

RECOGNIZING IMPOSTER SYNDROME & BUILDING ACADEMIC RESILIENCE

Julie Hang, PsyD



DREXEL UNIVERSITY
Counseling
Center



WHAT IS IMPOSTER SYNDROME/?

Definition

An internal experience of intellectual & professional incapability despite objective evidence to the contrary

“...occurs when individuals maintain a strong belief that they are not intelligent; in fact they are convinced that they have fooled anyone who thinks otherwise.” (Clance & Imes, 1978)

There has been a recent shift to “imposter phenomenon” to de-pathologize a very common experience

Prevalence

Up to 82% of adults may experience impostor phenomenon at least once in their lifetime

Higher rates in women & individuals from marginalized communities due to experiences of code-switching & stereotype threat



IMPOSTER PHENOMENON CYCLE



Have you ever experienced imposter phenomenon?

EFFECTS OF IMPOSTER PHENOMENON

Procrastination

Over-preparation

Downplaying Self

Anxious Thoughts

Depressive Feelings

Guilt

Hesitance or Avoidance in Taking Chances

Self-Doubt

Fear of Failure &/or Success

Disconnection from Others

Loss of confidence

Distorts Self-Perception

Less Likely to Ask for Help

Is there any other effects that you feel is missing?



SOCIAL COMPARISON

As social beings, humans will naturally compare

While we can be our own worst critic, what are other sources of social comparison or Imposter Phenomenon?

Ask Yourself:

**Who are we comparing ourselves to?
Is this a fair comparison?
Is this helpful to compare?**

We only know a snapshot of what others are doing, we don't always see their struggles (see on next slide)



The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

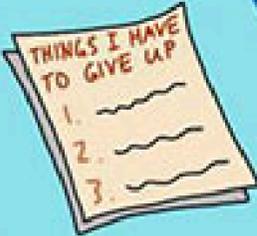
Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Good habits



TIES TO PERFECTIONISM

Sense of Control

Striving for perfection as a way to hide insecurity & avoid detection

This can look like rigidity & inflexibility with what “success” looks like

However, since perfection is not attainable or sustainable, when will it be enough?



MEDITATION TO PRACTICE

5 min- <https://www.youtube.com/watch?v=8OawFWUJlp0>

10 min- <https://www.youtube.com/watch?v=ORliLMqeBe0>

15 min- <https://www.youtube.com/watch?v=ef0UyjiBA8>

How was this for you? Thoughts? Reactions?



RESILIENCE

Definition

The process of adapting to difficult or challenging life experiences, *especially through mental, emotional, and behavioral **flexibility and adjustment** to external & internal demands*

Factors that contribute

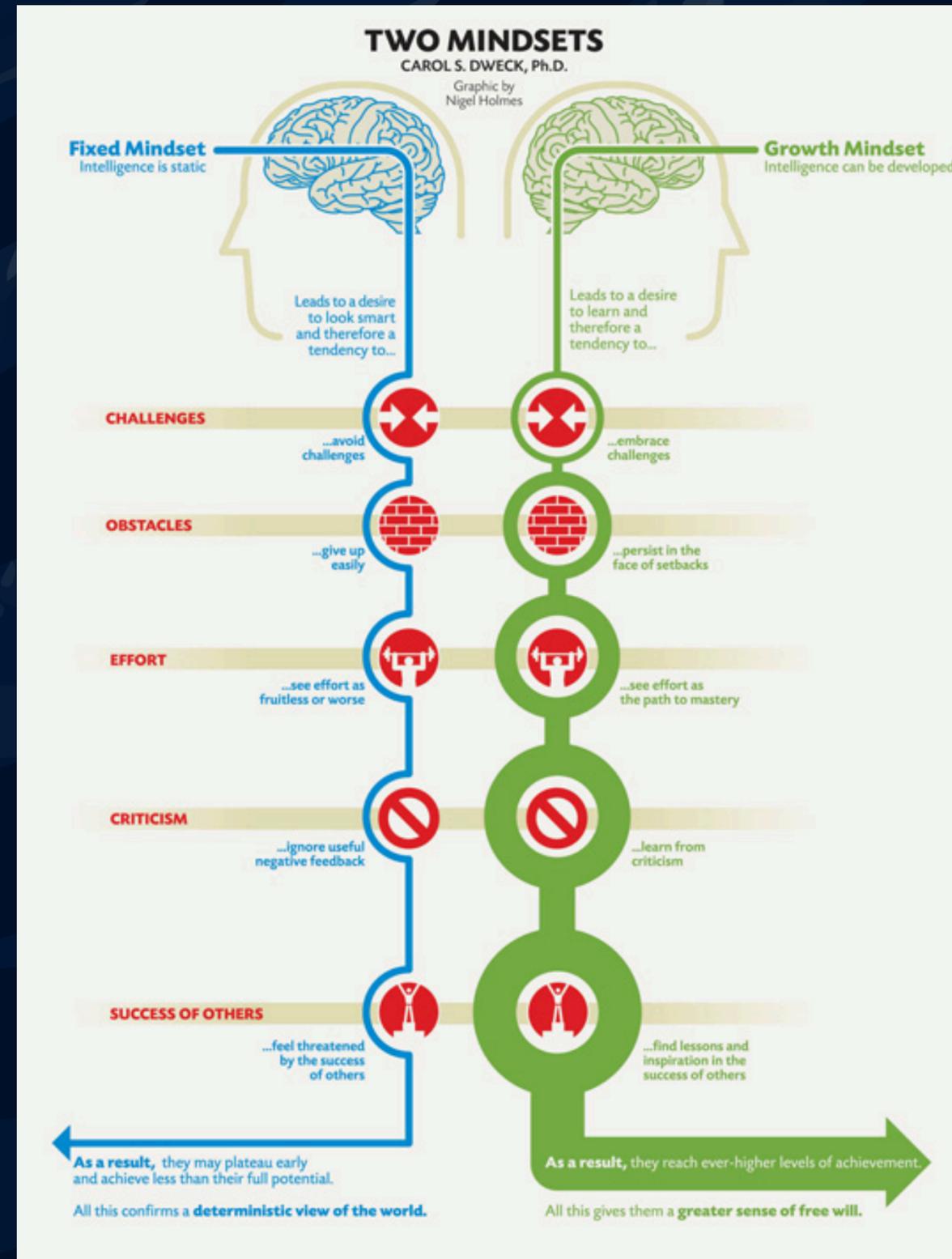
- (a) genetics
- (b) environment
- (c) ways in which one views & engages with the world*
- (d) availability & quality of social resources*
- (e) coping strategies*

**Caution in comparing ourselves to others-
we are on different parts of our journeys**

Surviving/Doing it is an accomplishment



GROWTH MINDSET



“I am bad at this”

“I’m just not good enough”

“I will never be able to get this”

"Abilities can be developed"

“I will do my best and will be ok”

“I can learn from this”

HOW TO MANAGE IMPOSTER PHENOMENON & INCREASE RESILIENCE

Think of a recent challenge. How did you respond using CORE?



1

Practice a growth mindset

2

Focus on the here & now

3

Take small steps

4

Be realistic, even kind to yourself

5

Seek support

6

Focus on effort, not outcome

Think about all of the things that you had to do to get to where you are now, no matter how small

Support

Is Within Reach

Peer Counseling

if you want to talk to a fellow student about school stress, friend or roommate issues, adjusting to Philly and Drexel, or navigating the dating world, peer counselors get it and are available to provide active listening, non-crisis support, and campus resources.



Schedule Online with a Peer Counselor



Individual Therapy | Couple's Therapy Group Therapy & Workshops

If you want to work with a trained therapist, DUCS offers free, confidential, LGBTQ+ friendly and culturally sensitive counseling services.



Schedule with a Therapist




counsel@drexel.edu


215-895-1415

Same Day Appointments | Let's Talk Drop-Ins

If you're want some direction or just want to talk through an issue, you can have a one-time appointment with a therapist on the same day you decide you want help. Minimal paperwork, no commitment, just a single-session to focus on the problem at hand.



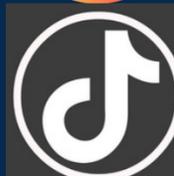
Get Help Now

Walk into the DUCS
3210 Chestnut St
2nd Floor



On-Call Counselor | Walk-In Appointment

If you or someone you know is thinking about ending their life, threatening to hurt someone else, losing touch with reality, or having any other psychological emergency you can get help right away.
24/7 On-Call Counselor **215-416-3337**



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THANK YOU! ANY THOUGHTS? QUESTIONS?

“I can learn from this” > “I’m just not good enough”



THANK YOU!

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