

A large, light gray circle is positioned on the left side of the image, partially overlapping a dark gray background. The circle is centered vertically and extends from the top to the bottom of the frame. The dark gray background is on the right side of the image.

Welcome

# Imposter Syndrome

Impostor syndrome (IS) refers to an internal experience of believing that you are not as competent as others perceive you to be

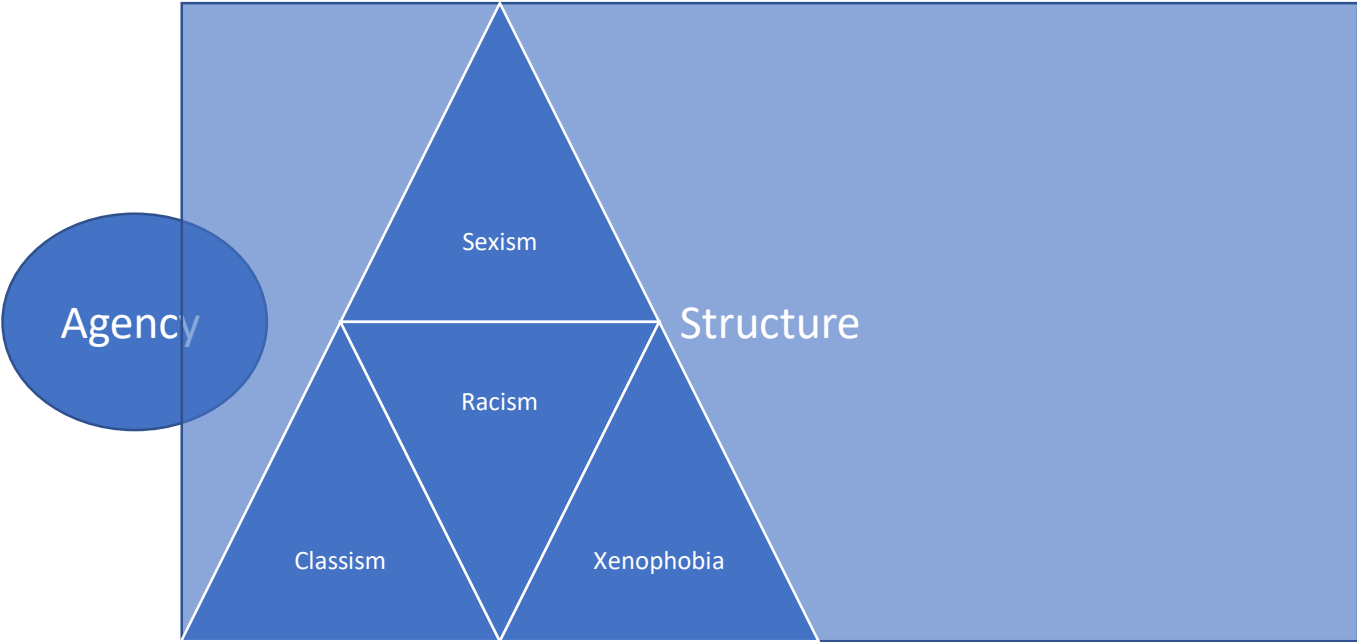
# Imposter Syndrome



# Underlying Causes of Imposter Syndrome

- i. A culture of brilliance
- ii. Appearance of a meritocracy founded on infallible success
- iii. For people who are from underrepresented groups in science that tacit (or explicit) expression that they are there because of “what box they checked off”

# Agency, Social Paradigms, & Structure



# Some Solutions to the Problem



Drew, 2020

# Activity

- 1) Write down an accomplishment with an explanation on how it was accomplished:
  - **For example:** I become an adjunct professor at Syracuse University because I worked hard was disciplined, and my advisor knew I needed a job.
- 2) Reflect on the experience
  - *Questions to Ask: Did everyone work hard? Weren't other members of my cohort teacher assisting? Was it purely based on my work ethic?*
  - *What skills did I demonstrate to get the position?*
- 3) Reframe the accomplishment
  - **For example:** *I become an adjunct professor at Syracuse University because I am a good teacher.*

# Private Questions to ask yourself

- I. What core beliefs do I hold about myself?
- II. What core beliefs do you believe others have for you?
- III. Do I believe I am worthy of love as I am?
- IV. How have others tested, discouraged, or undermined my self worth?
- V. Must I be perfect for others to approve of me?