



SRA INTERNATIONAL
ANNUAL MEETING
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OCTOBER 26-30

What Is Going On? Tackling Imposter Syndrome



October 29, 2024
9:00 AM - 10:00 AM

Your Presenter

OXY Occidental
College



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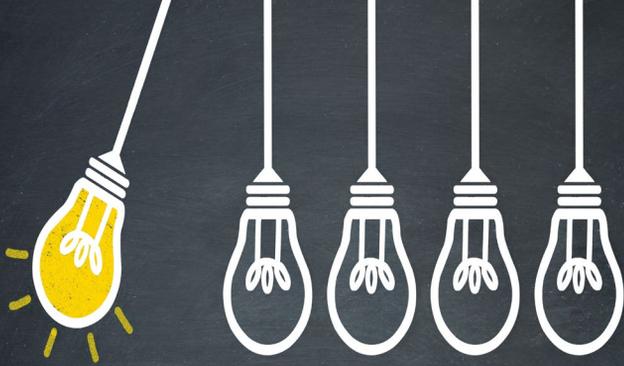
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WHAT WILL I LEARN?



- Learn to recognize the signs of Imposter Syndrome
- Learn strategies on how to combat Imposter Syndrome and changing your mindset.

What is **IMPOSTER SYNDROME**?

Imposter Syndrome is the **internal experience** of believing your accomplishments were manifested out of luck, rather than skill.



- ❖ In the 1970, two psychologists, Drs. Pauline Rose Clance and Suzanne Imes coined "Imposter Syndrome"

IMPOSTER SYNDROME

- Having the feeling of being a **fraud or a fake**.
- Not feeling accomplished, not good enough, or incompetent
- More attuned to other people's perceptions and feelings
- Doubting your abilities
- Extreme lack of self-confidence
- Feelings of inadequacy
- Constant comparison to other people
- Anxiety
- Self-doubt - Fear
- Distrust in one's own intuition and capabilities
- Negative self-talk

Do you think you have experienced Imposter Syndrome?



Impostor syndrome is not a recognized psychiatric disorder but it can be linked to mental health. Medical experts say it may lead to depression, anxiety or even impair work performance.



LET'S TALK

What can trigger Imposter Syndrome?

- Contemplating filling out a job application
- Job burnout
- Toxic work environment
- Being promoted quickly
- Being out of your comfort zone
- Public Speaking
- Being the “only one” or minority in a space



**CONSIDER
THIS YOUR
TRIGGER
WARNING**

YOU are not ALONE!

- ✓ About **70% of people will experience imposter syndrome in their lives**, research has indicated. (Forbes, 2023)
- ✓ A KPMG study finds **75% of female executives** across industries have experienced imposter syndrome in their careers. (Forbes, 2023)
- ✓ A frequently cited statistic (*Journal of Behavioral Sciences*) suggests that **nearly 70% of people have entertained impostor thoughts** at least at one point in their careers. (Harvard Business Review, 2022)

“ I still have a little impostor syndrome. It doesn't go away, that feeling that you shouldn't take me that seriously. What do I know? I share that with you because we all have doubts in our abilities, about our power and what that power is ”

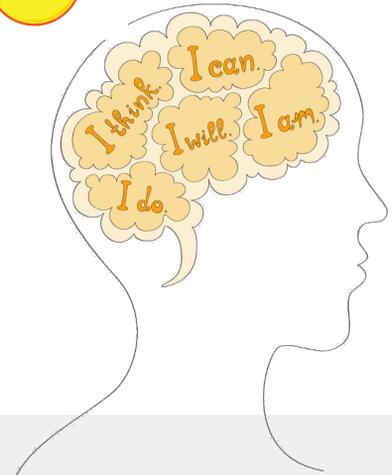
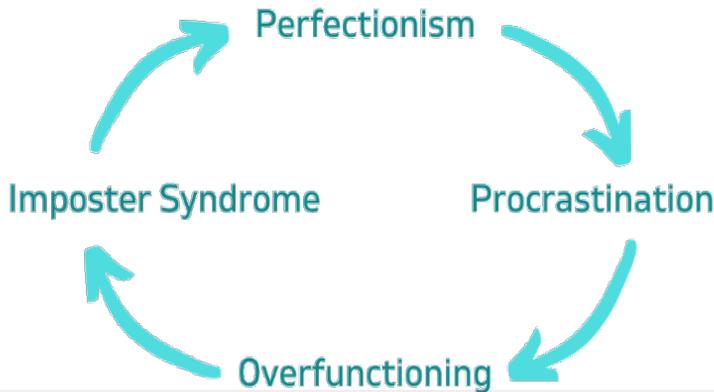
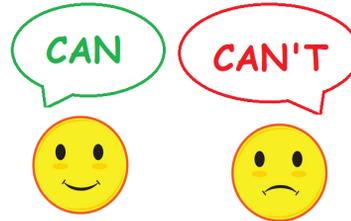


Michelle Obama

Tips to combat Imposter Syndrome



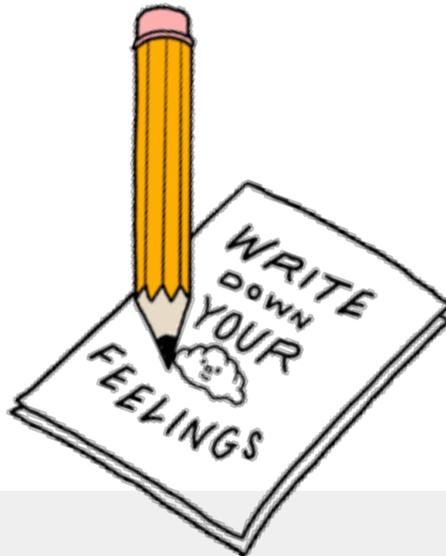
- Reconsider your perception of failure
 - Start to question your excuses, fears and thoughts and know you don't have to believe everything you think.
- Let go of Perfectionism
- Be aware of your self-talk



Tips to combat Imposter Syndrome

- Be transparent with your feelings, chances are others feel the same
 - Recognize that you're experiencing it
 - Find your support system and share your feelings

♡ your ♡
FEELINGS
are valid



Tips to combat **Imposter Syndrome**

- Pursue your goal relentlessly regardless of what you feel
 - Don't get distracted by what other people are doing
- Write and surround yourself with AFFIRMATION statements
- Take a moment to truly **CELEBRATE** when you have achievement, big or small



"BELIEVE YOU
CAN AND
YOU'RE
HALFWAY
THERE."

- Theodore Roosevelt

**THANK YOU
and
I appreciate your feedback!**