Imposter Syndrome Workshop

Key Points

- Imposter syndrome is the phenomenon of feeling like a fake or fraud despite evidence of high achievement and accomplishment
- For students from marginalized groups, imposter syndrome may interact with stereotype threat
- Microaggressions, racism, and sexism can exacerbate imposter syndrome
- The UChicago academic culture can be challenging and intimidating for many students and difficult to acclimate to

Strategies to Overcome Imposter Syndrome

- Fully acknowledge your accomplishments
- Know that you did not get into UChicago by accident
- Acknowledge stress from stereotype threat and microaggressions
- Let go of emotional reasoning
- Let go of unhelpful thoughts
- Seek concrete feedback
- Accept Affirmation
- Identify your strengths and what you can contribute
- Create connections
- Seek mentorship from faculty and graduate students

Write down some of your accomplishments

1. ___________________________________________

2. ___________________________________________

3. ___________________________________________

4. ___________________________________________

Write down some of your strengths & what you can contribute

1. ___________________________________________

2. ___________________________________________

3. ___________________________________________

4. ___________________________________________

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