

Have You Ever Wondered If You're Gifted?

Betty Meckstroth, co-author of the award-winning *Guiding the Gifted Child* (Webb, Meckstroth, & Tolan, 1982), was visiting Kathi Kearney's gifted class in Maine. One of the students, Jason, asked her, "Where does giftedness come from?" Betty started to give a long, complex response about the interaction of heredity and environment, when Jason interrupted her, saying he thought parents got their giftedness from their children! First, he was tested, then his sister, and when his parents discovered their children were gifted, they thought they were gifted, too. Have you ever suspected you might be gifted? Many adults with exceptional abilities go unrecognized, and understanding this aspect of yourself can be truly transformative. So, why is it important to know if you're gifted?

Discovering your giftedness can lead to profound benefits:

- **Gain greater self-awareness:** Understand yourself on a deeper level and recognize the unique ways your mind works.
- **Connect with your identity:** See how giftedness has shaped your identity and life experiences, both past and present.
- **Find your community:** Connect with peers who truly understand your perspective and experiences.
- **Become a powerful role model:** Inspire your family by embracing and developing your authentic self.
- **Unleash your gifts:** Develop your unique talents for the benefit of yourself and others, rather than hiding them to fit in.
- **Find resonance in literature:** Discover books and resources that speak directly to your feelings and experiences.
- **Help normalize giftedness:** Contribute to bringing giftedness out of the shadows and into open acceptance.
- **Seek new connections:** Find opportunities to engage with other gifted adults who share similar journeys.

**Understanding your giftedness isn't just about labels;
it's about self-discovery, empowerment, and finding
your place in the world.**

In 2005, Linda Silverman developed the Giftedness in Adults Rating Scale that can help you determine if you are gifted. Items include:

- Are you a good problem solver?
- Are you very curious?
- Are you perceptive or insightful?
- Do you set high standards or goals for yourself?
- Are you highly sensitive?
- Do you have strong moral convictions?
- Do you have passionate, intense feelings?
- Do you have an extraordinary sense of humor?
- Are you a complex person?
- Do you thrive on challenge?
- Do you feel driven by your creativity?
- Do you search for meaning in your life?



We invite you to complete the Giftedness in Adults Rating Scale as part of your self-awareness journey. Do not expect to fit all characteristics. If you rate yourself 4 or 5 on 25 of these traits, there is a strong likelihood that you are a gifted adult. The scale has been used in research studies in the United States and Malaysia, establishing its validity, reliability, and ability to predict creativity and ethical judgment.

Since 1989, our Institute for the Study of Advanced Development (ISAD) has produced the only journal on adult giftedness: *Advanced Development*. It is now an e-journal. If you resonate with the material in *Advanced Development*, it suggests that you are gifted.

If your children score in the gifted range, there is a strong chance that you are gifted as well. Giftedness runs in families. Natural families tend to score within 13 IQ points of each other. If you want more specific information about your own abilities, we offer the Wechsler Adult Intelligence Scale (WAIS).

Recently, we were requested to test the mother of an 8-year-old girl whom we had assessed at GDC. The request came from the daughter! She was curious if her mother had a similar pattern of strengths and weaknesses. The mother and daughter are very much alike in their “joy of knowing and discovering,” kindness, curiosity, and wonder. Mom obliged her daughter, took the top off the WAIS-IV, and learned a lot about herself.



Gifted Development Center has been in operation for 46 years. Parents whom we tested as children are now bringing their children to be assessed. The transgenerational patterns are fascinating. We have documented similar IQ scores, similar strengths, similar weaknesses, and similar interests in parents and children.



For a limited time, we are offering the WAIS-IV only at a 45% discount: \$1,000. No initial consultation, paperwork, or post-test conference is required. Testing is available in Denver, CO, Omaha, NE, and at select times in Northern California.

Contact GDC at customerservice@gifteddevelopment.com or call 303-837-8378 to schedule.