

IMPOSTER SYNDROME

WiCS Orientation 2024

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Disney · PIXAR
**INSIDE
OUT**

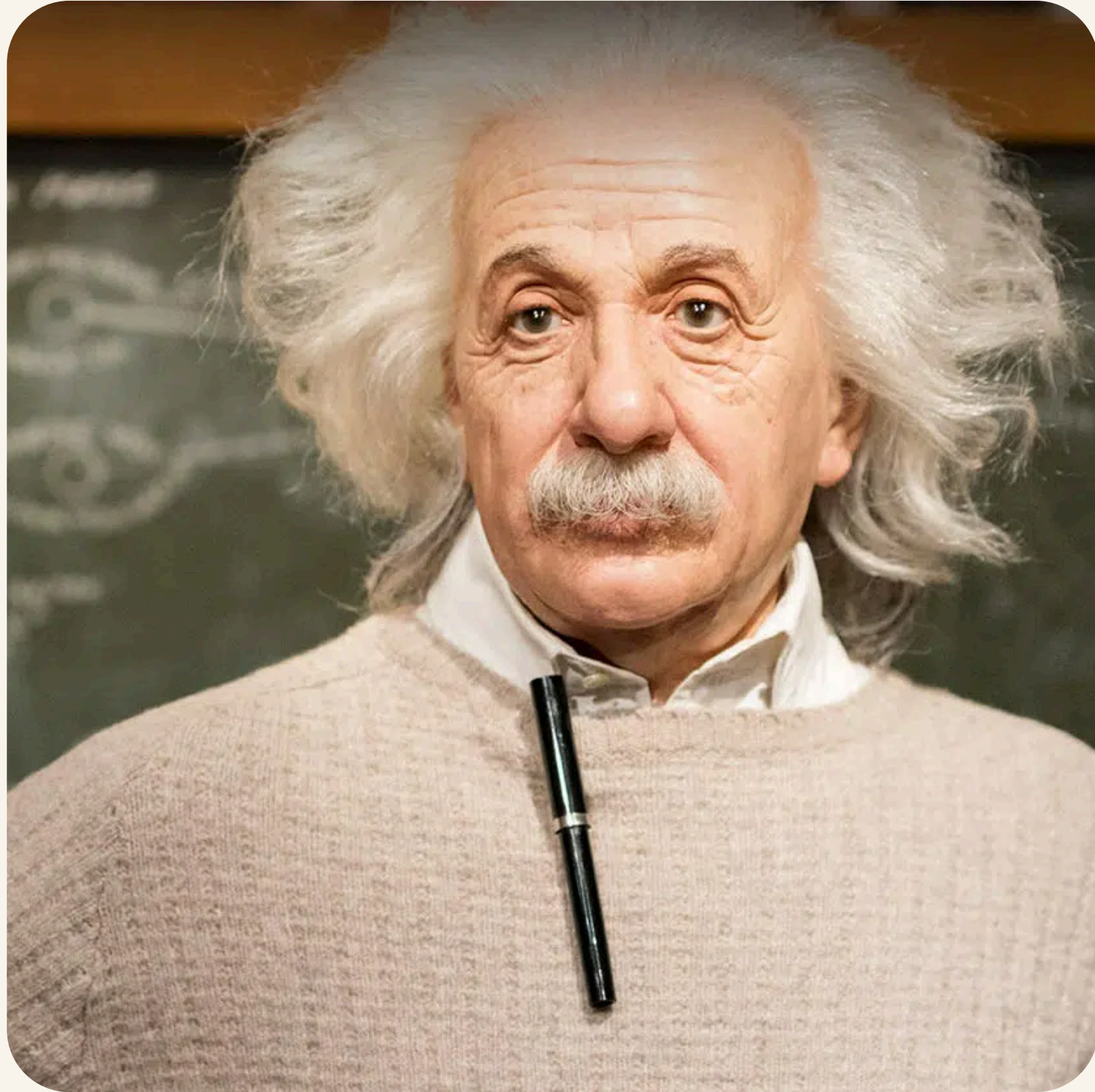
The background is a vibrant, stylized illustration of an office. At the top, there are several pairs of legs and feet in various colors (blue, red, orange) standing on a light beige floor. In the middle section, there are four distinct scenes: on the left, two people are at a light blue desk; in the center, a man in a dark blue suit stands with his hands on his hips, and a woman in a light blue sweater and red pants stands next to a pink armchair and a potted plant; on the right, a woman in a pink top and dark pants stands, and another person is seated at a light blue desk. At the bottom, there are five more scenes: two people are talking, a woman is looking down, a person is sitting at a desk with a plant, a person is smiling, and a woman is looking to the side. The overall color palette is bright and cheerful, with a mix of blues, pinks, oranges, and greens.

**You are in good
company.**



I have written 11 books, but each time I think, 'uh oh, they're going to find out now. I've run a game on everybody, and **they're going to find me out.**

Maya Angelou



“ The exaggerated esteem in which my lifework is held makes me very ill at ease. I feel compelled to think of myself as an **involuntary swindler**. ”

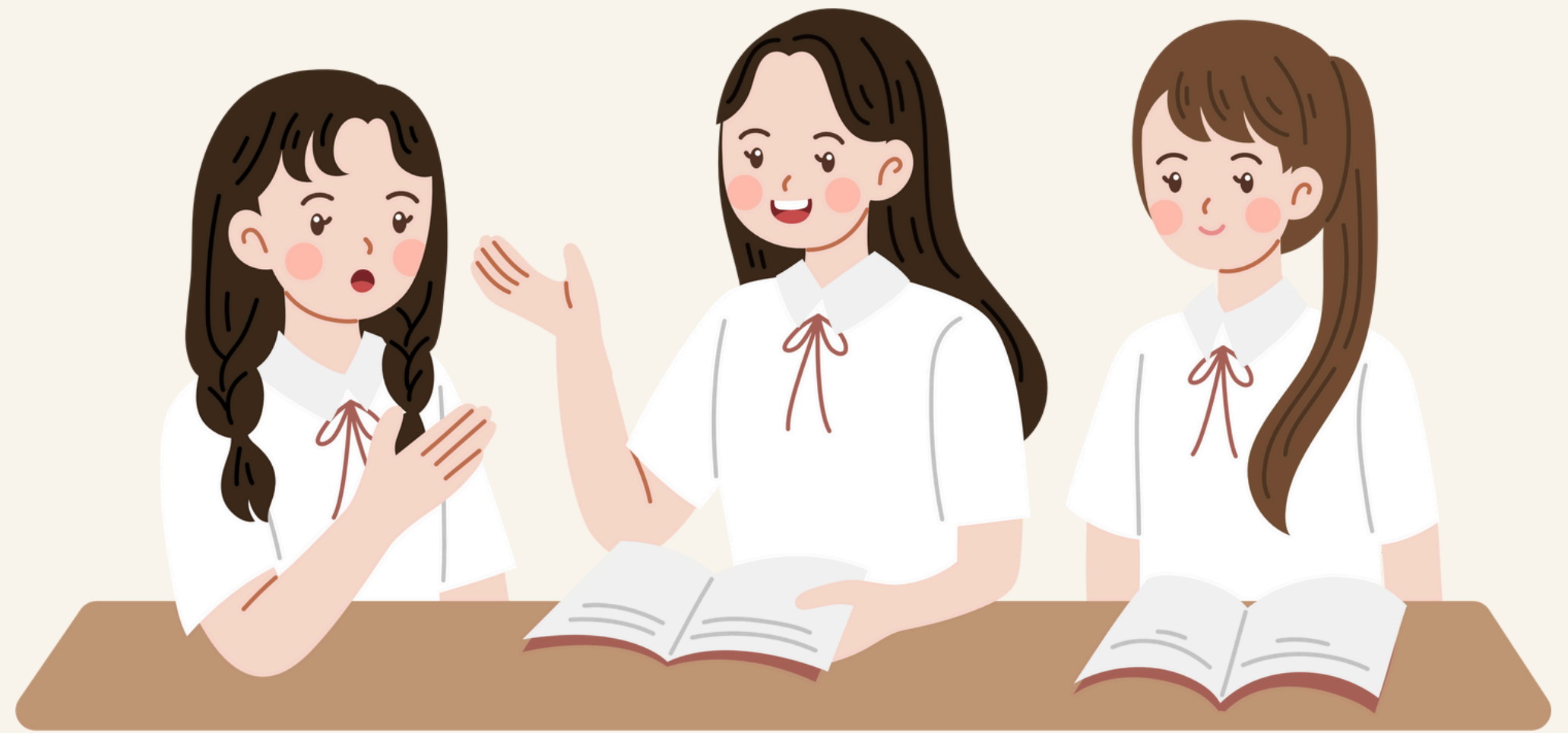
Albert Einstein

An abstract illustration featuring a central large white circle. Inside this circle, a man in a blue suit stands with his back to the viewer, looking up at several floating, stylized faces. The background is a solid light pink color, decorated with various geometric shapes and line art. In the top left, there's a blue circular shape containing a white rectangle with vertical lines. To the right, a blue circle shows a person's head and shoulders with a laptop. In the bottom left, a white circle contains a smiling woman's profile. In the bottom right, a white circle shows a person's head and shoulders. The overall style is modern and minimalist, using a limited color palette of pinks, blues, and whites.

Understanding Imposter Syndrome



Psychologist
Clance



Undergraduate college students



Admissions Error



Fraudulence ?

Don't belong ??



Not Qualified enough ???

Imposter Phenomenon

Imposter Experience

Imposter Syndrme



~~Disease~~

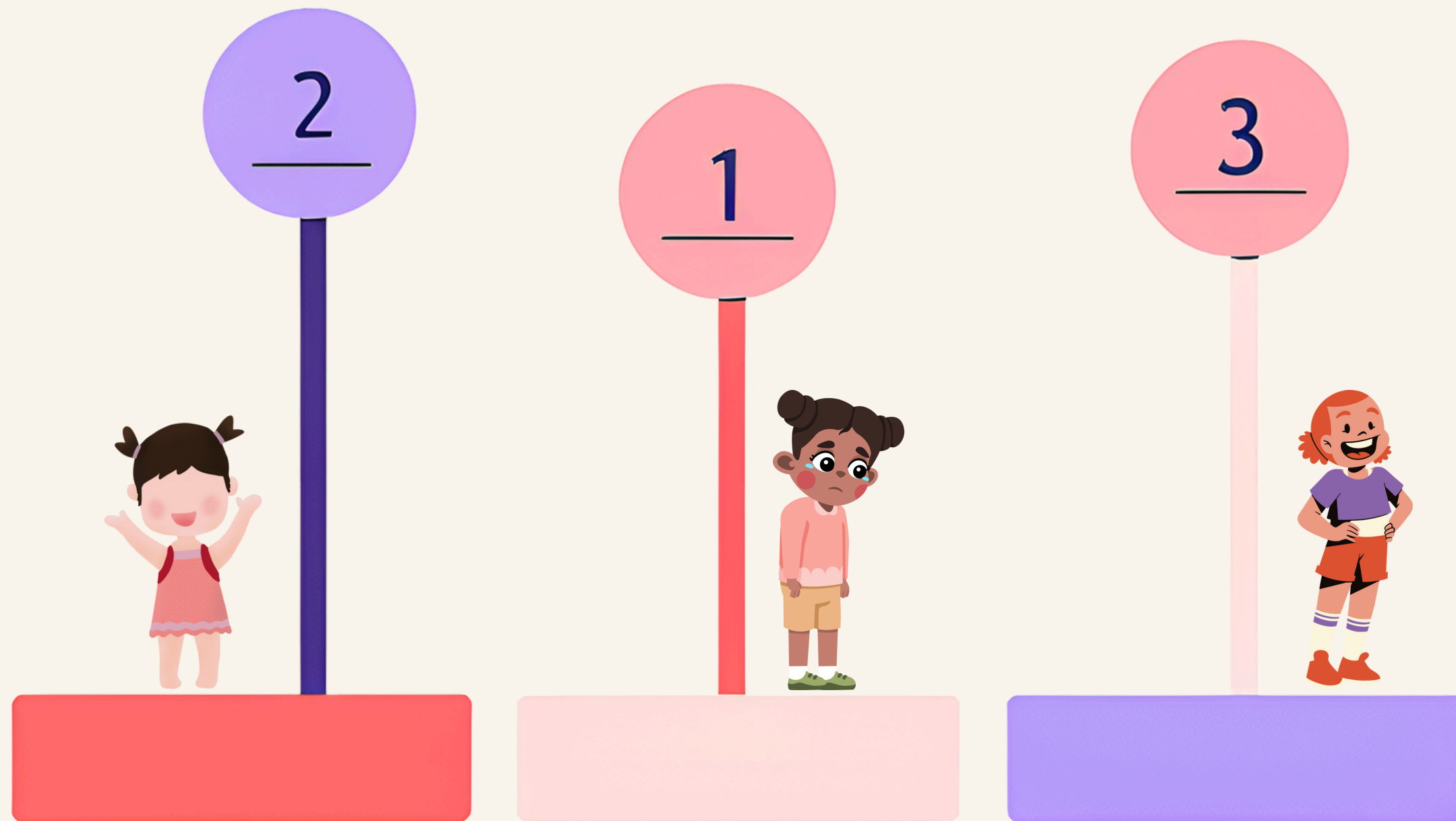
~~Abnormality~~

~~Depression~~

~~Anxiety~~

~~Self Doubt~~



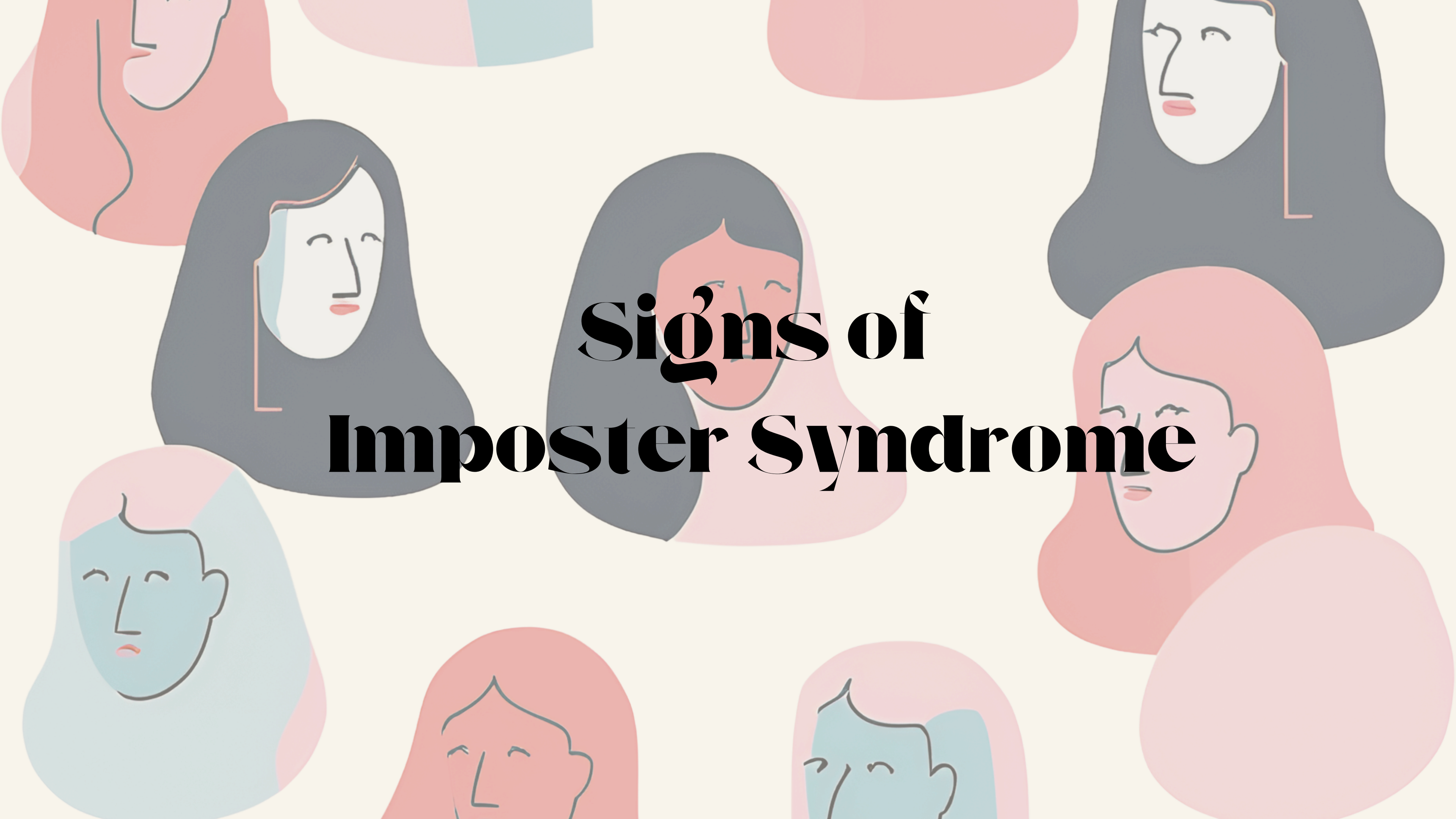


Highly skilled or accomplished people tend to think others are just as skilled as them.



Pluralistic Ignorance

everyone thinks they're the only one struggling, when
in reality, many people feel the same way

The background of the image features a collection of stylized, minimalist faces of various people. These faces are rendered in a flat, graphic style with simple outlines and solid colors for the skin and hair. The colors include shades of pink, red, grey, blue, and teal. The faces are arranged in a scattered pattern around the central text, creating a sense of a diverse group of individuals. The overall aesthetic is modern and clean.

Signs of Imposter Syndrome

1

**You don't think
you deserve your
success.**

2

**You are a
Perfectionist or a
Procrastinator.**

3

**You fear failure &
making mistakes.**

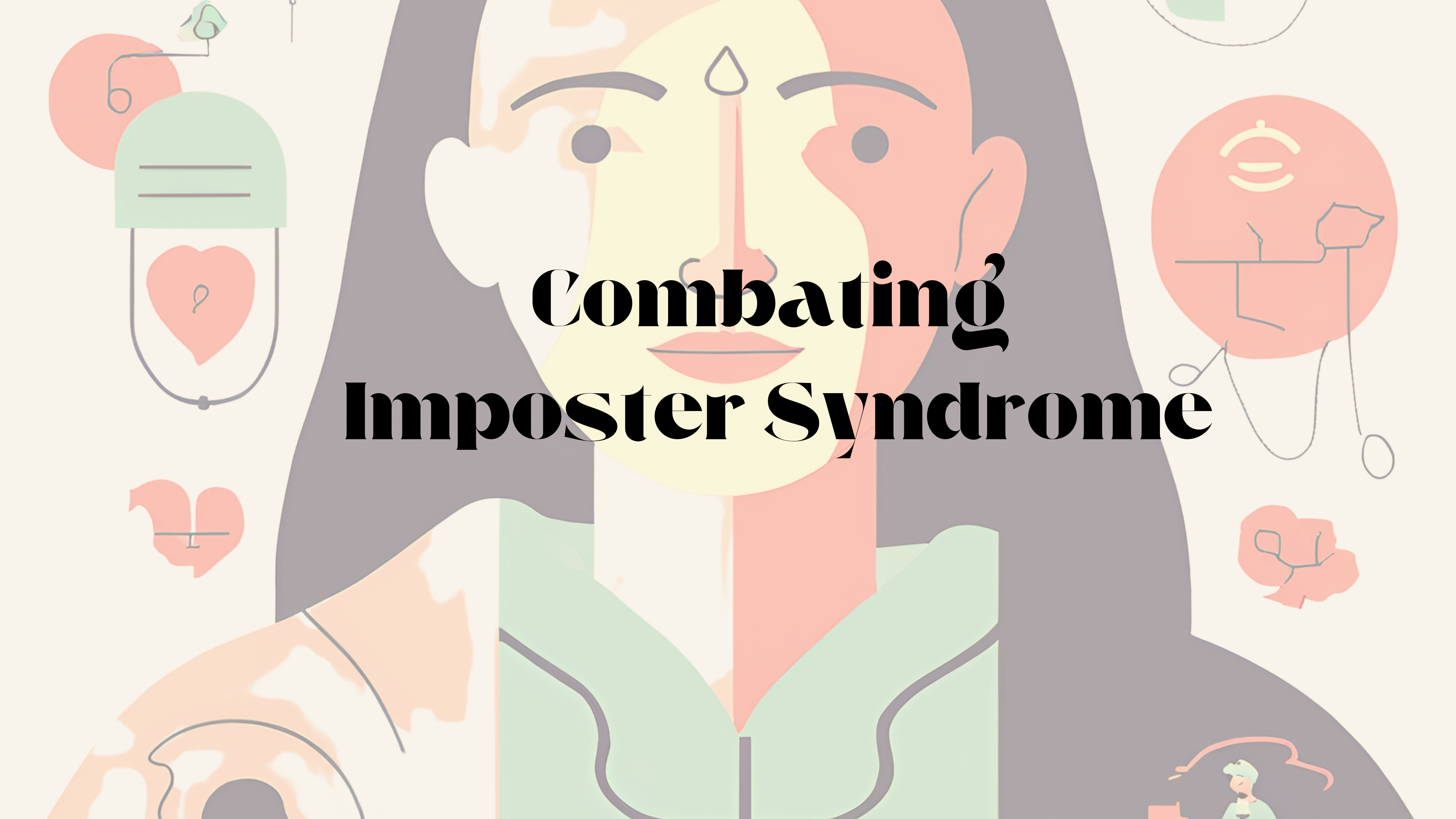
4

**You constantly
compare your
success to others.**



**“ Conceal don’t feel,
don’t let them know.”**

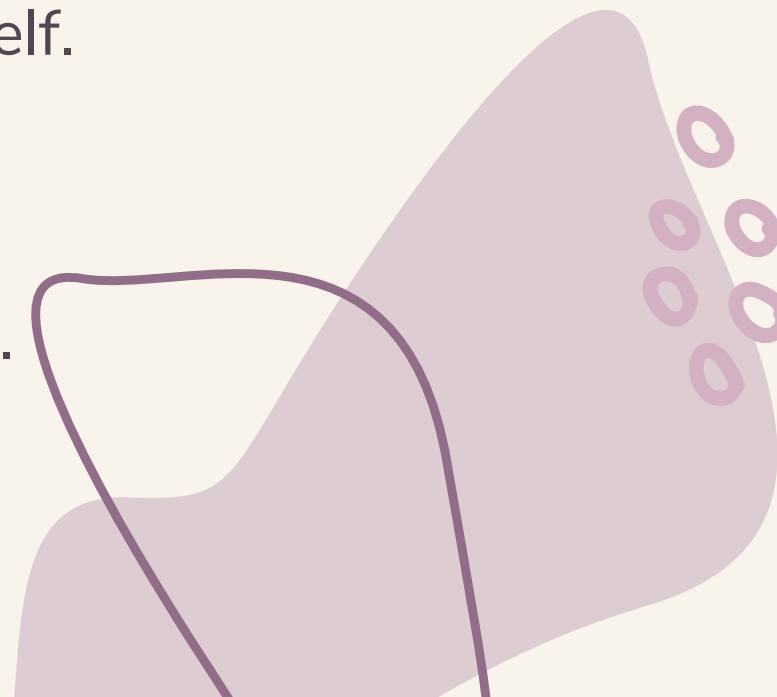
Frozen, Let It Go.

A stylized, abstract illustration of a person's face. The face is composed of various colored regions: a large yellow area for the forehead and nose, a large red area for the cheeks and chin, and a large grey area for the hair and neck. The eyes are simple black dots, and the eyebrows are curved grey lines. A single red teardrop is falling from the bridge of the nose. The mouth is a simple red line. Surrounding the face are several medical and emotional symbols: a green heart rate monitor on the left, a red heart with a pulse line, a red circle with a yellow smiley face and a stethoscope on the right, a red heart with a pulse line on the bottom left, and a red heart with a pulse line on the bottom right. The background is a light beige color.

Combating Imposter Syndrome

COMBATING IMPOSTER SYNDROME

- Talk about it & share your experiences.
- Collect & revisit positive feedback.
- Document challenges and successes objectively.
- Acknowledge your feelings & be kind to yourself.
- Embrace challenges.
- Remember: perfection isn't the goal, growth is.





**YOU ARE NOT HERE TO
BE PERFECT.**

**THE GOAL IS NOT TO
MAKE MISTAKES, BUT TO
MAKE BETTER MISTAKES.**

THANK YOU!

