



ABCs of Being Smart: is for Well-Being

By Dr. Joanne Foster

Socrates said, “*Wisdom begins in wonder.*” Here I write about when gifted learners wonder; what and why they want to know; and where they can go for answers.

They Tell Me I’m Gifted...

They tell me I’m gifted... *What does this mean?
Is this something new, or have I always been?*

They tell me I’m gifted... *I’m not quite sure why.
But everyone thinks my “potential” is high.*

They tell me I’m gifted... *With increased understanding.
I wonder—will this make my life more demanding?*

They tell me I’m gifted... *Although I’m not sure
If it’s something I’m meant to enjoy or endure.*

They tell me I’m gifted... *It must be for real.
But it doesn’t explain all the things that I feel.*

They tell me I’m gifted... *I wish I were wise
‘Cause then I might know what the label implies.*

They tell me I’m gifted... *And if this is true
Does this signify I have more “gifts” than you?*

They tell me I’m gifted... *Who really knows?
Is it something unseen, or something that shows?*

They tell me I’m gifted... *Can this be outgrown?
What’s in my future? It’s all so unknown!*

They tell me I’m gifted... *Yet they don’t explain
If it’s all of me, or just a part of my brain.*

They tell me I’m gifted... *Is that a fact?
Do I have to change how I think, feel, and act?*

They tell me I’m gifted... *From whose point of view?
Does this mean that I am no longer like you?*

They tell me I’m gifted... *Could this be a blessing?
Who knows for sure, and who’s only guessing?*

They tell me I’m gifted... *What should I do now?
Do I shrug? Do I laugh? Do I cry? Do I bow?*

They tell me I’m gifted... *They say I’m unique.
Do I have to show strengths? Can’t I ever be weak?*

They tell me I’m gifted... *Now I’m in a jam.
Do they think I’m smarter than I really am?*

They tell me I’m gifted... *Is it destiny?
Controlled by what’s inside or outside of me?*

They tell me I’m gifted... *I think that means able.
I hope others know they should look past the label.*

They tell me I’m gifted... *What do I need?
Love and support that will help me succeed.*

They tell me I’m gifted... *And so it must be,
But I know deep inside that I’m still only me...*

—Dr. Joanne Foster