneapolis: Free Spirit Publishing.

It can be tough being a guy--but this book will definitely help. It's fun and easy to read, and has lots of great tips and resources for guys.

Strategies and Guides

Cohen, L., & Frudenburg, L. Coping for Capable Kids: Strategies for parents, teachers, and students. Waco: Prufrock Press, Inc.

This book includes a separate section for gifted students. It contains useful information for many of the peer relationship issues faced by high ability students.



Self-Esteem

Moser, A. (1991). Don't Feed the Monster on Tuesdays! Ross, TX: Landmark Editions.

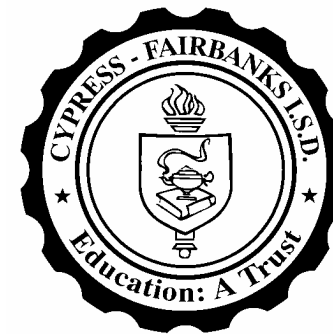
This nonfiction selection is to be read by parents to their children. Moser explains how to replace negative feelings with positive ones.

Kaufman, G., Raphael, L., and Espeland, P. (1999). Stick Up for Yourself! Every kid's guide to personal power and positive self-esteem. Minneapolis, MN: Free Spirit.

Discusses problems facing young people such as making choices, learning about and liking oneself, and solving problems.



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Resources For Gifted Students

This brochure contains resources that can be beneficial to gifted students.

Ages 4-8

Esham, B. (2008). Last to Finish: A Story About the Smartest Boy in Math Class (The Adventures of Everyday Geniuses).
Mainstream Connections Publishing.

One by one, Max's classmates turn in their finished papers before the timer rings. Not Max, as soon as the teacher starts the timer, "it" happens! His heart begins to pound. Once his heart begins to pound, his hands begin to sweat and his brain freezes! Math must not be his thing...

Ages 10 & Under

Galbraith, J. (1984). The Gifted Kid's Survival Guide: For ages 10 and under.
Minneapolis: Free Spirit Publishing.

This book examines the problems of gifted and talented students and explains how they can make the best use of their educational opportunities, get along better with parents and friends, and better understand themselves.

Ages 6-13

Delisle, J. (1987). Gifted Kids Speak Out: Hundreds of kids ages 6-13 talk about friends, their families, and the future.
Minneapolis: Free Spirit Publishing.

Based on a survey of 6,000 kids from 37 states and countries, this candid book reveals what gifted children really think and feel about school, their families, and being gifted. Special "Speak for Yourself" sections encourage young readers to come up with their own answers to questions about being gifted today.



Ages 9-12

Kincher, J. (1995). Psychology for Kids II: 40 fun experiments that help you learn about others. Minneapolis: Free Spirit Publishing.

A book of experiments based on science, but they feel like games. Step-by-step instructions explain what to do to explore questions about what makes a person tick and explains human nature.

Schultz, R. and Delisle, J. (2006). Smart Talk: What Kids Say About Growing Up Gifted. Minneapolis: Free Spirit Publishing.

Hundreds of kids from around the world, ages 4 to 12, share their deepest, truest thoughts about peers, families, school, and their futures. Being gifted has its upsides and downsides, and the kids talk about both...

Teen (13+)

Delisle, J., & Galbraith, J. (1996). The Gifted Kid's Survival Guide: A teen book.
Minneapolis: Free Spirit Publishing.

This book offers high ability students strategies for coping with peer relationship issues.

Rimm, S. (1990). Gifted Kids have Feelings Too: And other not-so-fictitious stories for and about teenagers. Watertown: Apple Publishing Company.

This excellent book for high ability teenagers includes true stories of gifted adolescents – their feelings, struggles and triumphs.

Teen (13+) Continued...

Adderholdt, M., & Goldberg, J. (1999). Perfectionism: What's bad about being too good?
Minneapolis: Free Spirit Publishing.

This book offers practical steps towards becoming more realistic about expectations. It is useful for counselors, teachers, and librarians as well as parents working with their own children.

Espeland, P. (1996). The Gifted Kid's Survival Guide: A Teen Handbook. Minneapolis: Jr. Free Spirit.

These veteran authors in the field of gifted education offer a segment with suggestions for mastering perfectionism, which can be a potentially destructive characteristic.



Schultz, B. and Delisle, J. (2006). More Than a Test Score: Teens Talk About Being Gifted, Talented, or Otherwise Extra-ordinary.
Minneapolis: Free Spirit Publishing.

What is giftedness all about? What's it like to be smarter than some of your friends? What about expectations, mistakes, getting along, gifted programs, and dull days at school? Includes hundreds of quotes from teens ages 13-19, brief biographies, and activities. Essential reading for gifted teens.

Kaye, S. and Thomson, P. (2006). Philosophy for Teens: Questioning Life's Big Ideas. Prufrock Press.

Lots of ideas, to help teens (and gifted pre-teens) think about the big questions that they have. Full of "thought experiments" to keep them thinking after they put the book down.