Imposter Syndrome
How Is Everyone Today?
What is imposter syndrome?

"An individual experience of self-perceived intellectual phoniness (fraud). A pattern in which one doubts one’s accomplishments and has a persistent internalized fear of being exposed as a "fraud". Despite external evidence of their competence, those experiencing this phenomenon remain convinced that they are frauds, and do not deserve all they have achieved" ¹.

¹Clance & Imes, 1978
Who can experience imposter syndrome?

......anyone, in any setting, can experience imposter syndrome

Women ¹

Men ²

First-Generation College Students ³

Professors ⁴

¹ Clance & Imes, 1978; ² Beard, 1990; ³ Adsitt et al., 2016; ⁴ Cook-Sather, 2016
Why Are We Talking About Imposter Syndrome?

As we can see, this is a common phenomenon almost anyone can experience in any situation.

We want to prepare you for this next big step and change in your life.

To let you know that it is ok to talk about how you are really doing and that it's ok to ask for support and guidance. Not just with imposter syndrome, but any challenge.
Those who experience imposter syndrome can:

- Have constant feelings of inadequacies
- Feel an unhealthy pressure to succeed
- Withdraw from evaluative situations

⁵Montgomery, Peteet, & Weekes, 2015
WHAT IS IMPOSTER SYNDROME AND HOW CAN YOU COMBAT IT?
More Ways to Combat Imposter Syndrome

1. Create connections on campus
   Creating connections with faculty can help you find another avenue for support.

2. Explore student organizations on campus to find your support system
   Culture or identity-based orgs can be a good place to start.

3. Remember that even though college is new, you have a lot of skills to help you navigate your new environment.

4. Create clear steps for yourself to follow when you start doubting yourself.

References:
- Parkman, 2016
- Castellano et al., 2005
- Yosso, 2005
- Castellano et al., 2005
Don't Be Afraid To Ask For Help

Remember, if you feel you need more support than your immediate circle, your campus offers mental health services and counseling

- LACC Campus Wellness Center: (213) 369-8746
  (562) 867-7999
- CSULA Counseling & Psychological Services:
  (323) 343-3300
- UCLA Counseling & Psychological Services:
  (310) 825-0768
- USC Counseling & Mental Health: (213) 740-9355
Sources


4. Cook-Sather, Alison. (2016). Teaching and Learning Together in Higher Education. *Creating Brave Spaces within and through Student-Faculty Pedagogical Partnerships,* 18. Retrieved from [http://repository.brynmawr.edu/tlthe/vol1/iss18/1](http://repository.brynmawr.edu/tlthe/vol1/iss18/1).


Sources Continued

• https://www.lacitycollege.edu/Campus-Life/Health-Wellness-Center/Department-Home
• http://www.calstatela.edu/studenthealthcenter/caps/scheduling-caps-appointment
• https://www.counseling.ucla.edu/
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