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 a sense of belongingness in university.

Intersectionality theory helps us to understand that structural realities within levels of power, privilege, and oppression and intersections of social identities must be accounted for when considering imposter phenomenon.


Learning Strategies:

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.

Strategy: Find your Pod
Connect and find communities of support to share your experiences, stories, and gather helpful resources. Our Academic Success team of Learning Strategists are happy to help! Seek out assistance as soon as possible.

Learn More: studentlife.utoronto.ca/department/academic-success