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### Síndrome Del Imposter: Feeling Like A Fraud And Overcoming The Symptoms

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*Rowan University*

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# Síndrome Del Impostor: Feeling Like A Fraud And Overcoming The Symptoms

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# Discussion Points

Imposter Syndrome

Causes

Symptoms

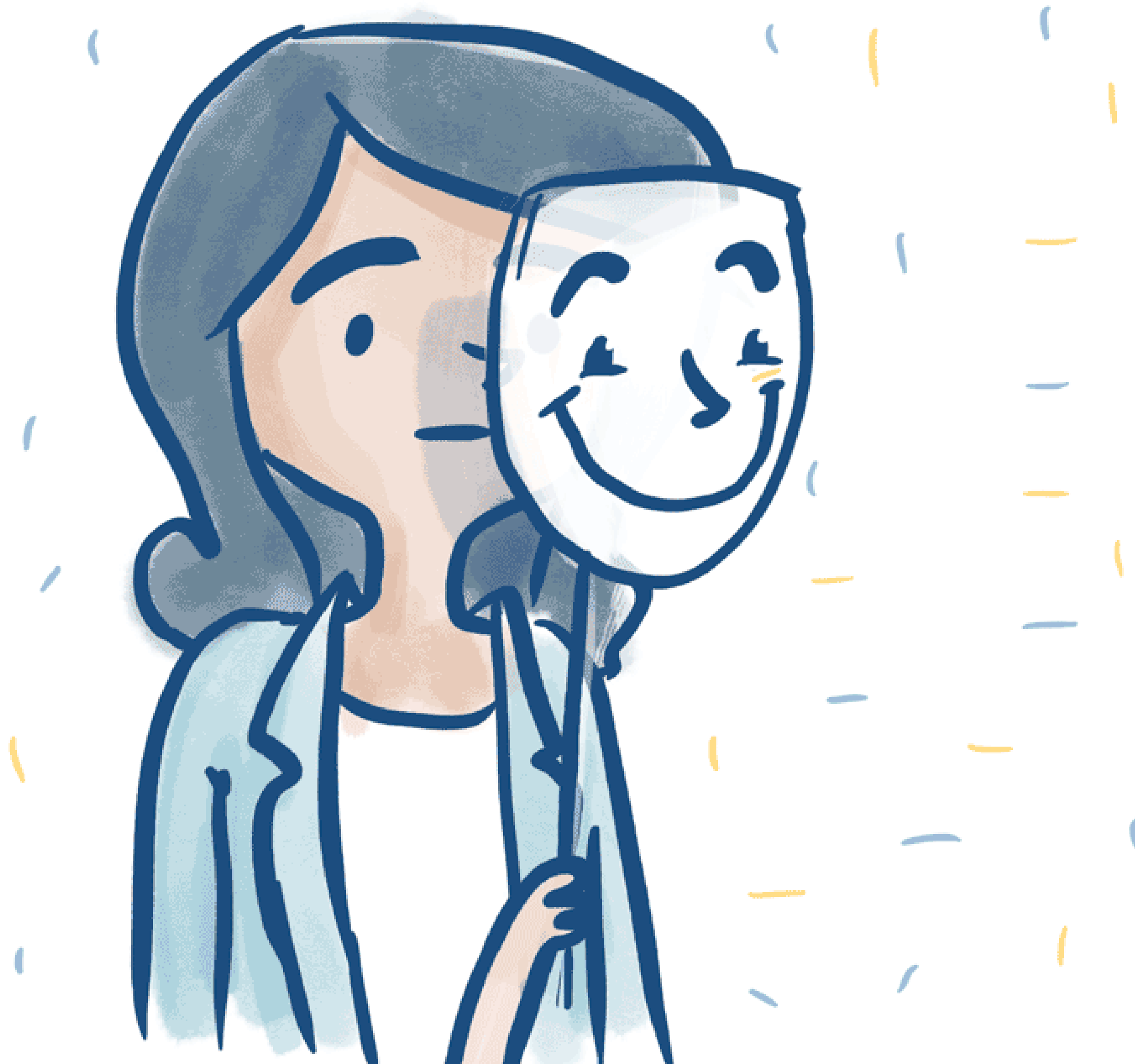
Patterns

Consequences

My Journey

First-Generation Students

Solutions



# Imposter Syndrome

Anxiety or self-doubt that results from persistently undervaluing one's competence and active role in achieving success, while falsely attributing one's accomplishments to luck or other external forces.



# Causes

## Environmental

- New workplace
- New academic setting ("Transfer Shock")

## Cultural

- Family expectations
- Racial identity

## Personality Traits

- Perfectionism
- Low self esteem



# Symptoms

Self-sabotage

Fear of failure

Attributing success to outside sources

Fear of not living up to expectations

Job dissatisfaction

Avoiding responsibilities

# Patterns



The Perfectionist



The Superhero



The Soloist



The Natural Genius



The Expert

# Consequences

Mood swings

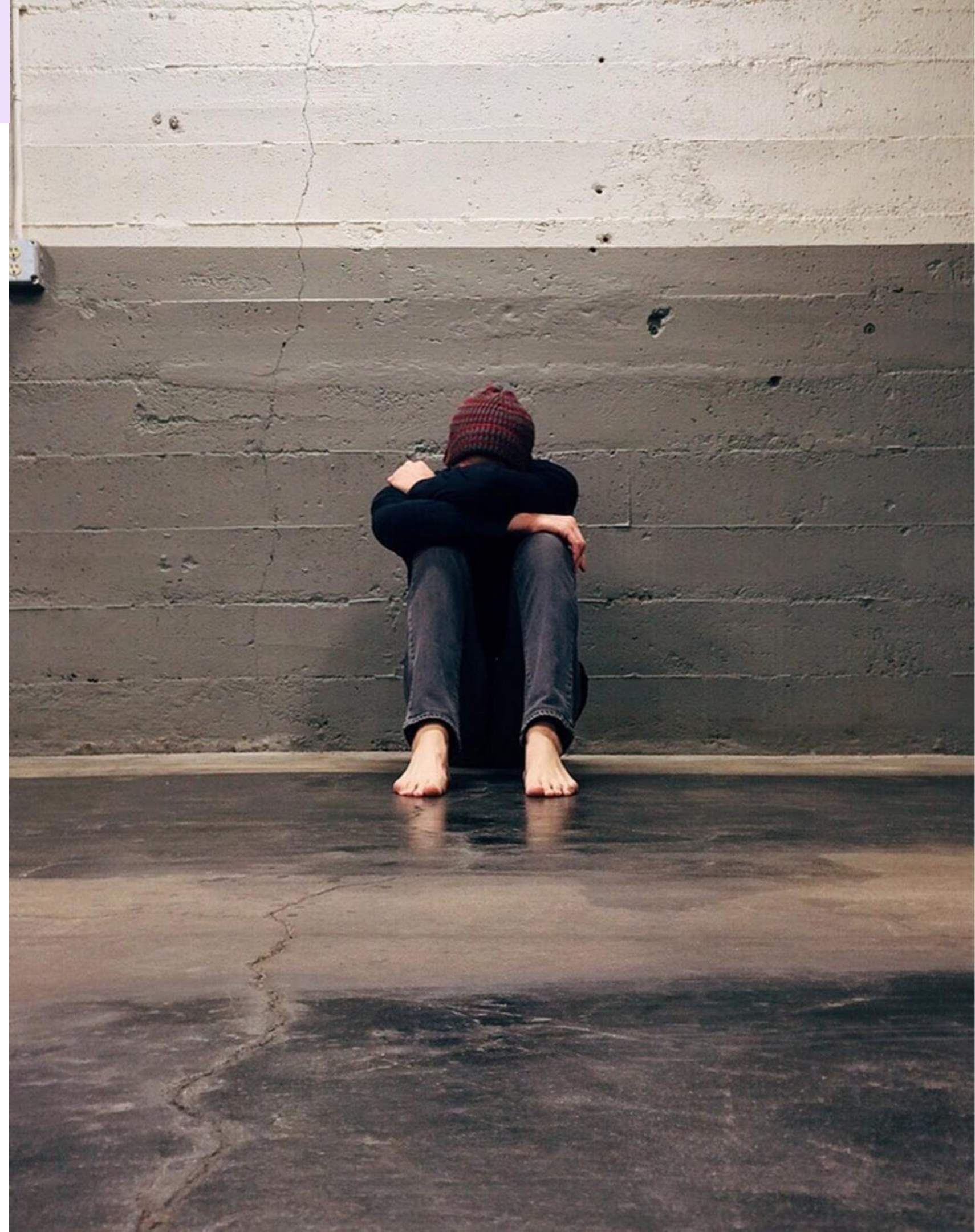
Distort your personal value and self-worth

Not speaking as an expert

Stop us from moving up

Overworking and burnout

Indirectly influence others to think less of us





# My Journey

First generation student & American

Family Background

Rigorous Schooling

Beating the odds

"Transfer Shock"





# First Generation Students

Transfer Shock

New Environment

Academic Pressures

Family Expectations

Diversity on campus

# Dealing with with Imposter Syndrome

**01**

## **Be aware of your behaviors**

Acknowledge negative changes in  
your behavior

**02**

## **Fake it till you make It**

Until you feel like a success, you can  
fake your way through

**03**

## **Acceptance**

Accept the things you can't change  
about your situation

**04**

## **Make a list**

Make a list of things you are proud of  
and have accomplished

# Dealing with with Imposter Syndrome

**05** **Find a mentor**  
Find someone you can go to if you need support

**06** **Encourage students**  
If someone is doing well, make sure they know it

**07** **Share your experience**  
Nearly 70% of people experience it, share your own journey



# Make Your List

List 5 things you've done that you're proud of  
Share with your neighbor  
Celebrate their success

# Erika's List



Graduated with my  
B.A. in Advertising  
May 2019



Volunteered at  
Destination  
Imagination Global  
Finals



Presented on  
imposter syndrome



Interviewed with my  
top two schools for  
doctoral programs



Presenting research  
at my first  
conference



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