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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 Encylcopedia



Cartoon from XKCD
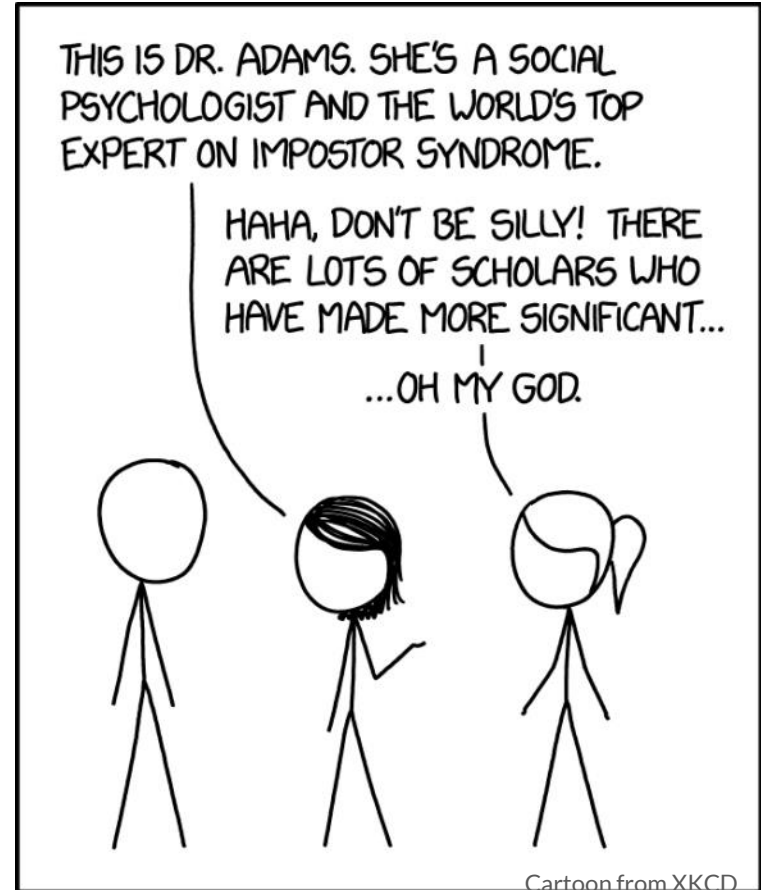
# What do *you* think it is?

# 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."
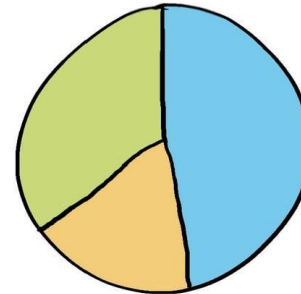


PEOPLE WHO GET IMPOSTER SYNDROME

OTHER PEOPLE WHO GET IMPOSTER SYNDROME

LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

EVERYONE FEELS LIKE AN IMPOSTER SOMETIMES, AND THAT'S OKAY
ErrantScience.com

# 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](#)