

Overcoming Academic *Impostor Syndrome* When Applying to Graduate School

Graduate school usually comes with high expectations and competitiveness to achieve success, which gives rise to impostor syndrome. When judgments are made based on your merit, oftentimes students question whether or not they really belong and if they're actually ready for the challenge. In this workshop through interactive activities and dialogue, students will learn how to deal with the fear of new responsibilities and unfamiliar environments, how to avoid comparison, falling into the social media trap, the value of constructive criticism, and how to handle not making the cut. See how you can build personal confidence in your abilities and become a successful graduate student.



CSUDH

OFFICE OF
UNDERGRADUATE
RESEARCH

OCT 10

2:30-3:30 PM

LSU 320

Facilitated by
Professor Monique Turner,
Department of Psychology