



UNDEB ABER

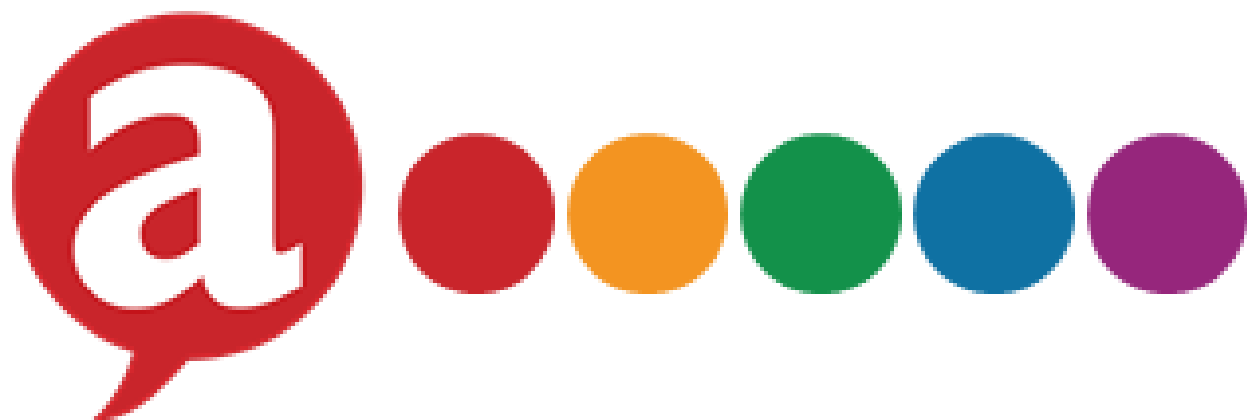
**SU Elections: Information
Sessions**

**Tackling
Imposter
Syndrome**



Contents

- **Past Candidates Diversity**
- **What is Imposter Syndrome?**
- **Do I Have it?**
- **How to overcome it**
- **building positive emotions; a reflective exercise**

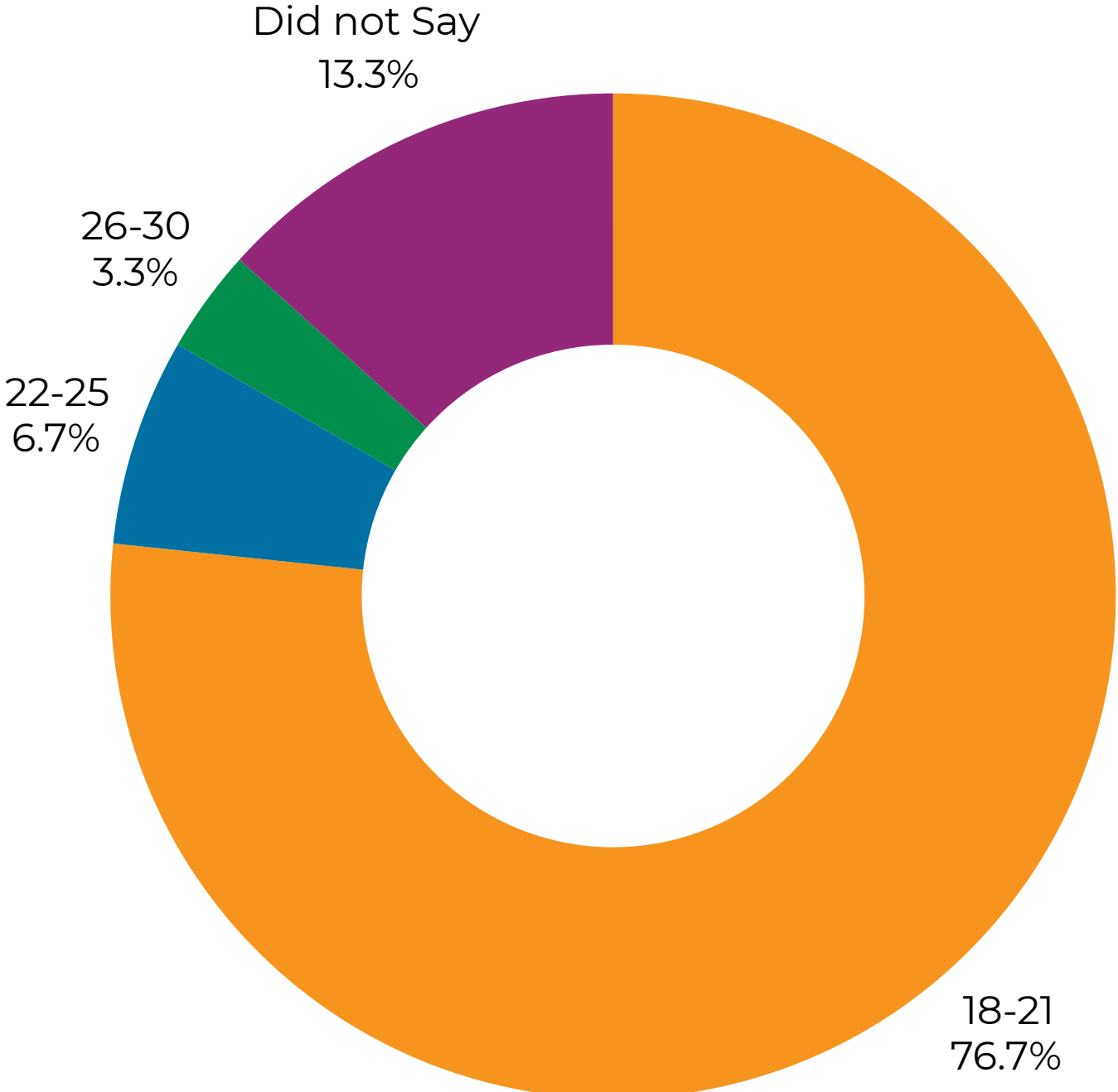


Introductions

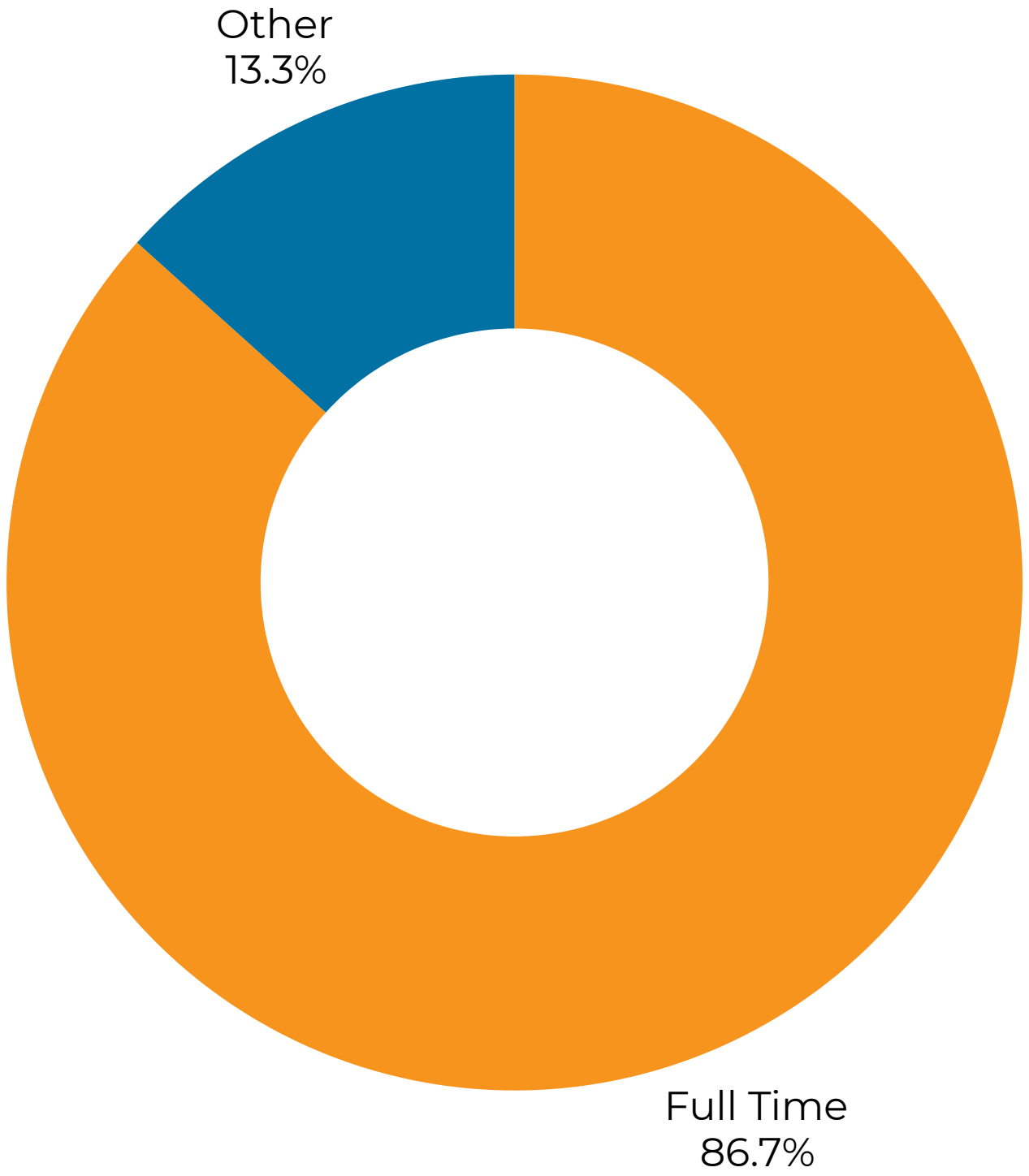
- **What is your name?**
- **What is your involvement with the Students' Union?**
- **Why did you choose to attend today?**
- **What would you like to get from today?**



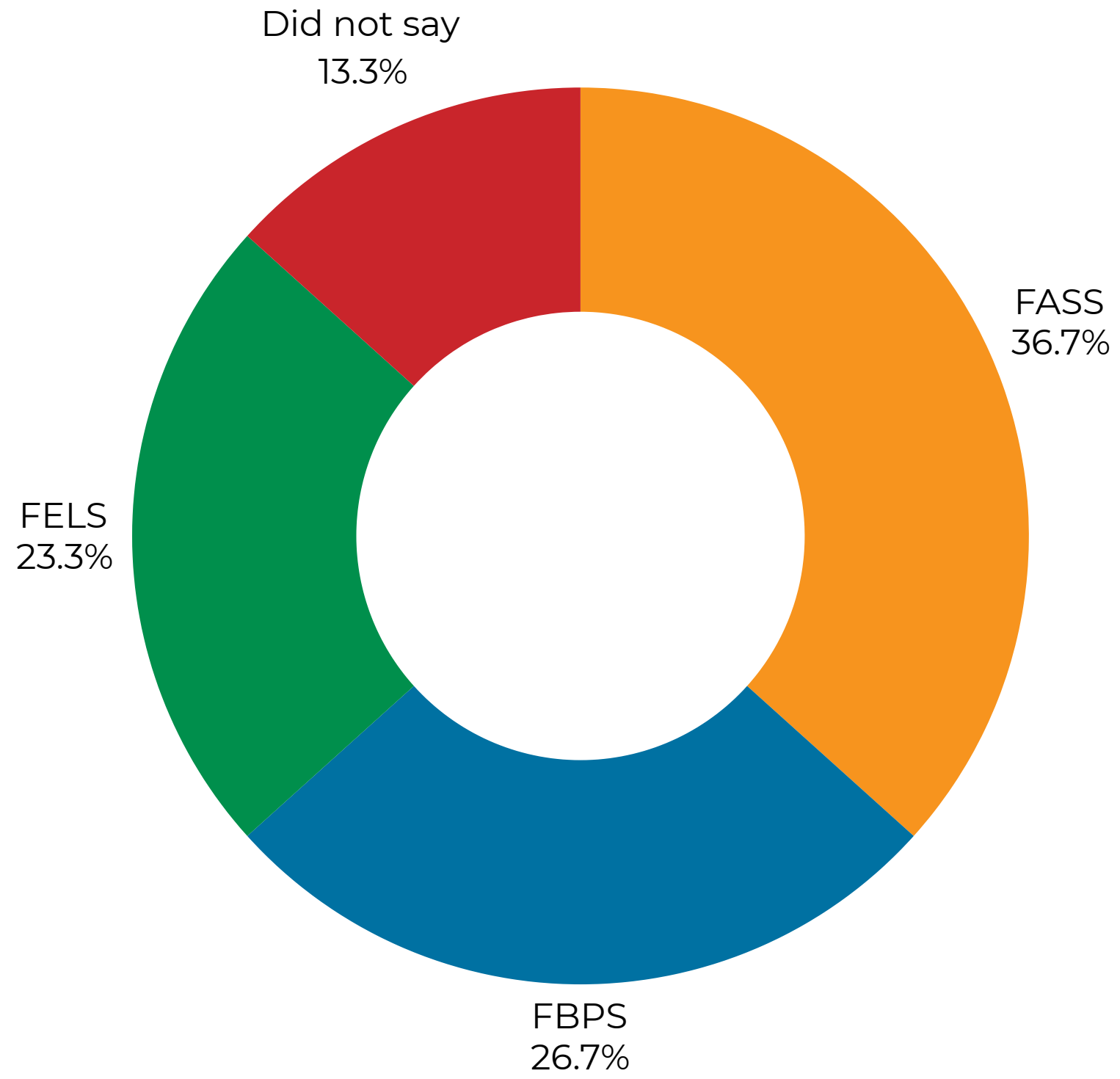
Age Range



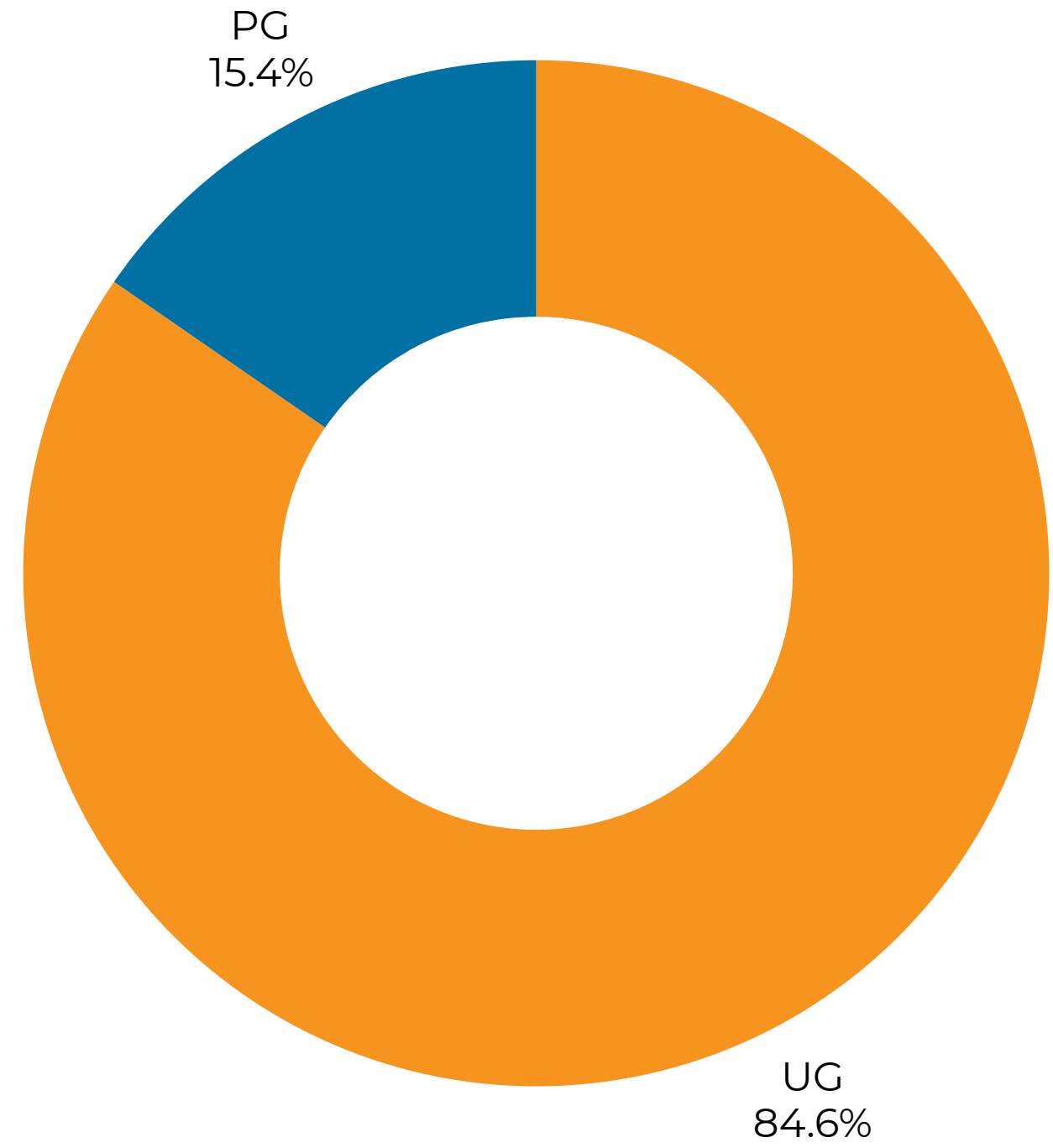
Mode of Study



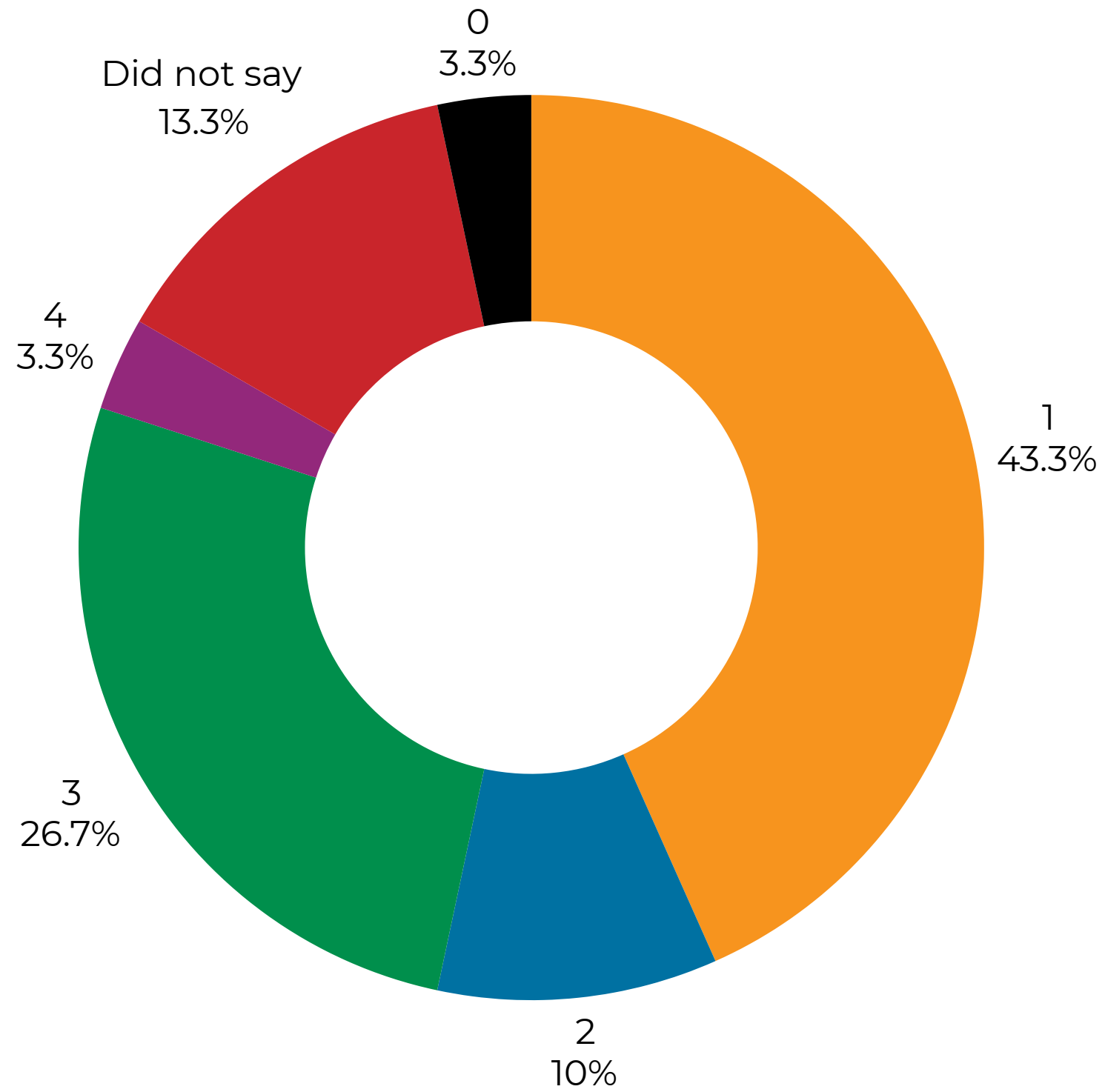
Faculty



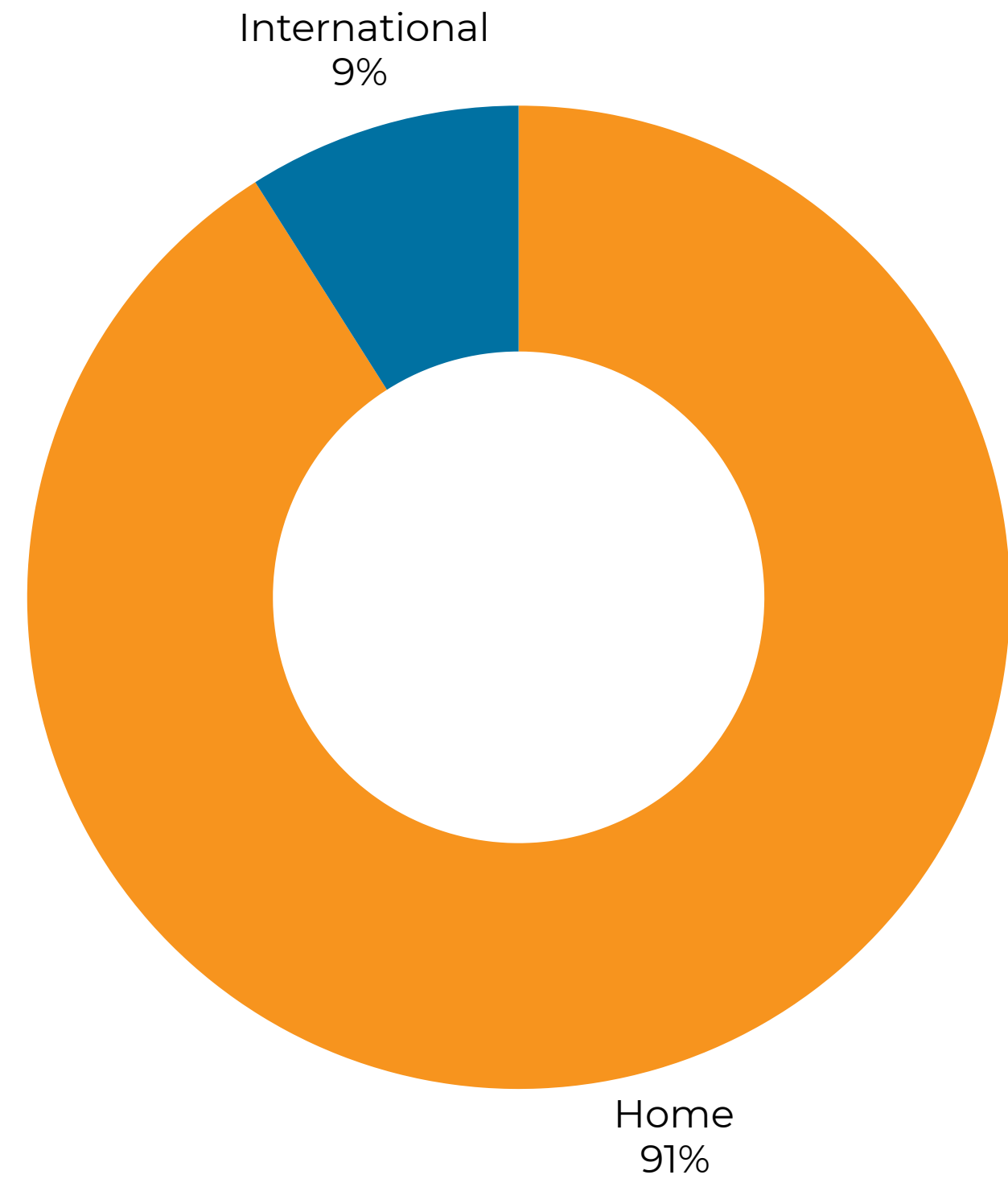
Student Type



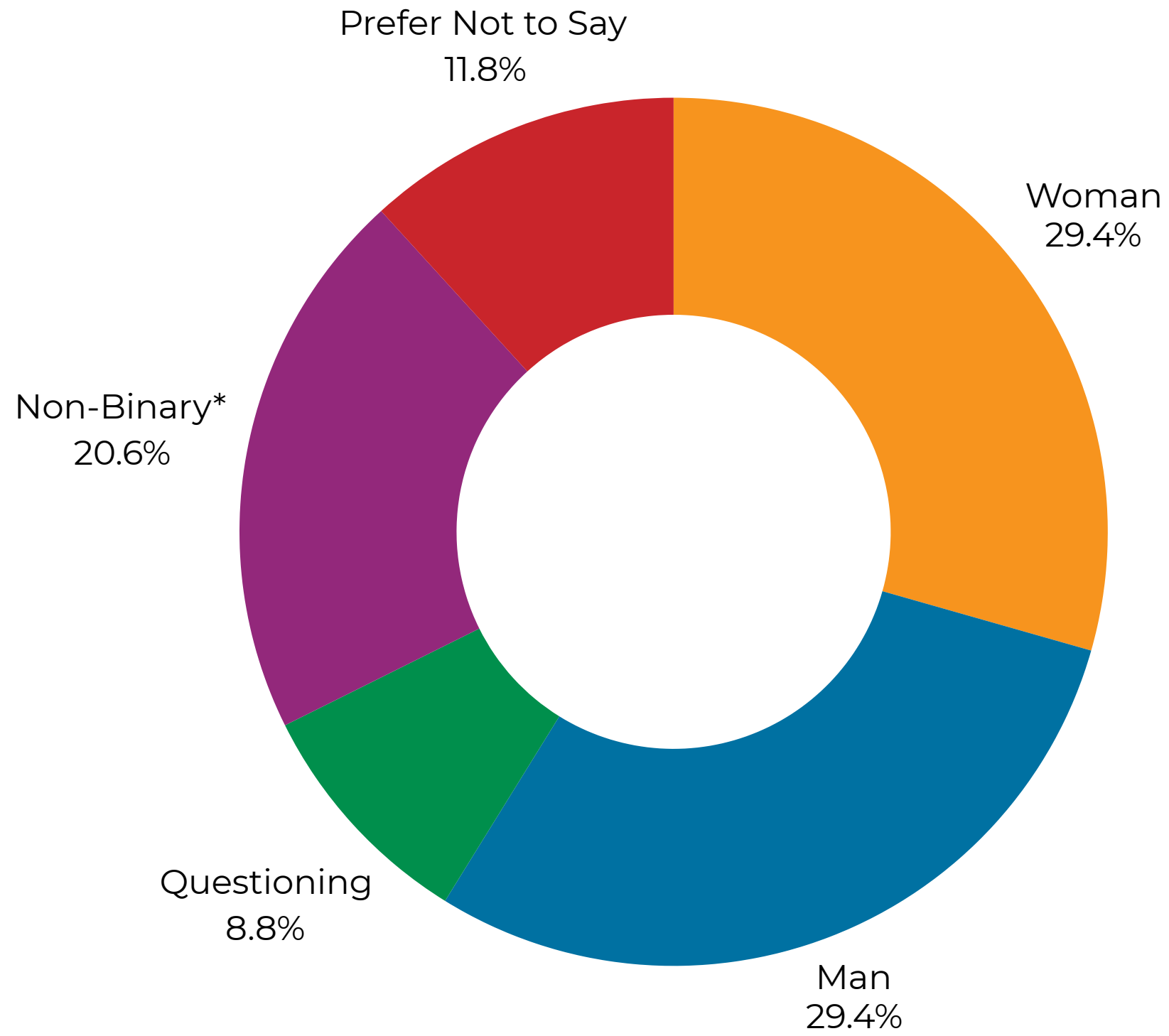
Year of study



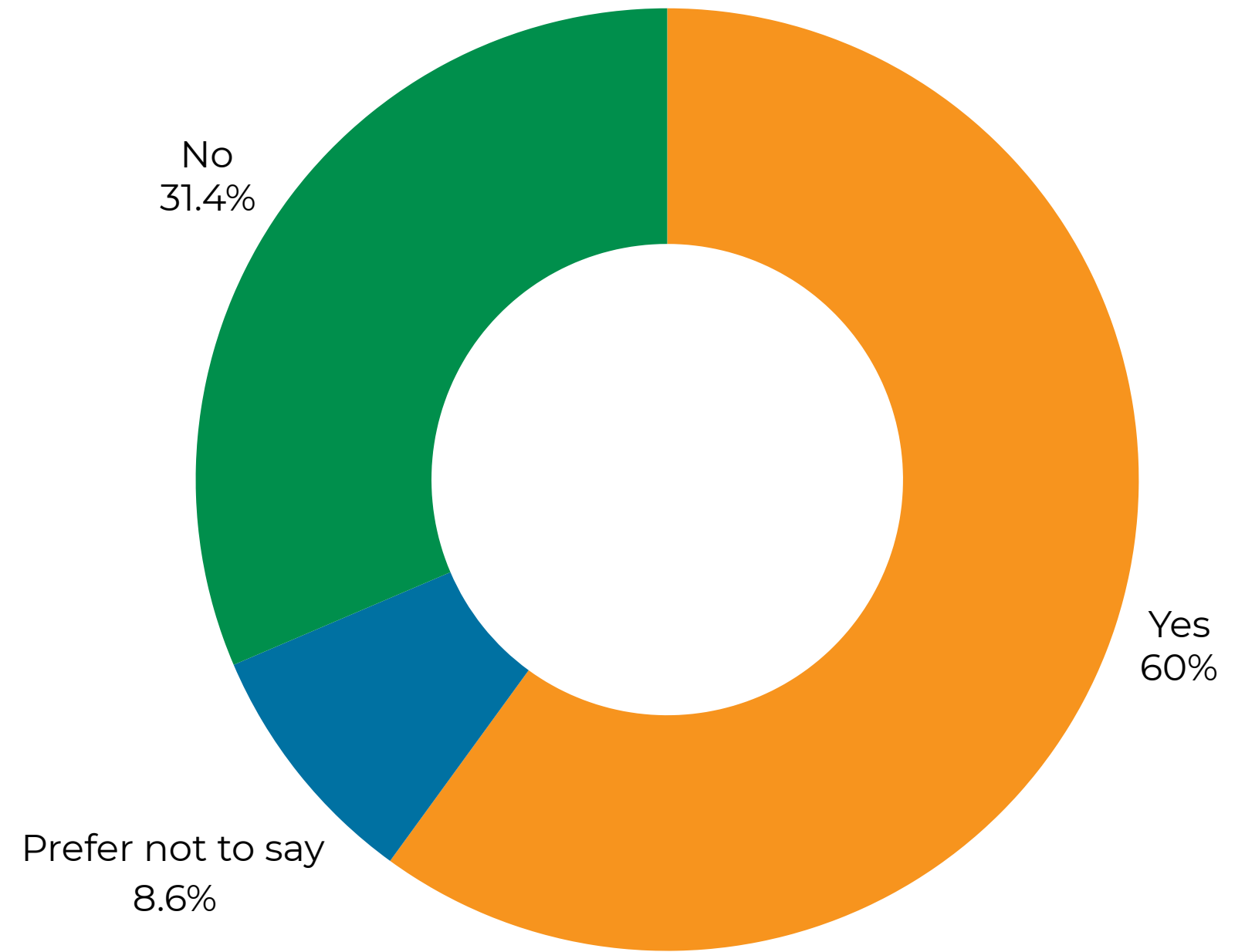
International Students



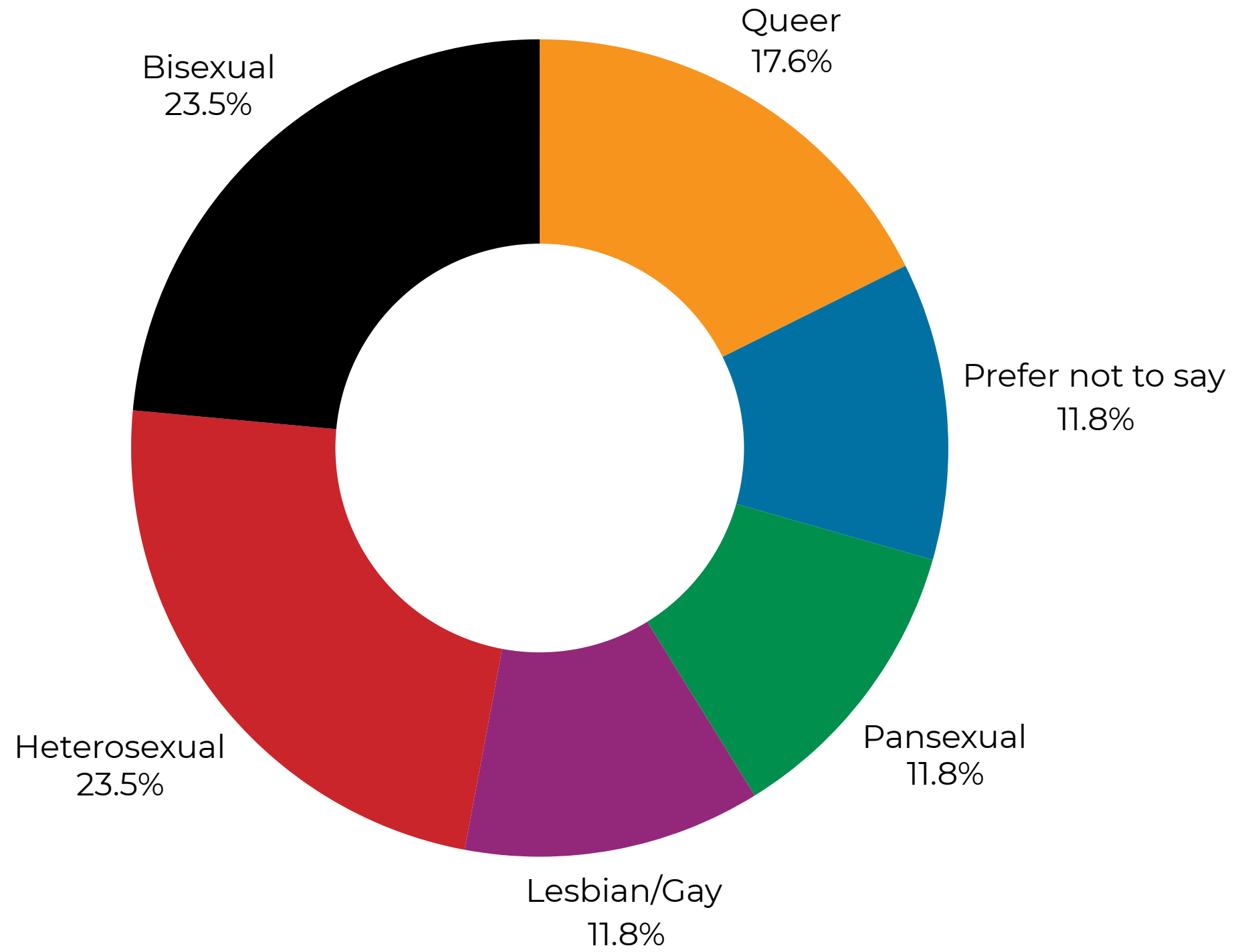
Gender



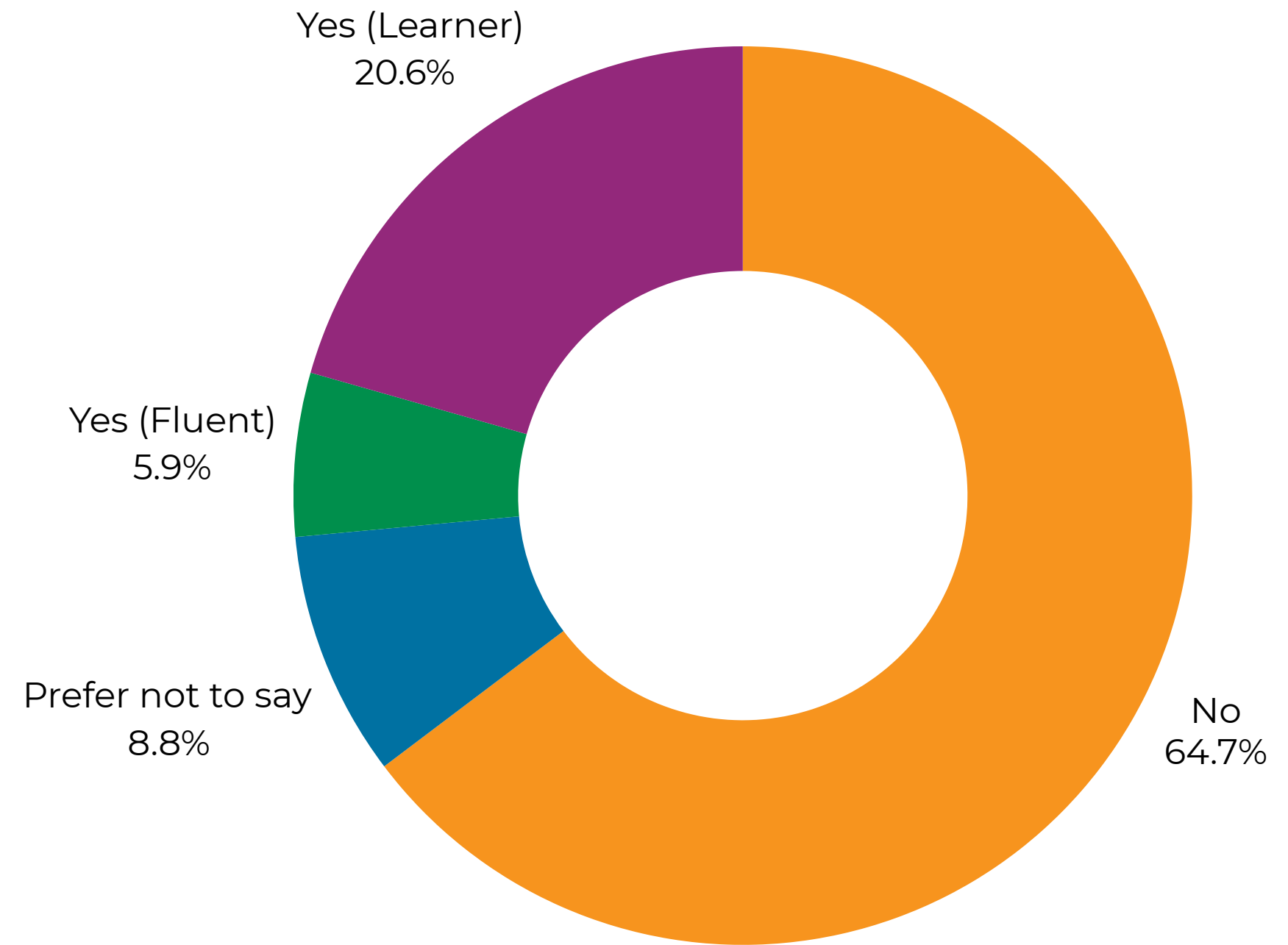
Is the Gender the same as assigned at birth



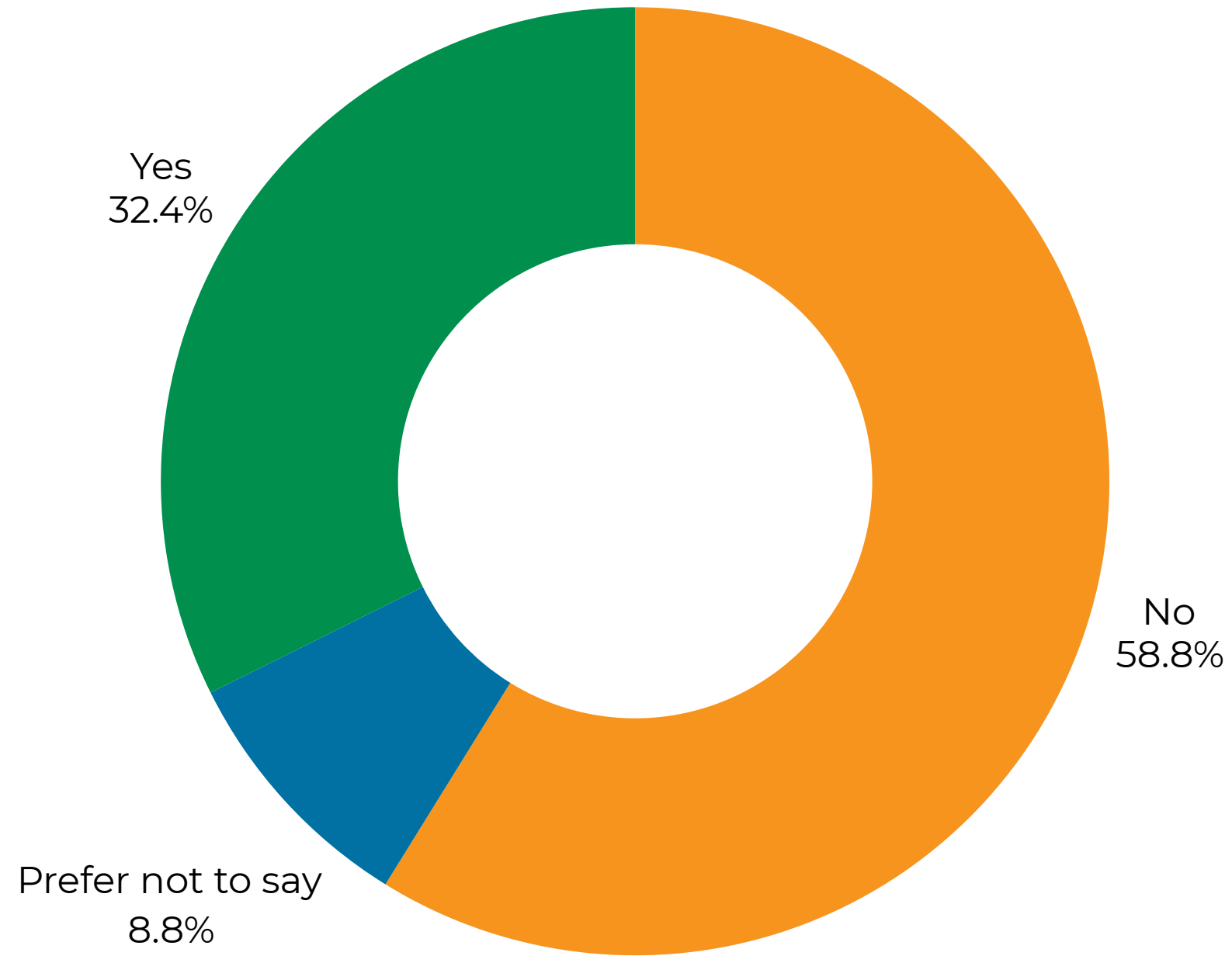
Sexuality



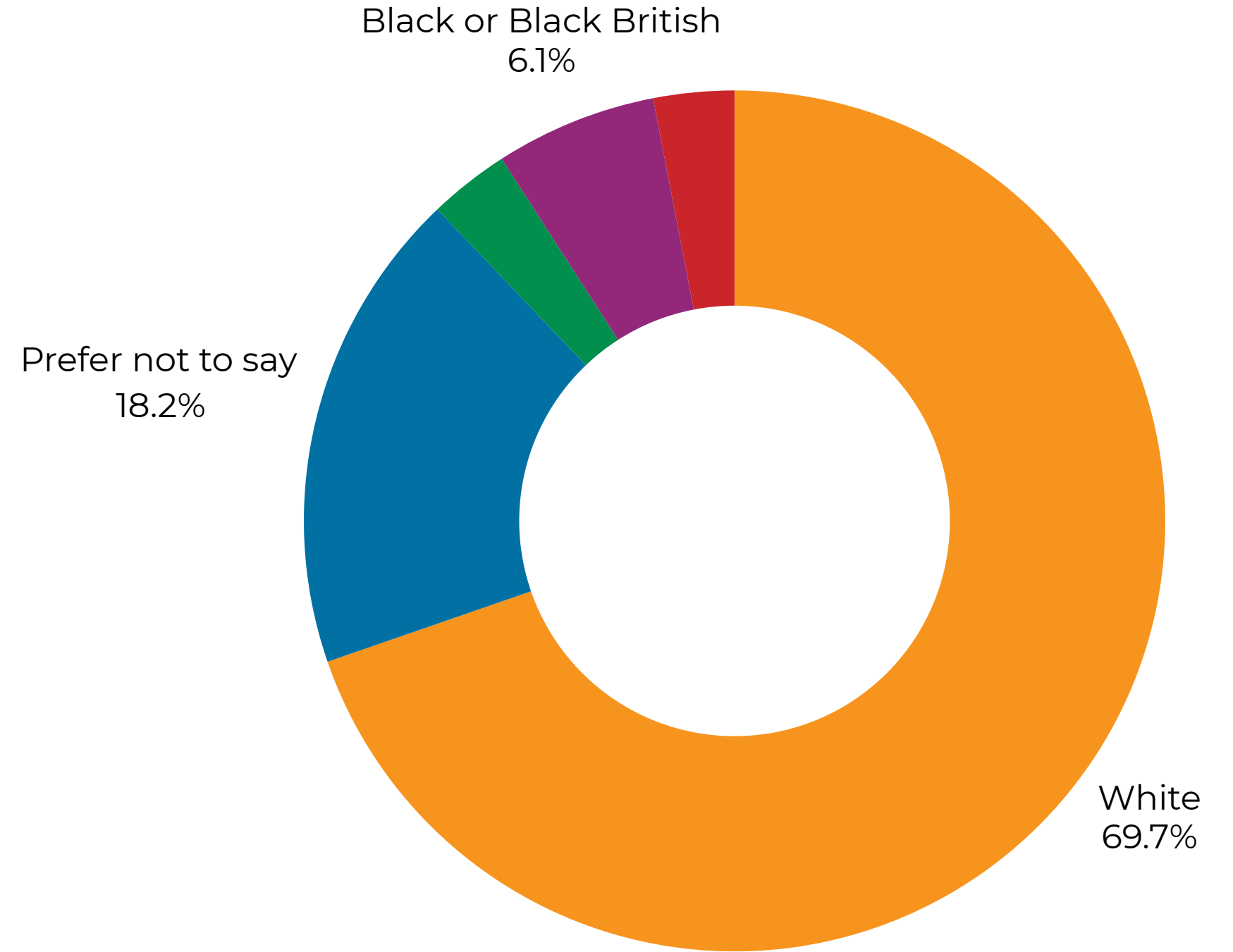
Welsh Speaking



Declared a Disability



Ethnic Group



Imposter Syndrome: What is it?

According to psychologists Joe Langford and Pauline Clance (1993), imposter syndrome is the idea that our “accomplishments came about not through genuine ability, but as a result of having been lucky.”

Bravata et al. suggest that imposter syndrome describes high achievers who “despite their objective successes, fail to internalize their accomplishments and have persistent self-doubt and fear of being exposed as a fraud or imposter.”

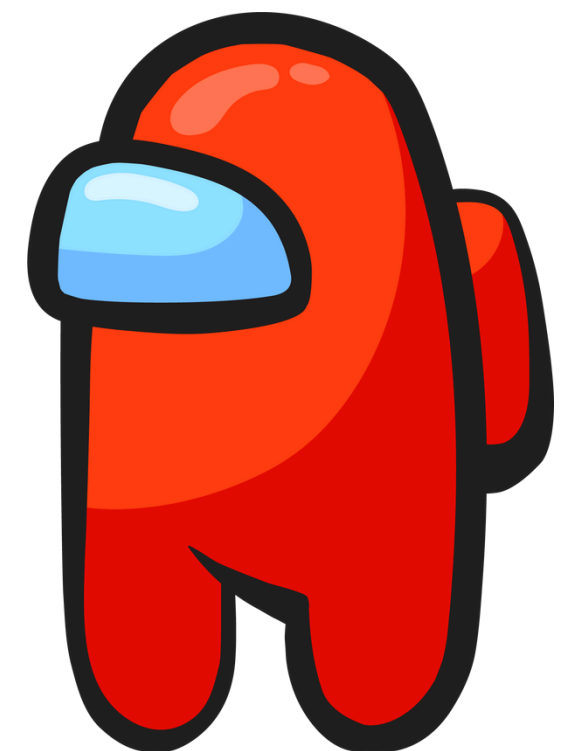
But while research focuses on high-achieving individuals, what about the rest of us? Aren't we all plagued by questions such as:

Am I good enough?

Why should anyone listen to me?

Doesn't everyone know more than I do?

Put simply, we think we are fake.



What is it?

Early research by Gail Matthews and Pauline Clance (1985) suggested treating imposter syndrome by validating patients' doubts and fears and providing group therapy to overcome associated feelings of isolation.



Indeed, we may feel that success is an all-or-nothing endeavor and experience stress when we do not live up to our overly harsh expectations. We need to let go of such self-criticism and ask ourselves, does that thought help me or make matters worse?

Instead, we must learn to think like a non-imposter, value constructive criticism, seek help when needed, and share uncertainty with our peers.



Imposter syndrome sounds like:

“I don’t want to be presumptuous. Who am I to tell people what to do? I don’t even know what I am doing!”

“I don’t have the training or expertise to apply for that job.”

“I’m not ready for that high-level position. There are so many people who would be better than me.”

“Even when I have something important to say, I feel like I am the last person that anyone would want to hear from.”



Lets Try

For each question, please circle the number that best indicates how true the statement is of you. It is best to give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over.



Scoring

If the total score is 40 or less, the respondent has few Impostor characteristics; if the score is between 41 and 60, the respondent has moderate IP experiences; a score between 61 and 80 means the respondent frequently has Impostor feelings; and a score higher than 80 means the respondent often has intense IP experiences. The higher the score, the more frequently and seriously the Impostor Phenomenon interferes in a person's life.



How can we overcome Imposter Syndrome?

Success in addressing, or at least reducing, imposter syndrome most likely results from supporting our internal constructs and can be helped through a focus on:



- Growing positivity**
- Adopting a growth mindset**
- Practicing visualization**
- Use of positive self-talk**
- Utilizing mindfulness**



 **Adopting positive coping mechanisms**

Building Positive Emotions

Reflection Exercise



Hope

When have you felt full of optimism and hope?

When have you feared the worst but still believed something good would happen?

When have you found an inventive way to try and create a better future?

Awe

When have you felt the intensity of awe for your surroundings?

When have you felt overwhelmed by beauty and greatness?

When have you felt that you are part of something much larger?

Gratitude

When have you felt most grateful for someone or something?

What do you treasure most in life?

When do you feel most like giving back?



Serenity

When have you felt most at peace?

When do you feel most relaxed?

When do you feel like savouring the moment and the experience?

Inspiration

When are you most inspired?

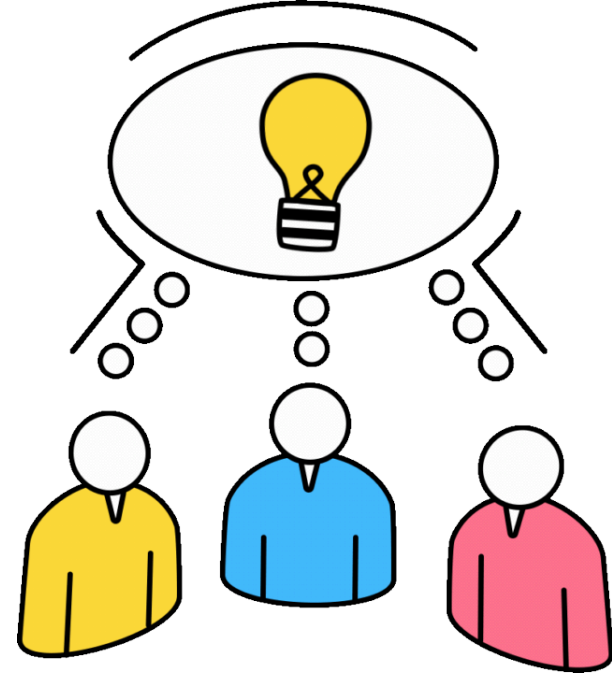
When did you most experience excellence?

When did you most experience the urge to do your best and reach the next level?

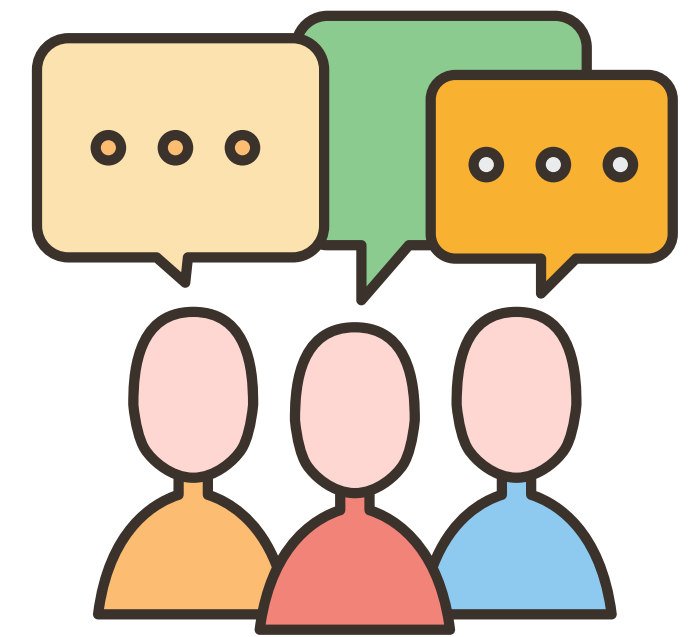


Questions?





AGM **(The Big Meeting)**



**Monday 10th March @6pm in the Student's Union
Main Room**

**We need 100 students to attend to allow
it to go ahead - tell everyone you know!**



**Great chance to see Studnet's Union democracy take
place!**