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Am I Good Enough?

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Am I good enough?

Jacob Garwood, ‘20 and Emma Krall, ‘22 -- La Salle Honors Council
In Association with Dr. Whitney Howell
Quiz Time!

- Dr. Pauline Clance first coined the term imposter syndrome

- She has also developed a self-evaluation to determine if someone has imposter characteristics
Some accepted definitions

- An inability to internalize and accept accomplishment or accolades - Psychology Today
- Feeling inadequate or incompetent in a certain setting - The Muse
- Fear that you’ll be outed as a fraud - Time
- Attributing success to luck - SAGE Encylopedia
What do you think it is?
Who commonly has imposter syndrome

- As many as 70 percent of people feel like an imposter at some point in their life. - Jaruwan Sakulku
- Women
- Minorities
- College students
- In a study of minority college students, Dr. Kevin Cokley found that “Impostor feelings were stronger predictors of mental health than minority status stress.”
Let's discuss

In small groups around you, take a few minutes to discuss the following:

● How does imposter syndrome manifest itself

● When or where might imposter syndrome be heightened
How to combat Imposter Syndrome

- Acknowledge its existence
- Join an affinity group; find a mentor; document your success - Kristin Wong
- Recognizing that being “perfect” is unrealistic
- Also be aware of the difference between imposter syndrome and diagnosable anxiety and depression
- What other ideas do you have?
So, are you good enough?

yes.
Articles Referenced

- Psychology Today
- The Muse
- Time
- Jaruwan Sakulku
- Kevin Cokley Study
- Kristin Wong