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. . . and don’t forget to check out our website (www.cmites.org) and Facebook page for the latest C-MITES information.
C-MITES NEWS

C-MITES News is published by the Carnegie Mellon Institute for Talented Elementary and Secondary Students. C-MITES sponsors a talent search for 3rd-6th graders as well as summer and weekend programs for K-10th graders throughout Pennsylvania.

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C-MITES in the Philadelphia Area

This fall C-MITES held Weekend Workshops at two locations in the Philadelphia area, Patton Middle School in Kennett Square and Lower Merion High School in Ardmore. We offered nine classes at Lower Merion and six classes at Patton, with 255 students in kindergarten through the eighth grade participating. The students had a blast turning liquid into delicious, edible ice cream, creating a robotic bug, making a life-sized samurai helmet, and launching a water bottle rocket into the sky! We were pleased to offer six new classes: Bubbleology, Bug-bots, Eye on the Sky, Geometry in Art and Nature, Green City Robotics Challenge and Super Skeletons.

The classes were well received, and we hope to offer them again in the spring. We would like to thank all of the C-MITES families, teachers, and staff for making the Fall Weekend Workshops in the Philadelphia area such a success. We would especially like to thank Christine Jackson, the site coordinator at Patton Middle School; Ramaa Nathan, the site coordinator at Lower Merion High School; and Jim Fulginiti, assistant principal of Patton Middle School. We couldn’t have done it without you!

He loved making and launching the bottle rockets. He also really enjoyed having a class that was not too easy for him and being around other kids like him.

~ Parent of a student in Rocketry and Spacecrafts

Thanks to the ESTS Test Centers!

We would like to thank all of the schools that participated in the Elementary Student Talent Search this year by sharing information about our testing program with their students. Students in grades 3-6 took the EXPLORE test in January and February of this year at 34 test sites in 19 Pennsylvania counties. We would especially like to thank the following schools for allowing us to use their facilities for testing:

- Berwick Middle School (Berwick)
- Blessed Sacrament School (Erie)
- Candlebrook Elem. School (King of Prussia)
- Carnegie Mellon University (Pittsburgh)
- Cumberland Valley High School (Mechanicsburg)
- East Pike Elementary School (Indiana)
- East Union Intermediate Center (Russellton)
- Eden Christian Academy (Pittsburgh)
- The Ellis School (Pittsburgh)
- Fairfield Academy (Montoursville)
- Fort Allen Elementary School (Greensburg)
- Glenside Elementary School (Elkins Park)
- Harrisburg Area Community College (Harrisburg)
- Holy Child Catholic School (Bridgeville)
- Linmont Elementary School (Lewishburg)
- Linton Middle School (Pittsburgh)
- Moon Area High School (Moon Township)
- New Castle Christian Academy (New Castle)
- Penn Christian Academy (Butler)
- Penn-Mont Academy (Hollihaysburg)
- Reading High School (Reading)
- Sacred Heart Elementary School (Pittsburgh)
- Saint Luke School (Erie)
- Saint Mary of the Assumption School (Glenshaw)
- Saint Philip School (Pittsburgh)
- Saints Peter and Paul School (Beaver)
- Scranton High School (Scranton)
- Trinity High School (Washington)
- United Hebrew Institute (Kingston)
- Valley School of Ligonier (Ligonier)
- Westmont Hilltop Elementary School (Johnstown)
- Wexford Elementary School (Wexford)
- The Wyndcroft School (Pottstown)
- Wyoming Seminary Lower School (Forty Fort)

PAGE (Pennsylvania Association for Gifted Education)

The annual conference for the Pennsylvania Association for Gifted Education in 2013 will be held in Pittsburgh, Pennsylvania on April 18-19. Save the dates! For more information, see www.giftedPAGE.org

We encourage parents to join PAGE. This statewide advocacy organization is for parents and teachers of gifted students. PAGE offers a free Helpline for families, a network of local affiliates, an annual conference, resources, and effective advocacy. Working with state legislators and members of the Pennsylvania Department of Education, PAGE fostered the passage of Pennsylvania’s Chapter 16, Special Education for the Gifted, one of the strongest pieces of legislation for gifted education in the nation. The PAGE website, www.giftedPage.org, provides many resources for parents including parents’ guides, links to outside-of-school programs, and information about advocating for gifted students within the school system.
Tips for Parents: Raising Resilient Children
by Dr. Ann Lupkowski Shoplik, C-MITES Director

Most parents would agree that one of their goals is to raise a resilient child. "Resilient" children are in the position to become competent adults; they can cope with stress, adversity, and the challenges life typically presents to them. Becoming resilient is a process, not a fixed trait. We can teach our children resiliency.

As described by Dr. Kenneth Ginsburg, the seven C’s of resilience are: competence, confidence, connection, character, contribution, coping and control.

1. **Competence** is the ability and know-how to handle situations effectively, and it is acquired through experience. How do we help our children develop competence? First, we need to get out of the way! Overly involved parents can unintentionally interfere with children’s acquisition of competence. Allowing plenty of time for free play, both alone and in groups, is critical for developing competence. Noticing and praising new skills and offering constructive criticism to help the child develop are also useful. Giving kids choices and guiding them to make the right choices also help their development of competence. Finally, letting children make ‘safe’ mistakes (translation: Don’t be the homework police) also helps a child develop competence.

2. **Confidence** is a belief in one’s own abilities. Children learn confidence when they hear honest praise about specific achievements and are held to realistically high expectations. Some suggestions for building children’s confidence include using statements like, “I like the way you keep trying when things are hard;” or “It was so thoughtful of you to help Grandma with her bags.” Helping children learn to be more confident includes being supportive when your child fails. You can help build your child’s confidence by working together to set appropriate expectations for the next challenge.

3. **Connection** means developing close ties to family, friends, school and community. These connections give children a sense of physical safety and emotional security. The first connection is to the family. You show your love for your children by how you prioritize your time with them, not by the things you buy for them. Taking the TV and computer out of your child’s bedroom helps set the stage for connections—it’s hard to connect when we’re all watching different programs in different rooms! Eating at least one meal together every day and making yourself available to your children when they want to talk are both ways to strengthen family connections. Making connections to the wider community includes taking pride in our ethnic, religious, cultural, or other groups. Participating in these groups helps our children feel a part of something bigger and to feel that they have value to those other groups.

4. Children who have good **character** possess a fundamental sense of right and wrong. They have a sense of self-worth and confidence. Parents can actively develop their children’s character through their own good examples and through their reactions to their children’s behavior. Defining what is meant by a “good character” may vary from family to family, but some examples provided by Kenneth Ginsburg include: taking responsibility for our own actions, caring for nature, believing in something bigger, and demonstrating a caring attitude toward others.

Noticing children’s acts of kindness and noticing acts of kindness in others help to develop your child’s character. Treating everyone in the family well by using words such as “please” and “thank you” models the kind of behavior you want your child to show in public.

Try not to spoil your children. Making children wait for a birthday for that special gift helps children learn patience. Parents who give their kids plenty of attention are less likely to shower them with “things.” Having them volunteer in situations such as a homeless shelter has all kinds of benefits, including helping them to realize that others are less fortunate; if they realize this, they are less likely to be so demanding. Finally, it’s OK to explain that something is too expensive to buy.

5. Children who understand the importance of personal **contribution** gain a sense of purpose. As a parent, you can ask yourself the following questions: Do I teach the importance of serving others? Do I create opportunities for my child to contribute in some specific way? Do I search for role models who contribute to their communities?

Active participation in volunteer efforts not only increases children’s feeling of contribution, but can also teach them competence and confidence in their own abilities. One interesting statistic is that teens who volunteer 1 hour per week are 50% less likely to abuse drugs or engage in harmful behaviors. Volunteering helps kids forge connections with their neighborhood and the world. Food drives and service projects provide a sense of purpose.

Chores are also an important contribution. Chores teach children they are an essential part of the family and they are expected to contribute. Chores develop skills. Below are some hints about chores:

- Kids need to understand the steps required.
- Many children love check-off sheets or stickers.
- Don’t expect perfection. This can be a learning experience.
- Do chores along with your child, especially at the beginning.
- Say thank you.

In addition to helping children volunteer and encouraging them to contribute to life at home through chores, parents can teach important lessons about charitable giving. Some parents teach children about philanthropy and charitable contributions by having their children divide their allowance as follows: a certain percentage to charity, an additional percentage to savings, and the rest for the child to spend as he or she wishes.

*Continued on page 6*
Celebrating C-MITES Alumni

While Carnegie Mellon University has distinguished alumni like Judith Resnik, Ted Danson, and Andy Warhol, C-MITES cannot claim them as our own. However, C-MITES alumni are doing some fantastic things as well. In coming newsletters, we will celebrate our alumni, sharing their accomplishments and reminiscences.

C-MITES recently received an unprompted Facebook message from Ethan Ganzy, a C-MITES alumnus. “I just wanted to write and tell you how much I enjoyed my time in C-MITES over the years,” Ethan exclaims. “I really believe that C-MITES provided the foundation that resulted in [my] being awarded the first ever NESA STEM Scholarship.”

The National Eagle Scout Association (NESA) introduced the STEM scholarship this year, which awards $50,000 annually to an Eagle Scout who plans to major in one of the STEM fields of science, technology, engineering or math. The STEM scholarship is “the largest and most prestigious scholarship ever awarded by the Boy Scouts of America,” according to both Ethan and NESA’s website. Ethan accepted his award at the Boy Scouts of America National Meeting in Orlando, FL at the end of May.

In his senior year of high school Ethan began taking online college classes through Harvard University. He has now amassed 45 college credits and several IT certifications. Ethan plans to spend the next year at Oxford and hopes to do post graduate study in CyberSecurity – a branch of computer technology that protects digital information from theft and corruption, while maintaining user access. According to Scouting magazine’s YouTube video on Ethan (see http://www.youtube.com/watch?v=a1KA-3m3ats), he “wants to become a Certified Ethical Hacker and help the U.S. safeguard its national infrastructure.” He has since obtained his Certified Ethical Hacker (CEH) certification. While at Oxford, Ethan will also participate in the Fencing Club and train for a modern pentathlon.

Ethan reflects, “I remember an early programming class that I took at C-MITES that certainly contributed to my career goals... However, one of the coolest memories happened in Prague,” Ethan continues. Ethan was wearing his C-MITES sweatshirt and, on one of their trips across the Charles Bridge, he and his family ran into another C-MITES family!

C-MITES is thrilled to see Ethan fulfill his dreams, and is proud to have helped encourage and intensify his academic interests.

If you know of any accomplished C-MITES alumni, please let us know. We would love to highlight them in a future newsletter!

C-MITES Spring Classes in Allison Park

(13 miles north of Pittsburgh)

C-MITES is pleased to announce a new location for our Spring Weekend Workshops! Not only will we continue to offer many classes at Carnegie Mellon University, but also we are expanding to offer classes at a new site in Allison Park, Winchester Thurston School North. This site will be more convenient for families living in the North Hills of Pittsburgh as well as those in Butler, Erie, and Beaver Counties. The date for classes at this location is April 20, 2013.

Professional Development for Teachers

C-MITES is continuing to offer its Professional Development series for teachers and administrators who work with gifted students. The sessions for the 2012-2013 school year will be held at Carnegie Mellon University. Check our website at www.cmites.org for the registration form. Please provide this information to a teacher who might be interested. C-MITES awards ACT 48 credit for participation in these workshops.

Save the Dates:

February 21, 2013: Gifted Education 101. Presenter: Dr. Judy Mosse.

Thank You to Our Donors

The C-MITES staff would like to thank the following donors: Mark Gelfand, The Robert M. Thompson Jr. Family Fund of the Pittsburgh Foundation, The Grable Foundation, Dr. Bernard Meisner, the American Eagle Outfitters Foundation, The Spectroscopy Society of Pittsburgh, the Kennametal Foundation, the Community Foundation of Warren County, Anthony Lupkowski, and the Bright and Jermalowski families.

Many C-MITES families have given gifts of $5 or more to our scholarship fund. We would like to thank all of you for your support. Your donations pay for student scholarships, classroom supplies, and other C-MITES operating costs. Thank you!
Teacher Feature

The teacher featured in this issue of the C-MITES Newsletter joined our program in February of 2011. When C-MITES started a summer camp for first and second graders, Ms. Holly Bomba wrote and developed a week-long course on ecosystems. Holly joined C-MITES after teaching about science and the environment in an outdoor educational setting.

Holly’s experience with wetlands, terrestrial habitats, local flora and fauna and the impacts of agriculture in the environment made her a super addition to our C-MITES staff. Her weekend classes are Survivors and Wacky Writing Workshop. These are two of our most popular C-MITES weekend classes. In the Survivors class students learn some basic survival skills, construct a simple shelter and learn how to structure a fire. They examine some of Pennsylvania’s resident plant and animal species and discover the importance of a safe water source. They also learn how to tell which plants are edible and which plants are poisonous. In Wacky Writing Workshop, students explore and apply writing skills in creative ways. They learn that choosing the right words can help them to convey even the strangest of ideas. They try to fool their other classmates by creating a tall tale and at the end of the workshop they write and create their own skits.

This past summer Holly created the Ecosystem Science class for our 1st and 2nd graders. She developed well informed lesson plans and activities that were hands-on and entertaining. During each day of the class, students focused on different parts of an ecosystem, learning through a variety of games, experiments and activities just how amazing our natural world truly is! They began by studying geology and the formation of our ecosystems and then investigated the many biomes of the world. They also discussed animals and plants, learning about the local species as well as extremophiles, and finished the week by deciphering the secrets of soil and water with scientific tests.

Students who have taken Holly’s courses have commented on how much they were able to learn and how exciting it was! Teachers who have worked with Holly want to work with her again, because she is enjoyable and is truly an amazing teacher! Everything she does is with passion and dedication and her students find the activities interesting and fun!

Holly earned her Bachelor’s degree from Chatham University in Environmental Science. She also teaches science and nature classes with Lab Ratz Science Club and the Pittsburgh Botanic Garden and is a board member of the South Fayette Conservation Group. She also coordinates seasonal events for Bedner’s Farm and Greenhouse in McDonald.

In her spare time, Holly enjoys being outdoors and spending time with her family. She loves running, hiking, gardening, foraging for wild edibles, and collecting fossils. She also creates and produces her own music for fun and volunteers as an assistant painter on mural projects throughout the city. She ran the Pittsburgh Marathon in 2010, 2011 and 2012 as a charity runner for the Humane Society and plans to run again this May.

Holly is truly an outstanding C-MITES teacher, and we are very lucky (and thankful) to have her as an instructor in our program.

C-MITES Summer Program

One- and two-week summer programs are offered throughout Pennsylvania for academically talented students in mathematics, science, and humanities. The tentative 2013 locations include: Ardmore, Central Bucks County, Erie, Greensburg, Indiana, Kennett Square, Lewisburg, Monroeville, North Hills, Oakland, Pittsburgh, Pottstown, Sidman/Johnstown Area, Warren and Wexford. C-MITES courses offer students a hands-on approach to math, science, and humanities.

C-MITES summer courses include: Advertising Edge, Amusement Park Physics, Bridge Boom, CO2 Dragsters, Crime Scene Investigations, Dollars and Sense, Explorations in Science, Forensics Science, Geo-Pardy!, Green Engineering, Harry Potter’s Science Adventure, K’NEX Geometry, Math Olympiad, Mathematics Through the Ages, Programming Using Alice, Problem Solving Using Puzzles and Games, Roaming Ancient Rome, Robotics Programming and Design, Solar System Astronomy, and Solve a Murder Mystery. For more information about the C-MITES programs, email cmites@cmu.edu, call (412) 268–1629, ext. 1, or visit www.cmites.org. Selection is competitive.

The Carnegie Mellon University site offers an extended day camp called FITT camp. The camp is designed to introduce campers to activities that focus on lifetime sports/skills using Carnegie Mellon University facilities. Activities may include swimming, tennis, kick boxing, circuit training, racquetball, badminton, hiking (trails), soccer, ping-pong, foosball, shuffleboard, Frisbee, track & field events and many others. The director of FITT camp is Pattye Stragar, Operations Manager for Fitness & Aquatics at Carnegie Mellon University. For more information about the FITT program, email pls@cmu.edu, or call (412) 268–1235.

- Commuter program weekdays full-day and half day sessions
- Some sites offer optional afternoon programs.
- June 10–July 26, 2013 (one- and two-week sessions)
- Financial aid available
- Grades: completed 1-9
- Cost: $210 - $490
- Application Deadline: April 5, 2013
- FITT application mailed separately to those students taking classes on CMU campus

Reminder to students taking the 2013 C-MITES EXPLORE: You will receive EXPLORE scores at the end of March.
Davidson Institute’s Educators Guild

The Davidson Institute’s Educators Guild is a FREE national service for elementary, secondary and post-secondary educators, as well as other professionals who are committed to meeting the unique academic needs of gifted students. More than 1,600 professional educators have access to free consulting services and a national discussion eList for networking, as well as Educators Guild publications. Become an Educators Guild member simply by signing up for the free eLists at www.DavidsonGifted.org/EdGuild. You may also join the Educators Guild Discussion Group on Facebook (www.facebook.com/groups/davidson-educatorsguild/) if you would like to contribute to the ongoing conversation about how to best serve the academic needs of our nation’s brightest students.

Davidson Young Scholars
Application Available

The national Davidson Young Scholars program (www.DavidsonGifted.org/YoungScholars) helps profoundly gifted students discover others with similar interests and abilities, utilizing their unique skills and talents to maximize their educational potential and make a difference in the lives of others. Parents collaborate with a skilled team of Family Consultants who provide individualized services based on each family’s unique needs, such as in the areas of educational advocacy, social and emotional development, and talent development. Read Young Scholar Success Stories (www.DavidsonGifted.org/YSSuccessStories) about how the Young Scholars program has helped make a difference in these students’ lives. The Davidson Young Scholars application deadline is the 1st of each month.

C-MITES Celebrates
20 Years

C-MITES celebrated its 20th anniversary on October 13, 2012, with a dinner and silent auction in the University Center at Carnegie Mellon University. The evening provided an opportunity to renew old friendships and reflect on the successes of the C-MITES organization over the years.

Thirty baskets of prizes were donated for the silent auction, including symphony and musical tickets, an overnight stay in several local hotels, restaurant certificates, fitness classes, and even a ukulele!

We are very grateful to the donors and attendees who made the evening such a success. Thanks for helping us celebrate this milestone!

“I am so happy that something like this is available. My son is only 5 but all he talks about at home is wanting to do experiments and make chemical reactions. These workshops are wonderful for children at this age.” ~ Parent of a student in Kennett Square, PA

Tips for Parents . . .

Continued from page 3

6. Coping. Life can be stressful. We need to prepare children to handle stress effectively by teaching them a wide variety of positive, adaptive coping strategies. Ask yourself some questions about how you model coping strategies: “Do I model tackling problems step by step, or do I react emotionally when I am overwhelmed?” “Do I create a family environment where talking and listening are safe and productive?”

Opportunities for creative expression help children cope with daily challenges. The process is what is important, not the final product. Finger painting is a great example, because the process of painting is very relaxing. Using a relaxation technique such as deep breathing is another coping strategy. Other strategies include identifying the problem, avoiding negativity, contributing to the world, listening to your body, eating and sleeping well and finding ways to release emotional tension. Negative ways of dealing with stress include procrastination, boredom, feigned laziness, bullying and eating disorders.

Parents can model coping strategies for their children. Say, “I have a gigantic work assignment due in a month. I’m breaking it into smaller parts that I can handle.” Or “I need some quiet time. I’m going to soak in the tub for half an hour.”

7. A resilient child knows he or she has internal control. As they grow, children learn that life’s events are not purely random. No one can control all circumstances, but everyone can shift the odds by choosing positive or protective behaviors.

Resilient kids can be decision-makers and problem-solvers who control outcomes. Parents need to relinquish tight control so kids can test their inner control. Parents need to discipline in a manner that teaches self-control and delayed gratification. We can help our kids trust their own decision-making skills. As parents, we need to assess when to take control and when to step away and conserve our energy.

Parents can be said to have a rein in each hand: one hand grips the rein tightly to keep the children safe, the other lets out a little more slack each time. I hope this information has been helpful as you try to figure out how tightly to hold your reins.

Resources

http://www.raisingresilientkids.com/


Order your C-MITES apparel today!

Order your very own C-MITES t-shirt or sweatshirt and be the envy of all your friends! Simply fill out the order form and return it to our office with your check made payable to “Carnegie Mellon University.”

* The C-MITES tie-dye t-shirt has the “C-MITES Carnegie Mellon” logo. Cost is $17.

* The C-MITES sweatshirts are forest green. They have a hood and zipper and feature the Carnegie Mellon C-MITES logo. Cost is $27.

* Proceeds from these sales go to the C-MITES scholarship fund.

Make check payable to Carnegie Mellon University

Send to:
C-MITES
5136 Margaret Morrison St., MMP30
Carnegie Mellon University
Pittsburgh, PA 15213

Name: _______________________________
Address: _____________________________
City: __________ State: _____ Zip: ______
Telephone: ___________________________

T-shirts Quantity:

_____ youth size M _____ adult size M
_____ youth size L _____ adult size L
_____ adult size S _____ adult size XL

Sweatshirts Quantity:

_____ youth size M _____ adult size M
_____ youth size L _____ adult size L
_____ adult size S _____ adult size XL

Number of t-shirts X $17 =$____________
Number of sweatshirts X $27 =$_________
TOTAL ENCLOSED =$____________
(Shipping & handling included in prices)
Supporting a New Generation of C-MITES Students:
Make a Gift to the C-MITES Scholarship Fund!

Dear Friend of C-MITES:

C-MITES is seeking donations to the Scholarship Fund and for other special projects.

To make a donation to C-MITES, complete and return the form to the left. You may wish to ask your employer whether they would match your contribution. Any amount would be gratefully appreciated. Please indicate whether or not you would like your name published as a donor in the next issue of our newsletter. Your contribution is tax-deductible, and you will receive a letter from Carnegie Mellon University acknowledging your gift. People making a donation of $100 or more can have their names listed on the C-MITES Summer Program t-shirt.

Your gift will have a direct impact on today’s C-MITES students. Every contribution makes a difference. Thank you!

Sincerely,

Ann Lupkowski Shoplik
C-MITES Director

Pamela J. Piskurich
Program Coordinator

Raymond T. Budd
Web Designer

Elizabeth S. Rheinfrank
C-MITES Program Assistant

Evelyn Mann
C-MITES Assistant

I would like to make a donation to the C-MITES program.

Amount: $ ____________________________

_____ My employer will match my contribution.

I would/would not (circle) like my name to appear in the C-MITES Newsletter as a donor to the program.

Name as you would like it to appear in the newsletter:

Name _________________________________

If donation is $100 or more, your name can be listed on the back of the C-MITES Summer Program t-shirt.

Please make checks payable to Carnegie Mellon University, and send to:

C-MITES
Carnegie Mellon University
5136 Margaret Morrison St., MMP30
Pittsburgh, PA 15213

Donate online:
www.cmu.edu/cmites/donations.html

Thank You!

“She enjoyed the opportunity to explore entirely new concepts and material. She was thrilled to have the opportunity to do so many hands-on experiments in one afternoon.”

~ Parent of a student in Kitchen Science