

# IMPOSTOR SYNDROME

Do you worry about being a fraud?

Do you find yourself dismissing your accomplishments?

Is this feeling keeping you from applying for awards and fellowships?

## What is impostor syndrome?

Impostor syndrome is a term used to describe a tendency to attribute successes to luck rather than ability. It can affect your confidence as well as your willingness to seek opportunities.

## Five tips for overcoming impostor syndrome:

1. Embrace positive feedback with objectivity and internalize it. When you deny positive feedback, you are disparaging that person's judgement.
2. Forge ahead. Those who think of themselves as impostors are prone to procrastination, a coping mechanism that prevents them from finding out that they can or cannot complete a project.
3. Recognize that the perfect candidate doesn't exist. Be prepared to do your best, emphasize your strengths, and move on.
4. Be proud of being humble.
5. Remember that **seeking help from others** can make all the difference, and even the best do it.

## Lewis & Clark resources:

- ❑ Dr. Maureen Reed, L&C's fellowships advisor, can help you determine how to be both realistic and ambitious when you apply for fellowship opportunities, and to consider which ones best match your strengths.
  - ❑ Contact Info: reed@lclark.edu, 503-768-7718
  - ❑ Website: [http://college.lclark.edu/academics/awards\\_and\\_fellowships/](http://college.lclark.edu/academics/awards_and_fellowships/)
- ❑ Lewis & Clark Counseling Service
  - ❑ Contact info: : counsel@lclark.edu, 503-768-7160
  - ❑ Drop in hours:
    - ❑ Tuesdays 2-3:30 in lower Odell (bring student ID to swipe in)
    - ❑ Thursdays 2-3:30 in lower Templeton (right next door to Student Health Service)

## Consult these sources to learn more:

Cummins, Denise Dellarosa. "Do You Feel Like an Impostor?" *Psychology Today*, Sussex Publishers, 3 Oct. 2013,

[www.psychologytoday.com/blog/good-thinking/201310/do-you-feel-impostor](http://www.psychologytoday.com/blog/good-thinking/201310/do-you-feel-impostor).

"Reader Idea | How to Beat Impostor Syndrome." *The New York Times*, The New York Times, 19 May 2016,

[learning.blogs.nytimes.com/2016/05/19/reader-idea-how-to-beat-impostor-syndrome/](http://learning.blogs.nytimes.com/2016/05/19/reader-idea-how-to-beat-impostor-syndrome/).

Sherman, Rose O. "Imposter syndrome: when you feel like you're faking it." *American Nurse Today*, vol. 8, no. 5, 2013, p. 57+. *Academic OneFile*,

<http://link.galegroup.com/apps/doc/A335410366/AONE?u=lcc&sid=AONE&xid=ee2585ce>.

Weir, Kirsten. "Feel like a Fraud?" *American Psychological Association*, American Psychological Association, [www.apa.org/gradpsych/2013/11/fraud.aspx](http://www.apa.org/gradpsych/2013/11/fraud.aspx).