

# IMPOSTER SYNDROME

Imposter syndrome is an internal experience in which one doubts their abilities. Those experiencing imposter syndrome might also ...

- Believe that accomplishments are due to luck rather than intelligence
- Fear being exposed as a fraud or intellectual impostor
- Identify as first-generation students, minority groups, or have high-achieving parents

## DO YOU HAVE IMPOSTER SYNDROME CHARACTERISTICS?

- I rarely do a project or task as well as I'd like to do it.
- At times, I feel my success has been due to some kind of luck.
- Sometimes I'm afraid others will discover how much knowledge or ability I really lack.
- It's hard for me to accept compliments or praise about my intelligence or accomplishments.
- When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success.

## STRATEGIES TO OVERCOME IMPOSTER SYNDROME

- Be compassionate to yourself regarding your abilities
- Accept that perfection is unrealistic and costly
- Pay attention to your self-talk. Identify negative self-talk in order to incorporate more positive statements
- Make a list of your strengths
- Discuss your feelings with a mentor that you trust
- Build your competency - seek help as needed
- Develop a community

## KCLC RESOURCES

### On Demand Workshops

- Perfectionism
- Know Your Power
- Positive Self-Efficacy
- Self-Care and Gratitude
- Office Hours: Important Questions and Building Connections

### Handouts

- Gratitude
- Grit

## REFERENCES:

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