

# We Want It All: A look into the paths of career womxn.

PRESENTERS:

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Where do you belong?



<https://youtu.be/hd9CUS23URk>

# What is Impostor Syndrome?

IMPOSTOR SYNDROME CAN BE DEFINED AS A COLLECTION OF FEELINGS OF INADEQUACY THAT PERSIST DESPITE EVIDENT SUCCESS. 'IMPOSTERS' SUFFER FROM CHRONIC SELF-DOUBT AND A SENSE OF INTELLECTUAL FRAUDULENCE THAT OVERRIDE ANY FEELINGS OF SUCCESS OR EXTERNAL PROOF OF THEIR COMPETENCE.

# Women of Color & Their Stories



<https://youtu.be/-aqOX9ir9-s>

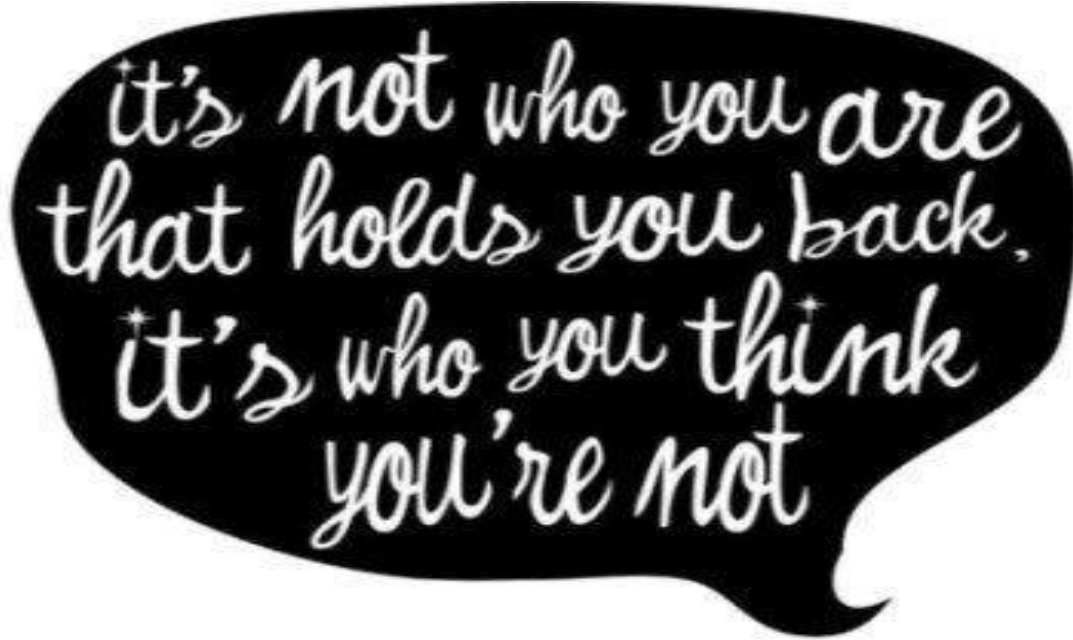
# Reasons for Impostor Syndrome

- Your brain is incredibly smart and it is picking up on all sorts of stereotypes and social cues, whether you realize it or not.
- Stereotypes of who working women are and what working women do.
- Lack of visible role models to identify with.
- Unconscious bias of fellow participant, student, teachers, employers in rating women lower than men, using this as a base for assessing your own performance.

# How can we address the problem?

- Start by acknowledging it.
- Different things will work for different people so pick what works for you, ignore the rest.
- Talk with others about the problem and recognize that you are not alone.
- Learn to recognize self-reinforcing language: just- I was just thinking... I just wanted to say... or I just thought I'd check... along with only, sorry, I think...
- Ask your friends what they think of you/perspective checks
- Ask questions, helps you escape the fear of people finding out you don't know all the answers.
- Realize you aren't perfect.
- Practice accepting compliments.
- Get background information for comparisons.
- Teach others about what you already know.
- Take a moment to be proud of yourself.
- Be Kind to yourself.
- Affirm yourself.

Always remember...



it's not who you are  
that holds you back,  
it's who you think  
you're not