

COMBATTING IMPOSTER SYNDROME AT UNIVERSITY



What is imposter syndrome?

Imposter syndrome is when one feels as if they are a fraud despite their achievements. This phenomenon can occur at any point in life, however it is extremely common amongst university students.



Do I have imposter syndrome?

Do you feel as if you are undeserving of your success? Do you feel that you are not good enough, despite your success proving otherwise? These signs, alongside many others, may indicate that you are experiencing imposter syndrome.

“Even the satisfaction of receiving good grades can be tainted by thoughts that I am somehow pretending my way through.”

“[Imposter syndrome] makes me feel like I have to be working all the time, if I am I not working then I deserve to fail. Sometimes makes me more scared of learning than enjoying it.”



How do I combat imposter syndrome?

Combating imposter syndrome can be difficult and looks different for everyone, however here are some strategies based on the research linked below:

- 1) Join clubs and societies: Whether it be a society which celebrates people like you in order to help you feel less alone, or a sport which helps you take your mind off of academics, joining an extra-curricular is a great way to take the focus off of imposter syndrome.
- 2) Set realistic goals: Understand that the jump to university is difficult.
- 3) Try not to compare yourself to other people: Everyone is different, and you deserved your place at university.