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Objectives

- Define the Imposter Syndrome via one's own experiences and knowledge.
- Associate Imposter Syndrome not with a negative experience but a positive experience.
- List 3 methods to harness the feelings associated with Imposter Syndrome for success as either a faculty member, student, or professional.

What is imposter syndrome?

Imposter Syndrome is a real experience. Many faculty and students' express feelings of inadequacy and failure almost daily. COVID-19 exacerbated these experiences via isolation, remote teaching, and remote learning experiences. During this poster session, the use of storytelling and narrative methods will be explored to potentially overcome and embrace the imposter syndrome. We will also discuss how embracing those feelings associated with the Imposter Syndrome can be harnessed to increase production, knowledge, and even wisdom which are all needed for success as either a faculty member or student.



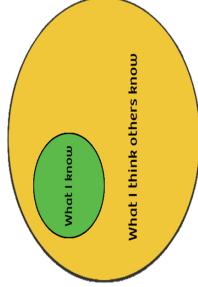
People of Color feelings, expressions, etc.

Intense feelings and thoughts of intellectual and/or professional fraudulence despite verifiable achievements.

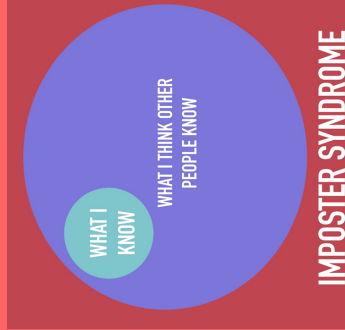
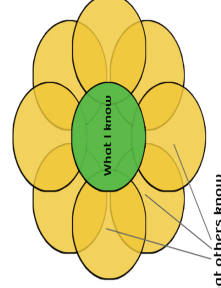
Doubt



Imposter Syndrome



Reality



Using Reflection

- Identify what is causing self-doubt
- Break the silence; you are not alone in your feelings
- Identify what is worrying you – is it your credibility?
- Practice self-awareness
- Distinguish humility & fear
- Be kind to yourself
- Embrace the feeling
- Say “yes” to opportunities
- Track your success

Using Narration

Can be done as a digital learning experience
 Can combine traditional narrative with visual arts and interactivity
 Participants make meaningful decisions that share the story's outcome based on overarching theme usage.
 Participants can write their own stories with the outcomes they want. Their actions and decisions guide the outcome.
 Writing one's one story is a transformative experience.

Using Storytelling

Stories have the power to engage and inspire in a memorable way.
 The connections they make with people are cultural, personal, and meaningful.
 Storytelling can help push a fixed mindset aside.
 When we tell stories, it's natural for details to emerge in the story. It's essential for moments of transformation and realization.
 It can be uncomfortable, however, but it can also be a transformative experience.
 Telling one's personal experiences in classrooms has enormous benefits for students who may feel alienated or marginalized or long to have a greater personal connection (Gay, 2018).

References

