

IMPOSTOR SYNDROME

What is Impostor Syndrome?

While not an official mental health diagnosis, Impostor Syndrome is a form of intellectual self-doubt, despite evidence to the contrary, that can feel crippling to students in rigorous academic settings.

Impostor Syndrome Feels Like:

An enormous pressure to achieve, even though greater success doesn't alleviate Imposter Syndrome.

- Shame
- Denial of competence
- Sadness
- Fraudulence
- Fear
- Overachievement
- Guilt
- Paranoia
- Anxiety
- Inadequacy

You may also attribute your academic and career-related successes to the following:

- Beginner's luck
- Extra effort above and beyond that of your peers
- Networking with influential people
- Filling a perceived quota



**REFRAME.
CONNECT.
CELEBRATE
YOURSELF.**

**YOU DESERVE
TO BE HERE**

Strategies for Overcoming Impostor Syndrome

- Talk about your feelings with others – rest assured, you're not alone in your feelings of self-doubt.
- Notice when you hear the voice of your inner critic. Try to identify alternative, more balanced ways of thinking.
- Consider positive as well as negative outcomes.
- Acknowledge what you do well.
- Focus on what you *can* do, rather than what you can't.
- Take action. You're constantly changing and growing by trying new things.
- Help others. Tutor younger students and realize how much knowledge you have to impart.
- **Celebrate your achievements!**

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Diving Deeper: Dismantling Your Inner Critic

Embrace a Beginner's Mindset

Harness your enthusiasm and intellectual curiosity to reframe situations that seem scary as challenges or opportunities to learn something new.

Think More About What You're Learning, Not How You're Performing

Rather than overemphasizing perfectionism, personal control, and the importance of grades, consider adopting a growth mindset that will allow you to reframe mistakes as a part of the learning process.

Remember You're Not Alone

Acknowledging that self-doubt is a common part of the university experience gives us the chance to treat ourselves and others with compassion.

Build a Culture of Support

Listen to others' stories and be honest about your own struggles. When giving feedback, focus on processes and technique, rather than personal criticism.

Maintain Self-Care

Remind your body and your mind that you are worthy of the investment in self-care. In doing so, you might find it easier to combat feelings of inadequacy as they emerge.

Campus Resources

Habif Health and Wellness Center

Medical Services: 314-935-6666

Mental Health Services: 314-935-6695

Health Promotion Services: 314-935-7139

Visiting Us

Habif is on the lower level of Dardick House on the South 40 on Shepley Drive.

The Zenker Wellness Suite is in the Summers Recreation Center (room 303).

habif.wustl.edu

