

Welcome to Senior Seminar!

Topic: Imposter Syndrome

Objectives:

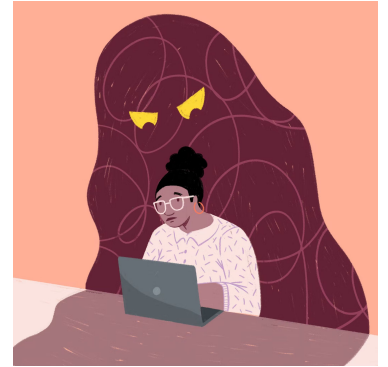
SWBAT explain what imposter syndrome is, and how it can present itself in college students.

SWBAT name 3 personal goals to help combat imposter syndrome.

Before we Begin.... KWL

Take the post-it at your desk, and write on it ONE thing that you know about the term “imposter syndrome”

- You can be as specific or as general as you want
- Post it on the K/W/L chart on the white board



Rep Visit Sign Up - Come if you have questions about next steps!



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Reflect...

Spend 1 minute answering the following questions to yourself:

When have you felt like you don't belong?

What has helped you overcome this?

Do Now: While watching the first 4 minutes of the video from Michelle Obama, answer the following questions:

1. According to Michelle Obama, what is imposter syndrome?
2. Why do people feel like they do not belong? What are the factors that influence that feeling?
3. Why do you think some people walk into a room assuming they can speak up or belong?
4. What is a strategy Michelle Obama gives to combat imposter syndrome?



My experience facing imposter syndrome....

Teachers - feel free to write your own bullet points on this slide

- When I'm spiraling (*How did I trick them into letting me do this? [I don't even know how I do this...]*) I remind myself that my opinion of my work is always lower than others'. Maybe I'm not better, but I'm unique, and THAT is better. -Mrs. Graham-
- I try to remind myself that literally everybody feels this way, and that I wouldn't have been hired or accepted if I didn't have what it takes to succeed. If all else fails, fake it til you make it. --Mrs. LP
- A professor once told me in college that if I have a question in class, I need to ask it because many other students might have the same question but could be too nervous to share. That advice helps me remember that most people are in the same boat and it's ok to talk about the help we need! –Ms. Walcott
- I clearly remember a moment when I was thinking about applying for an internship at the Library of Congress sophomore year of college. When I hesitated applying because “who would pick a student from Messiah College?” my mother told me “let the people hiring determine who's qualified.” Ever since then, that's my philosophy with imposter syndrome. There's so many ways you can beat yourself up. If you think you can go for an internship or a job, apply for it! Let those that are hiring decide if you're qualified. -Mr. Kane

Independent Reading

Read “How to overcome imposter Syndrome” from the NYTimes and collect 4-5 strategies that resonate with you.



Discussion

On your second post-it note, write down one more WONDERING you have about imposter syndrome and how you might face it.

- Place it on the whiteboard in the “W” column

We will then discuss some of your wonderings and what you found interesting in the article.

Reflect, then discuss

1. What are some times YOU'VE received messages that said you don't belong?
2. What are some times where you've received messages that have helped you feel confident?

With a partner, share the answers to the above AND share 2-3 strategies that resonated with you.



Next Steps

This is just ONE part of a conversation on imposter syndrome. We will have TWO other seminar lessons that will hopefully provide resources for you to help you adjust to life in college and anything you feel like you could be an imposter at.

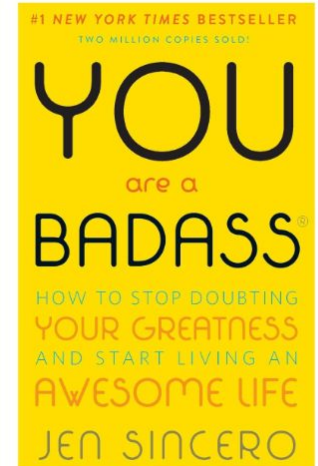


We recommend that you engage in some of your own reading. Here are some books we like:

[Kevin Hart: This is how we Do It](#)
[Secret Thoughts of Successful Women](#)

[You are a Badass](#)

[Stop Overthinking: Strategies to relieve stress, stop negative thoughts, and declutter your mind](#)



Exit Ticket

What is ONE thing that you learned about imposter syndrome and how it might show up for you next school year?

Everyone experiences imposter syndrome differently- or at some time in their lives- what is one thing from today that you will take with you for when you feel like you don't belong?