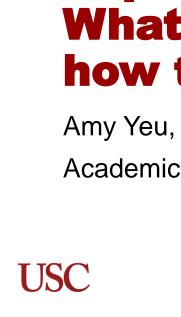


# Imposter Syndrome: What are the signs and how to address it?

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#### **Outline**

- What is Imposter Syndrome?
- Why do I have Imposter Syndrome?
- What may I experience?
- How can I overcome Imposter Syndrome?



## What is Imposter Syndrome?

- Feelings of inauthenticity and fear of being found out as a fake.
  - Question success
  - Self-doubt abilities
  - Fear of making mistakes
  - Struggle to meet expectations





#### Why do I have Imposter Syndrome?

- Depression or anxiety
- Personal traits (e.g., perfectionism, self-criticism, high-achieving)
- External Pressure (e.g., family, school, society)
- Members of Minority groups
  - First-generation
  - BIPOC
  - Low-income communities
  - Systemically stigmatized groups





## What may I experience?

**Psychological** Behavioral ☐ Frustrated with missing goals Deny compliments/ praise Uneased of being imperfect Overwork to stand out Lack of self-confidence ☐ Rely on recognitions/ opinions Afraid of failures or disappointing others Compare with peers Cognitive Remain silent with different perspectives Self-doubt and concentrate on mistakes Shape oneself to win approval Consider success due to external factors Believe bright people do not need support



#### How can I overcome Imposter Syndrome?

- Make a list of your strengths
- Keep a record of positive feedback
- Be compassionate to yourself
- Pay attention to your self-talk
- Develop your competencies





## How can I overcome Imposter Syndrome? (continued)

- Realizing it is okay to be fearful
- Accept that perfection is unrealistic and costly
- Change unhelpful automatic behaviors/ thoughts
- Seek support
  - Share your experiences with a close friend
  - Discuss your feelings with a trusted mentor
  - Reach out to professionals





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## Thank you!



