

Chip Centre Geelong

CHIP Chat Geelong



Vol: 25 No: 3 September 2019



This CHIP Chat contains the flyer for the Forum on October 15th. Anne Jackson from "Kids Like Us" (KLU) will be discussing some important social and emotional issues our CHIP deal with. The forum will be a great opportunity to mix with other parents of CHIP.

The CHIP Family Support Group AGM will be held on September 26th. All members are invited to attend. It is only through having a strong volunteer committee we can plan workshops for our CHIP.

In November we are planning very musical workshop which will be a wonderful get together and lead up to Christmas.

In February 2020 we have a Fish Care Workshop. Mitch McMaster Deakin University marine biologist and FishCare facilitator, will be conducting an educational fishing session at South Geelong Primary School followed by a practical fishing Clinic at St Helen's Pier Geelong. Participants will learn about bay health and sustainability, responsible fishing practices, correct casting, knot tying, fishing rigs and Green tackle in a guided and supportive environment. Equipment including

rods and bait will be provided by FishCare. FishCare is a community based not for profit organisation promoting responsible and sustainable fishing practices in Victoria.,

Forensic Workshop September

A very forensic afternoon was enjoyed by 30 CHIP at the Waurn Ponds Library where a crime scene was set up. The children were able use clues such as DNA, fingerprints, clothing and other items left at the scene to problem solve and find the perpetrator. Thank you to Hinal for organising this very engaging workshop.



The article of interest in this CHIP Chat focuses on Emotional Intelligence (EQ). This construct

is widely researched. While some studies have found a link between emotional intelligence and job performance, others have shown no correlation, and the lack of a scientifically-valid scale makes it difficult to truly measure or predict someone's emotional intelligence on the job.

What Is Emotional Intelligence?

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others.

Emotional intelligence is generally said to include at least three skills: emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

There is no validated psychometric test or scale for emotional intelligence as there is for "g," the general intelligence factor—and many argue that emotional intelligence is therefore not an actual construct, but a way of describing interpersonal skills that go by other names.

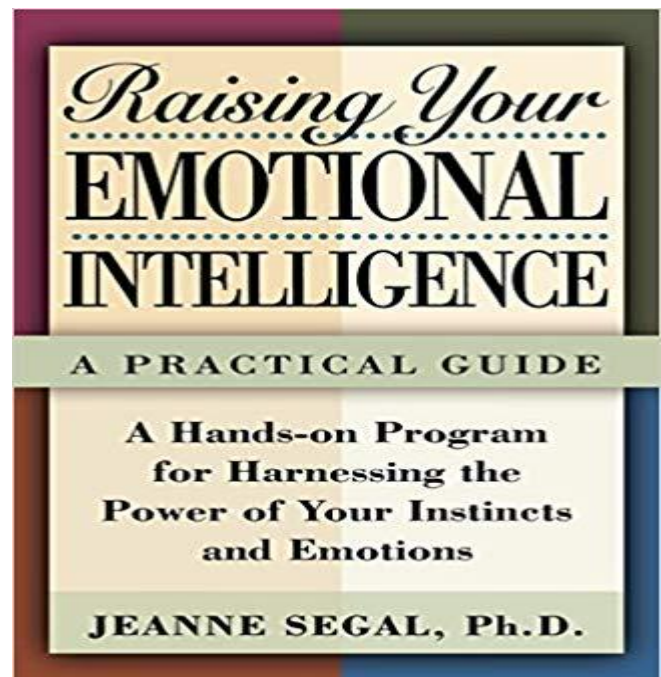
Despite this criticism, emotional intelligence ("emotional quotient," or "EQ" as it's sometimes known), has wide appeal among the general public, as well as in certain sectors. In recent years, some employers have even incorporated emotional intelligence tests into their application or interview processes, on the theory that someone high in emotional intelligence would make a better leader or coworker.

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Signs of "High EQ"

An emotionally intelligent individual is both highly conscious of his or her own emotional states, even negativity—frustration, sadness, or something more subtle—and able to identify and manage them. These people are also especially tuned in to the emotions others experience. It's easy to see how a sensitivity to emotional signals from within and from the social environment could make one a better friend, parent, leader, or romantic partner. Fortunately, these skills can be honed.



Jeanne Segal, Ph.D., is a pioneer in the field of emotional intelligence and the psychology of connection. Her engaging and practical approach guides readers in developing new ways of thinking, feeling, and acting, in order to make life-altering changes. She has written

five books, which have been published in 13 languages. Feeling Loved is filled with inspirational, real-life stories and provides a blueprint for getting the love and happiness we need.

Ninja Warrior Workshop in August



Over twenty of our CHiPs had a fantastic time at our August workshop facilitated by Karen Lydom from Geelong Boxing and Obstacle Training. Our aspiring 'Ninja Warriors' challenged themselves by balancing on obstacles, launching themselves off trampolines to swing on ropes, climb up rope walls, and cross the very high and long monkey bars. Let's not forget the ultimate 'warped wall' challenge which was conquered by many! Great fun was had by all children at this popular workshop.

Pia Bernardi



Forensic Workshop September



Thank you Pia, Hinal and Patricia for your contributions to the CHIP Chat.

Sandra S Lea-Wood PhD

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CHIP Geelong

www.chipgeelong.com.au

CHIP Forums help parents and educators understand the special learning needs of gifted children

“SOCIAL AND EMOTIONAL NEEDS OF CHIP” WITH ANNE JACKSON

TUESDAY 15TH OCTOBER 2019

7:00PM – 9:00PM

THE EPWORTH AUDITORIUM, EPWORTH HOSPITAL

1 EPWORTH PLACE WAURN PONDS

COST: \$10 MEMBERS / \$5 STUDENTS / \$15 NON- MEMBERS (SORRY NO REFUNDS OR CREDITS)

ATTENDANCE CERTIFICATES ARE AVAILABLE ON REQUEST FOR TEACHERS AND STUDENTS

The environment within which the child lives, works and plays creates anxious feelings in many CHIP. This session will discuss the possible changes and expectations you should seek within your family, child and school. Relevant issues such as social exclusion will be discussed. This forum is also a great opportunity to discuss your questions with other CHIP parents.

ABOUT ANNE

Anne is a Founding Director of Kids Like Us Australia Limited, a teacher, counsellor and grandparent. She holds two Masters degrees in Education (Gifted, and Special Education), as well as Counselling and Mental Health qualifications. Anne is currently studying for her Doctorate in Cognitive Neurodiversity at Bridges Academy, Los Angeles and planning to open a specifically focused 2e school in 2020.

REGISTRATION AND PAYMENT BY:

7TH OCTOBER 2019

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**CHIP Family
Support Group
Geelong Inc.**

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