

Pre-reading questions for Imposter Syndrome reading and discussion

The blog post you are about to read talks about imposter syndrome and how it manifests among individuals who are pursuing scientific careers in academia. While this reading talks specifically about how scientists encounter and deal with imposter syndrome, these sorts of thoughts and behaviors occur in many individuals from a wide range of careers (as is seen in the example of the actors). For the parts that get a little overly specific to science and pursuing a career in academia, try to think about how these sorts of attitude might manifest in your coursework or in the field you plan to pursue. Also, while reading the post, keep in mind that this a real phenomenon that has been shown to exist and if you've ever had these sorts of thoughts, you are definitely not alone.

As you read this material, please consider the following questions and prepare to have an open discussion with the rest of the class:

- Is there anything you find particularly interesting in the reading?
- Are you surprised to learn that people feel this way?
- Have you had any personal experiences that resonate with the reading that you would like to share?
- Is there anything that you took away from the reading that you think might help to avoid the feelings and negative effects of imposter syndrome?
- Can you think of any ways that you might be able to help your peers to deal with imposter syndrome?
- Not everyone handles imposter syndrome in the same way, can you think of ways in which others might handle imposter syndrome differently than you?

After we all complete the reading, we will have a open classroom discussion about these questions and any others that came up while you read the blog post.

If you're interested in learning more about imposter syndrome, please let me know and I will happily point you in the direction of additional materials. I am also happy to talk about issues related to this topic in office hours.