

Conversation with Dr. Brown and Dr. Bonaparte

[Part 1: Childhood experiences, environment, biases](#)



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4

What is impostor syndrome?

Impostor syndrome is a psychological pattern in which an individual doubts their skills, talents, or accomplishments and has a persistent internalized fear of being exposed as an "impostor."

Source: Wikipedia

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5

Signs of Imposter Syndrome

EMPLOYEE OF THE MONTH



Afraid of being outed as a fraud



Overpreparing



Feeling unworthy of success



Blaming accomplishments on luck

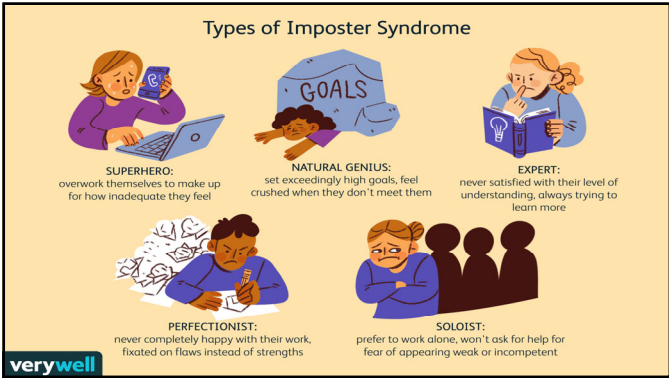


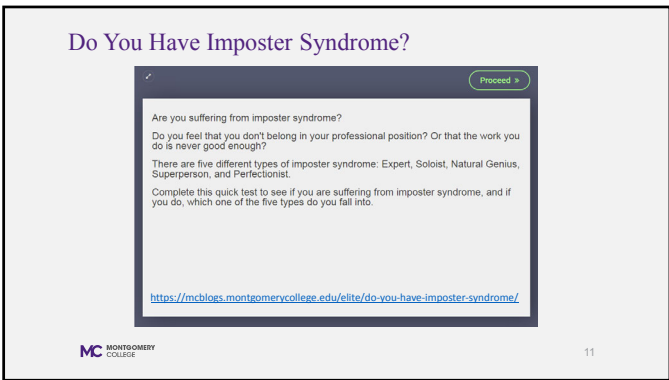
Dismissing positive feedback



Distrusting of others

verywell







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Part 2: Self talk, normalize therapy, walk toward the fear, internal and external forces, how does imposter syndrome manifest itself for students?, importance of feedback and affirmations



Photo by Annie Spratt on Unsplash

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<https://padlet.com/CKCrefton/202215>

13



Conversation with Dr. Brown and Dr. Bonaparte

Part 3: Thought process, point of view, leadership perspective, focus on purpose, and don't make comparisons to others

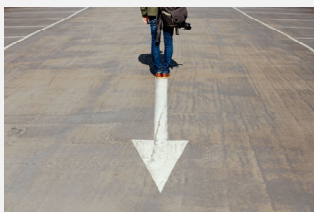
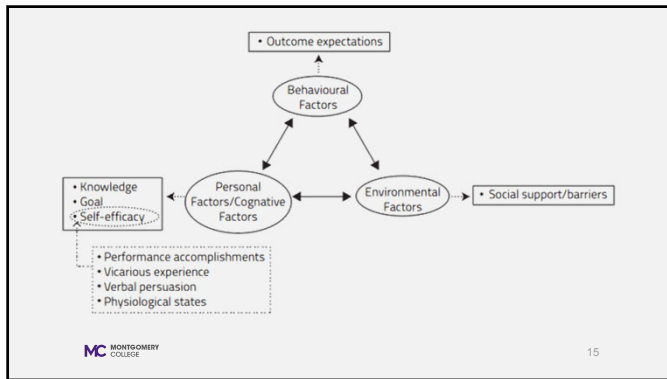


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14



9 Ways to Cope With Imposter Syndrome

Know the signs.	Know you're not alone.	Distinguish humility & fear.
Let go of perfectionism.	Be kind to yourself.	Track your success.
Talk with your mentor and a manager.	Say "yes" to opportunities.	Embrace the feeling.

April 5th – Strategies to Overcome Imposter Syndrome

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The Johari Window

	What I know about myself	What I don't know about myself
What others know about me	1. OPEN AREA What a person knows about themselves and is known by others in the group or team	2. BLIND SPOT What a person does not know about themselves but which others know
What others don't know about me	3. FAÇADE What a person knows about themselves but others do not know	4. UNKNOWN What is unknown by the person about themselves and is unknown by others

Before we meet on April 5th – Complete this self-awareness exercise
<https://padlet.com/ddacost8/8s4vjinne1hoh9e1f>

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