

6 WAYS TO COMBAT IMPOSTER SYNDROME



Own Your Worth!

1

CREATE A “BRAG SHEET”



Take the time to recognize and celebrate your achievements, no matter how small they may seem. Keep a “brag sheet” of your successes and remind yourself of your capabilities and contributions.

2

CELEBRATE YOUR CULTURAL IDENTITY

Embrace and celebrate your cultural identity as a source of strength and resilience. Your unique background and experiences contribute to your perspective and enrich your contributions in academic and professional settings.



3

CHALLENGE STEREOTYPES AND INTERNALIZED BIAS



Recognize and challenge stereotypes and biases that you may have internalized about your abilities and worth. Remind yourself that your identity does not determine your competence or potential.

4

SEEK OUT ROLE MODELS AND MENTORS

Look for individuals within your community who have achieved success despite facing similar challenges. Connect with them for guidance, support, and mentorship. Seeing others who have overcome imposter syndrome can inspire and empower you.



5

SEEK SUPPORT

Don't be afraid to reach out to friends, family members, mentors, or colleagues for support and encouragement. Talking about your feelings of imposter syndrome with others who understand can help you gain perspective and realize that you're not alone in experiencing these feelings.

6

PRACTICE SELF-COMPASSION

Be kind and compassionate to yourself, especially when you're experiencing feelings of self-doubt or failure. Treat yourself with the same kindness and understanding that you would offer to a friend facing similar challenges. Remember that it's okay to make mistakes and that you are worthy of success and happiness just as you are.



YOU GOT THIS!!!



B.I.P.O.C.
Multicultural Center

FOOTHILL COLLEGE

Challenging Stereotypes and Internalized Bias



B.I.P.O.C.
Multicultural Center

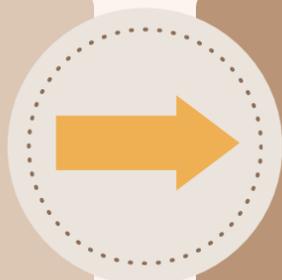
FOOTHILL COLLEGE

*You Are Your Own Greatest
Advocate*

THOUGHTS

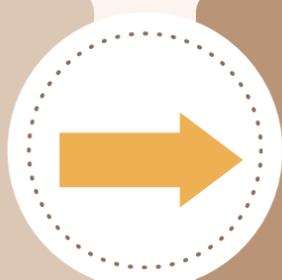
CHALLENGES

I don't belong here. I'm only admitted because of affirmative action or diversity quotas.



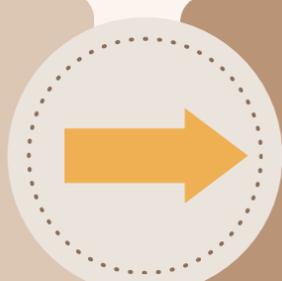
I earned my place in this institution through my hard work, achievements, and unique perspectives. My presence contributes to the diversity and richness of the academic community.

I feel like I have to work twice as hard to prove myself because of my race/ethnicity.



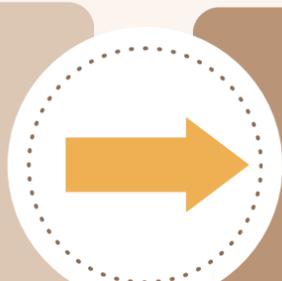
While I may face additional challenges, my perseverance and resilience are strengths that have brought me to where I am today. I am capable of achieving success on my own terms.

I'm afraid of speaking up in class or sharing my opinions because I don't want to be stereotyped or judged.



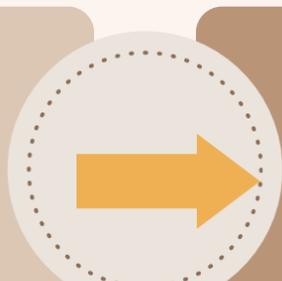
My voice matters, and my contributions to classroom discussions are valuable. By sharing my perspectives, I enrich the learning experience for myself and my peers.

I'm constantly worried that I'll be judged or treated unfairly because of my race/ethnicity.



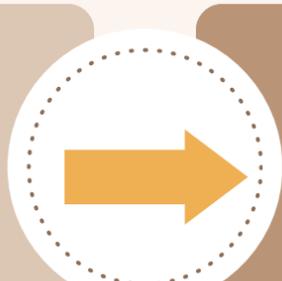
While discrimination and biases exist, I focus on advocating for myself, building connections with supportive peers and faculty, and creating positive change within the academic community.

I'm constantly comparing myself to my classmates who come from more privileged backgrounds. I'll never measure up.



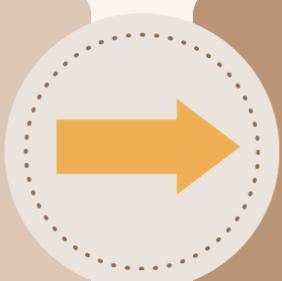
Each student has their own journey and strengths. I focus on my personal growth and progress, celebrating my achievements and learning from setbacks without comparing myself to others.

I feel like an imposter in my field of study or career path because there are so few people who look like me.



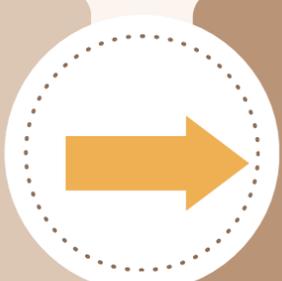
I am a trailblazer and a role model for future generations. My unique perspective and experiences bring value to my field, and I have the power to pave the way for greater diversity and inclusion.

I'm afraid of seeking help or support because I don't want to be seen as incompetent or needy.



Asking for help is a sign of strength, not weakness. I actively seek out resources, support networks, and mentorship opportunities to enhance my academic and personal growth.

I'm afraid to pursue leadership roles or take on challenging projects because I fear failure or scrutiny.



Stepping outside my comfort zone and embracing leadership opportunities allows me to grow and develop valuable skills. I trust in my ability to learn from challenges and setbacks, emerging stronger and more resilient.