Question posed in chat: What are some strategies students can use to combat imposter syndrome?

Responses given by Jennifer Harrold:

- “a practical exercise is to build yourself a victory wall. Physically in a place you see, write down victories, good feedback, accomplishments. Take time each day to read them out loud. What you’ll begin to see happen is the you have a bank of thoughts that you start to naturally ruminate on”

- “It’s not going to eliminate intrusive negative thoughts, but you’ll have some other things in your head and that you’re speaking over yourself”

- “Another thing is to remember that it’s not actually necessary to dismantle imposter syndrome to succeed. Part of getting movement is asking, how do I feel like this feeling and move forward anyway”

- “The last thing is to, where you can, reframe the narrative from deficit based thinking and framing. EX: ‘I’m straight out of college and I’m the youngest person on my team. How am I going to make up for this or gain respect?’ We can change that to ‘I’m coachable and have nothing but more and more to learn. Who can I seek out to ask for new challenges’”

Article Recommendation from Jennifer Harrold
https://hbr.org/2021/02/stop-telling-women-they-have-imposter-syndrome

Podcast episode recommendation from Gail Avendaño
Ten Percent Happier – Episode #182