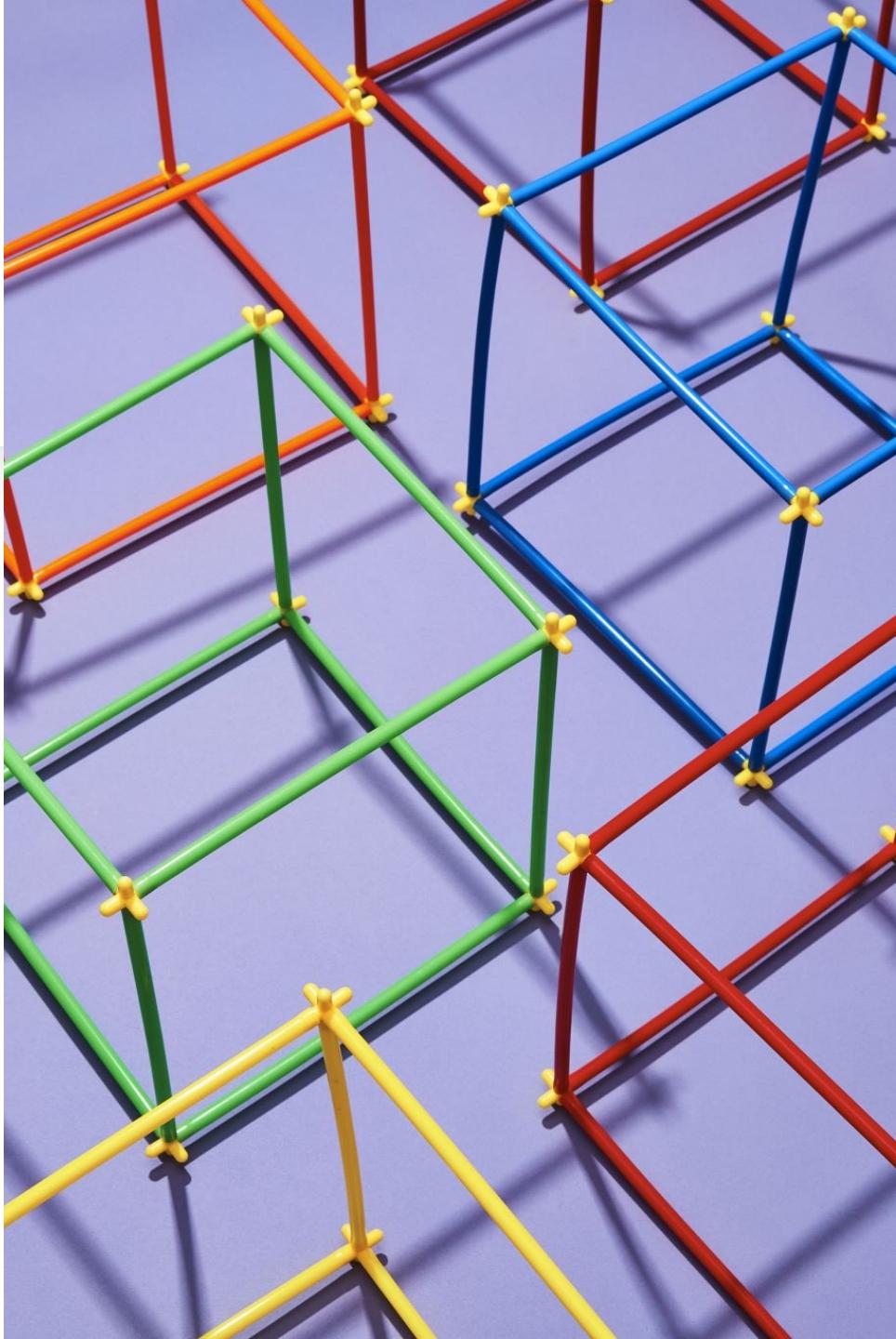




Supporting Underachieving Gifted Children

Understanding Underachievement

- Underachievement may stem from boredom, perfectionism, anxiety, or lack of challenge.
- Gifted children may struggle in areas where their needs aren't met.
- Look for patterns in success and difficulty to identify root causes.



Focus on Strengths and Interests



Identify areas where the child excels or feels passionate.



Encourage exploration of interests—even outside the standard curriculum.



Building confidence through engagement is key.

Acknowledge Effort, Not Just Achievement



PRAISE PERSISTENCE AND
ATTEMPTS, NOT JUST
PERFECT RESULTS.



SHIFT FOCUS FROM
PERFORMANCE TO
GROWTH.



REDUCE FEAR OF FAILURE
BY CELEBRATING
PROGRESS.

Build Emotional Safety and Trust

Create a supportive environment for risk-taking and mistakes.

Avoid punitive responses—use curiosity and empathy.

Emotional safety fosters resilience and motivation.

Collaborate with Educators

1

Work with teachers to adjust curriculum and provide enrichment.

2

Advocate for differentiated instruction tailored to your child's needs.

3

Open communication helps build a supportive learning environment.

Encourage Goal Setting and Self- Reflection

Help your child set realistic, meaningful goals.

Use journals, planners, or visual trackers to support executive functioning.

Reflecting on progress builds ownership and motivation.

Avoid Overemphasis on Grades



Shift conversations from grades to learning and personal growth.



Ask questions like: 'What did you enjoy learning?' or 'What challenged you today?'



Focus on curiosity and effort over performance.

Consider Counseling or Coaching

01

Therapists or gifted education coaches can support emotional and behavioral needs.

02

Look for professionals familiar with twice-exceptional (2e) profiles.

03

External support can help unlock potential and build confidence.

Final Thoughts

Underachievement
is a signal—not a
verdict.

With support, gifted
children can thrive
emotionally and
academically.

Your
encouragement and
advocacy make a
lasting difference.