IMPOSTER SYNDROME

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Sources and More Information:
http://counseling.caltech.edu/general/InfoandResources/Impostor
http://geekfeminism.wikia.com/wiki/Impostor_syndrome
WHAT IS IMPOSTER SYNDROME?

Feeling like a fraud/imposter *in certain situations.*

*Especially true in situations where you are in a minority and/or where you are constantly comparing yourself to others (CS/school is an example)*

--Feelings of self doubt and inadequacy even *when the opposite is true.*

--Not feeling really successful, competent, and smart and nowhere near as good as the people around you.

--Looking around and feeling like you don’t fit in.

--Often felt by highly achieving, highly successful people but who feel pressure not to failure

Relate to CS........
HOW IMPOSTER SYNDROME CAN HOLD YOU BACK

You may be less willing to put yourself forward, feeling you are not qualified, by e.g:

--not applying for jobs, promotions, and other employment opportunities
--not submitting papers to conferences or journals
--disclaiming or understating your experience/skill when speaking or writing
--nervousness about talking to others in their field, especially if those others are perceived as highly skilled/experienced
--feeling like a fraud
--worrying that someone will find out your lack of qualifications and fire you
--having higher stress
--overpreparing for tasks
--attributing successes to chance or luck
WHAT YOU CAN DO ABOUT IT

Awareness is the first step!
--Stay aware and don’t minimize your accomplishments
--Don’t run yourself down
--If you feel uncomfortable self-promoting get a friend to do it for you
--Don’t over-study
--Recognize your skills (writing them down can help)
--Friends can encourage each other and give each other a reality check
--Recognize that what you feel is not reality
--Talk to others – you’ll find you are not alone
--Review friends resumes
--Write recommendations for each other’s skills on LinkedIn
--Try a leadership position by partnering with a friend
--It’s normal to feel anxiety in some situations, be aware but don’t let it stop you

Relate to CS........