

Trust Yourself

WebQuest to Understand &
Overcome Imposter Syndrome

Introduction

- Ever wondered how you got where you were?
- Do you always think others are smarter and more capable than you?
- But yet everyone else thinks you are quite bright?
 - Those who have these feelings are thought to suffer from Imposter Syndrome, where you are unable to internalize your accomplishments.
- In this WebQuest you will be exploring imposter syndrome, what it is, who suffers from it, and how you can manage it! Our hope is that you become knowledgeable about the syndrome and more confident in your graduate studies.

Tasks

- Your tasks are to:
 - Take the quiz to see if you suffer from imposter syndrome,
 - Explore what it is and who has it,
 - Research all the techniques to manage it,
 - And formulate a list of steps YOU can take to eliminate it from your thinking.

Feeling like an imposter?

- Take the following quiz to see if you might be suffering from Imposter Syndrome...
 - http://www.kalimunro.com/self-quiz_imposter.htm
- What are the quiz results?
 - To learn more, continue on with your tasks...

General Introduction to IS

- The following article provides a humorous overview to Imposter Syndrome:
 - http://fecolumnists.expressindia.com/full_column.php?cid=32033
- Quiz Question:
 - According to the author how can you defuse imposter thoughts?

Are only women affected?

- This general wikipedia article starts to explore the current thinking about who suffers from IS:
 - http://en.wikipedia.org/wiki/Impostor_Syndrome
- Quiz Question:
 - Does IS occur more frequently in one gender or the other?

Three types of feelings

- This website differentiates the three types of feelings seen in IS:
 - [http://www.counseling.caltech.edu/articles/The%](http://www.counseling.caltech.edu/articles/The%20Three%20Types%20of%20Feelings)
- Quiz Question:
 - Which type do you see more frequently in yourself?

Still want more information?

- Below is a link to the original article written by Clance & Imes and Original in-depth article (PDF) that explains the phenomenon:

– http://www2.gsu.edu/~wwwaow/resources/ip_high

- How is Imposter Syndrome different than low self-esteem?

How to overcome IS?

- The original article about phenomenon gives psychotherapy solutions:
 - http://www2.gsu.edu/~wwwaow/resources/ip_high
- What is the best one that you can incorporate?

How to overcome IS?

- Another great website with solutions to overcome Imposter Syndrome is Dr. Young's 10 Steps to Overcome:
 - [http://
www.impostorsyndrome.com/overcome.htm](http://www.impostorsyndrome.com/overcome.htm)
- Which one strategy looks most appealing to you?

Conclusion

- Congratulations on researching something that affects many graduate students!
- Did you learn what you wanted to?
 - Hopefully you know that you are not alone in having these thoughts and that there are ways to manage them!

Follow-up

- Would you like to learn more?
- Take a copy of the Quiz and YOUR personalized solutions to an academic coaching session at the Tomás Rivera Center at UTSA.
 - For more information:
<http://www.utsa.edu/trcss/gsla/coaching.html>
 - Call for an appointment: (210) 458-4694