

Anxiety Presentation:

“Pressure to Perform: Helping Your Child (and Yourself!) Manage Anxiety in an Over-Achieving World”

Is your child overwhelmed by the stress of school, extracurricular activities, and other responsibilities? Has he/she been tired, irritable, sad, or avoidant? Do you worry about your child being successful in our competitive world? According to the National Institute of Mental Health, 25% of children ages 13-18 and 18% of adults meet the criteria of an anxiety disorder. Although some stress is a normal part of life, the pressure to perform and be perfect creates unhealthy anxiety for many young people and their parents. In this session, parents will learn practical tools for addressing the stress and anxiety in their child’s life as well as their own.

Kat Baugh Bio:

Kat Baugh has worked with preteens and teenagers for over 10 years. After teaching 6th grade in Wylie ISD, she earned a Master of Science in Community Counseling from Texas A&M University- Commerce. Currently, Mrs. Baugh is a Student Assistance Coordinator in Frisco ISD. She provides compassionate, solution-focused counseling for secondary students to help them achieve their full potential socially, emotionally, and academically. Prior to her current position, she was a counselor at a community college and the Denton County Children's Advocacy Center. She lives in Prosper with her husband and three-year old son.

Allene Byroad Bio:

Allene Byroad is a Student Assistance Coordinator in Frisco ISD. Her career in education spans 30+ years, teaching grades 1-8 in Iowa and Texas. After receiving her master’s degree in reading/language arts, she also served as an adjunct instructor at Buena Vista University in Storm Lake, Iowa. Ms. Byroad moved to Texas in 1996 and continued teaching in Carrollton, Lewisville, and Frisco. She received a master’s degree in school counseling in 2008, and has worked with students and staff at both elementary and secondary levels in that capacity. She has two grown daughters, and they continue to be her greatest source of pride and joy.

ADHD Presentation:

“ADHD and GT Students: Twice Exceptional”

Many gifted students face educational challenges, including ADHD. Twice-exceptionality can interfere with gifted and talented identification and the child’s cognitive and talent development. We will explore the overlap between the characteristics of gifted students with ADHD and the characteristics of creative contributors. Many of the frustrating characteristics of ADHD are also the same characteristics that make twice-exceptional students uniquely capable of making significant creative contributions if they have support and guidance in their development.

Melanie Meyer Bio:

Melanie Meyer has taught gifted and talented middle and high school students for twenty-two years. She currently teaches Advanced Placement Language and Composition at McKinney High School. As the mom of two gifted teenage boys, she knows the joys and struggles of parenting a GT child and navigating the education system as a gifted advocate. She is also working toward a Ph.D. in Educational Psychology with a Gifted and Talented concentration at the University of North Texas under Dr. Todd Kettler and is currently researching how parents and teachers can better serve twice-exceptional gifted students in AP and IB courses.