



Atlantic Coast High School  
Gifted and Talented Student Services  
Joseph Rawlins, Gifted Coordinator  
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Did you know that Atlantic Coast High School has a full-time Gifted Coordinator?

If you are a gifted student, or parent of a gifted student, Mr. Rawlins is here to support you and your education!

### Gifted Services Provided

#### **Academic Support**

- 1. Struggling to start an assignment, possibly with “perfectionism paralysis”?** *Many high school gifted students do!* Ask Mr. Rawlins for some assistance with getting the ball rolling.
- 2. Struggling with notes and organization, and at a loss for study skills for the first time in your life?** *Many high school gifted students do!* Ask Mr. Rawlins for some tips on how to get your academic life together and improve your scores in class.
- 3. Struggling with a lack of engagement in class?** *Many high school gifted students do!* Ask Mr. Rawlins for some assistance with helping you get assignments and materials that carry appropriate rigor for your mind!

#### **Social/Emotional Support**

- 1. Struggling with achieving high-grade expectations and self-confidence in your abilities?** *Many high school gifted students do!* Ask Mr. Rawlins for some help rezooming priorities and finding ways to tackle a hard class.
- 2. Struggling with apathy and burnout?** *Many high school gifted students do!* Ask Mr. Rawlins for help with finding motivation to get you back on track for college readiness.
- 3. Struggling with heavy emotions from life events, both on the micro and macro level?** *Many high school gifted students do!* Ask Mr. Rawlins for some time with him to vent and help you find a way to channel your high empathy and emotions in a positive way.

If Mr. Rawlins can help you in any way, please send an e-mail or call his extension and we'll work to find some solutions!