

OVERCOMING IMPOSTER PHENOMENON

What is Imposter Phenomenon? An internal thought or feeling of inadequacy that often persists as a cognitive distraction resulting in a lack of motivation and productivity. There can be many factors which impact our self-worth and how we engage in learning such as: academic performance, comparing ourselves to others, implicit/explicit structural barriers, and the level of belongingness we feel as a university student.



How does Imposter Phenomenon impact identity & learning?

Procrastination

Burnout

Negative Self-Talk

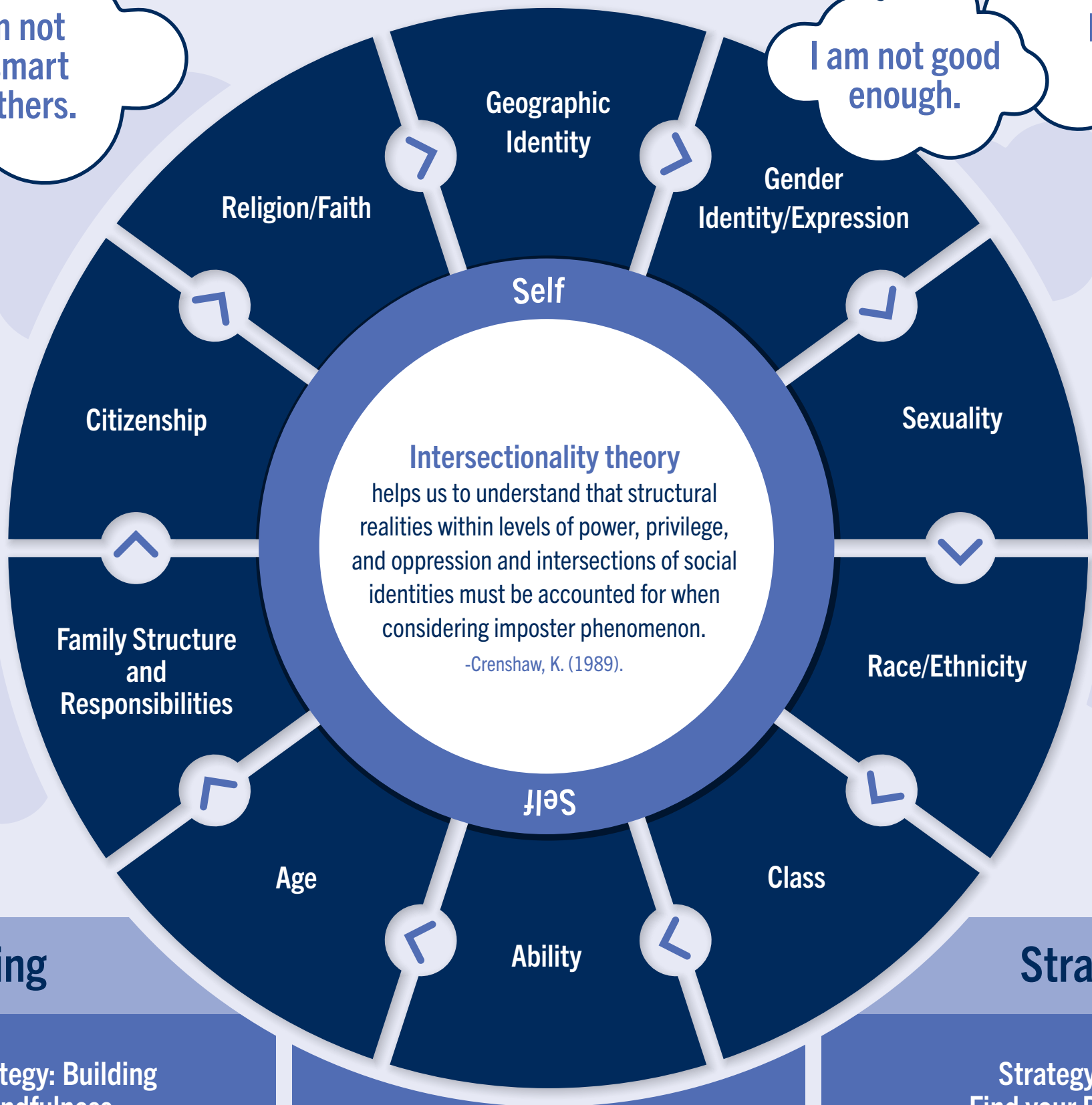
Lack of Engagement/Interest

Not asking for help

I am not as smart as others.

I am not good enough.

I don't belong here.



Learning

Strategy: Building Mindfulness – Taking a Sacred Pause

When your inner critic kicks in and you are feeling down about yourself, take a mindful pause. Use your freedom to interrupt that negative thought and replace it with a positive affirmation.
- Covey, S (1989).

Strategy: Rest & Recovery

Take setbacks as a reflection of where you are, NOT who you are. Welcome the idea of learning from mistakes and receiving feedback.

Strategies:

Strategy: Find your POD

Connect and find communities of support to share your experiences, stories, and gather helpful resources. Our team of learning strategists is happy to help! Seek out assistance as soon as possible.