

Are You an Unrecognized Gifted Adult?

Why is it important to know?

- You will gain greater self-awareness.
- You will be able to develop your gifts for the good of all instead of hiding them to fit in better.
- You will find peers who truly understand you.
- You will discover literature that resonates with your feelings.
- You will see how giftedness affects your identity, as well as your life experiences.
- You will become a good role model for your family.
- You will help giftedness come out of the closet.
- You will learn about opportunities to connect with other gifted adults.

Our research on giftedness in adults began at the University of Denver in 1980, where we initiated the Dabrowski Study Group. This led to the formation of our nonprofit, Institute for the Study of Advanced Development (ISAD) in 1985. Since 1989, ISAD has published the only journal on adult giftedness: *Advanced Development*. The journal showcases Dabrowski's theory of positive disintegration and promotes gifted women. In 2011, we organized the first symposium on gifted adults. In 2012, we organized an International Congress on Dabrowski's theory. In 2018, we hosted the first symposium on Gifted Women. In 2021, we are hosting a salon series on the "Inner Experience of Gifted Adults." <https://www.gifteddevelopment.org/salonseries>

Our *Giftedness in Adults Rating Scale* (Silverman, 2005) was posted on Gifted Development Center's website in 2005. It is a self-rating instrument composed of 38 items on a Likert scale from 1 (not at all) to 5 (very true). The reliability and predictive validity of the scale have been demonstrated in 3 independent published studies. Perrone, Perrone, Ksiazak, Wright, & Jackson (2007) found high internal validity (Cronbach's alpha .88). Ksiazak (2010) established convergent validity between the *Giftedness in Adults Rating Scale* and the *Ksiazak Adult Giftedness Scale* (.782, $p < .01$). Her & Haron (2015) studied 263 Malaysian adults, all of whom had attained bachelor's degrees. They found that scores on the *Giftedness in Adults Rating Scale* predicted creativity on the Creative Personality Scale and postformal thinking (higher ethical judgment) on the Postformal Thought Scale. (See Volume 15 of *Advanced Development* to learn more about this study.)

We invite you to complete the attached *Giftedness in Adults Rating Scale* as part of your own journey of self-awareness. 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. You will find loads of information in our journal. <https://www.gifteddevelopment.org/advanced-development>

Warmly,



Linda Silverman, Ph.D.

References

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- Perrone, K. M., Perrone, P.A., Ksiazak, T. M., Wright, S. L. & Jackson Z. V. (2007). Self-perception of gifts and talents among adults in a longitudinal study of academically talented high-school graduates. *Roepers Review, 29*, 259-264.

Giftedness in Adults Rating Scale

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Check the degree to which each of the following traits fits you.

	Not at all			Very True	
Are you a good problem solver?	1	2	3	4	5
Do you understand new ideas quickly?	1	2	3	4	5
Do you have an extensive vocabulary?	1	2	3	4	5
Do you have good long-term memory?	1	2	3	4	5
Can you concentrate for long periods of time?	1	2	3	4	5
Are you highly sensitive?	1	2	3	4	5
Are you unusually compassionate?	1	2	3	4	5
Are you perfectionistic?	1	2	3	4	5
Do you have passionate, intense feelings?	1	2	3	4	5
Do you have strong moral convictions?	1	2	3	4	5
Are you very curious?	1	2	3	4	5
Do you persevere with your interests?	1	2	3	4	5
Do you have a great deal of energy?	1	2	3	4	5
Do you often feel out-of-sync with others?	1	2	3	4	5
Do you feel overwhelmed by many interests or abilities?	1	2	3	4	5
Do you have an extraordinary sense of humor?	1	2	3	4	5
Are you an avid reader?	1	2	3	4	5
Do you often take a stand against injustice?	1	2	3	4	5
As a child were you considered mature for your age?	1	2	3	4	5
Are you a keen observer?	1	2	3	4	5
Do you have a vivid imagination?	1	2	3	4	5
Do you feel driven by your creativity?	1	2	3	4	5
Do you often question authority?	1	2	3	4	5
Do you have facility with numbers?	1	2	3	4	5
Do you spend time doing puzzles?	1	2	3	4	5
Do you love ardent discussions?	1	2	3	4	5
Are you perceptive or insightful?	1	2	3	4	5
Do you have organized collections?	1	2	3	4	5
Do you need periods of contemplation?	1	2	3	4	5
Do you often connect seemingly unrelated ideas?	1	2	3	4	5
Do you thrive on challenge?	1	2	3	4	5
Do you often search for meaning in your life?	1	2	3	4	5
Are you fascinated with paradoxes?	1	2	3	4	5
Do you have extraordinary abilities <i>and</i> deficits?	1	2	3	4	5
Are you often aware of things that others are not?	1	2	3	4	5
Do you set high standards or goals for yourself?	1	2	3	4	5
Do you have unusual ideas or perceptions?	1	2	3	4	5
Are you a complex person?	1	2	3	4	5