

Grad School

& The Impact of Imposter Phenomenon

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Introductions

- **Name**
- **Preferred pronouns**
- **Role in the program**
- **Fun Question:** A your favorite and least favorite part of UC Santa Cruz?

Being a STEM Student at UCSC

Strengths

Aspirational Capital

Hopes and dreams even
in the face of
real/perceived barriers.
Perseverance.

Lived Experience

Lived experiences
shape who you are and
the strengths you bring
into the classroom

Resistance Capital

“Existence is
resistance”, pioneering
through institutional
inequity

Being a STEM Student at UCSC

Challenges

Very Rigorous

Fast paced, strict major policies, “sink or swim” mentality. Faculty’s mentality that grad students know the ropes.

Social Capital

Networks that can provide information about the kinds of knowledge, and behaviors valued within the higher education environment.

Imposter Phenomenon

Feelings of being a “fraud”, not smart enough to be here, acceptance was a “mistake”

Imposter Phenomenon

- Video: What is imposter syndrome and how we can combat it? – Elizabeth Cox



Imposter Phenomenon Continued

Take a moment to rate these statements from **1 (not at all)** to **5 (very true)**

1. "I can give the impression that I'm more competent than I really am"
2. "I often compare myself to those around me and think they may be more intelligent than those around me"
3. "When someone praises me for something I have accomplished, I'm afraid I won't be able to live up to their expectation in the future"
4. "Sometimes I feel or believe that my success in life or academics has been a result of some kind of error"

Discussion

- How did you feel after watching the video?
- How did you feel after rating the questions?
- How does imposter feelings impact you?
- How do you feel that you experience Imposter Phenomenon?

Coping with Imposter Feelings...

Draw attention to
& recognize those
feelings

Identify what
drives your
motivation

Remind yourself of
what you do well
and give yourself
credit for it

Talk to someone
who can
empathize, relate,
& understand

Recognize and
reflect on the
challenges in your
path (currently &
in the past)

The “then what” exercise and
write out those negative
thoughts. Note the
difference between what you
can and can’t control

Navigating the Grad School Transition

- What are some feelings coming up for you about navigating grad school?

Navigating the Grad School Transition

Time Management

- Have a routine
- Prioritize tasks
 - Make a list of action items (every day or every week)
 - Get the harder tasks done first
- Eliminate distractions!

Balance Coursework/ TA Position

- The rigour and time commitment of grad classes is not equal to undergrad!
- We recommend that you take no more than 2 courses while being a TA
- Attend office hours!!
- Form a study group/support group
- DON'T STRUGGLE ALONE!

Navigating the Grad School Transition

Building Your Support Network & Social Capital


- Being part of Next Gen SAM
 - LinkedIn
- Attend events, seminars, conferences, workshops
 - AM Newsletter!
- Informational Interviews
- Connect to your faculty

Self-Care/Wellness

- “Excitement becomes fear when you hold your breath”
- Anxiety builds up differently for everyone
 - The box breathing technique
- Reward yourself to increase incentive to complete a task and avoid procrastination
- SLEEP, EAT, DRINK WATER, MOVE YOUR BODY

Resources

- Academic advising & academic support.
 - Pascale Garaud: pgaraud@soe.ucsc.edu
- Holistic counseling (navigating UCSC, time management, balancing school-work-family-life, referrals, and anything else you want to check-in about)
 - Leydi Cortes: leacorte@ucsc.edu
- Your NEXT GEN SAM PEERS & ALUMNI!!
 - Stay connected via LinkedIn or email
- MESA Counselor
 - Jen Wood: jwood3@ucsc.edu
- Baskin Applied Math Advisor
 - Todd Hicks: toahicks@ucsc.edu
- Engineering Career Specialist
 - Erin Busch (Make an appointment through handshake)
- Baskin Engineering Upcoming Events
- **CAPS: Anxiety and Mood Toolbox Available Online. Anytime!**
- **Redwood Free Market**
 - **Location:** Rachel Carson College Cafe (College Eight Cafe)
 - ***Hours (Food Distributions for Graduate Students Only):** Wednesdays 2-5PM
- **Slug Support**
- **CalFresh**



Comments/Questions?

Please take a moment to complete
our survey: **Workshop Survey Fall
2024: Grad School & the Impact
of Imposter Phenomenon**





THANK YOU!