

# Combating Imposter Syndrome

## Strategies for Awareness and Confidence

Facilitated by



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Director of Training Initiatives  
Office of Diversity and Inclusion

**September 29, 2021**

**12 PM to 1:15 PM**

Free and open to the public

Attend in-person (ENR2, Room S215, Tucson) or online via Zoom  
Space is limited. Learn more and register at: <https://bit.ly/3hHgEDc>

Students, postdoctoral scholars, faculty, and leaders often struggle with Imposter Syndrome, the feeling of being a fraud and the fear of being found out. People experiencing this self-doubt may attribute their accomplishments to luck and think their peers are more knowledgeable or competent. Since this commonly affects performance and careers, it is important to recognize Imposter Syndrome, work to overcome it, and develop greater confidence. In this informative and interactive session, the Graduate Center and the Office of Diversity and Inclusion will provide an overview of what imposter syndrome is and how to mitigate its effects. The session will close with a panel of individuals from a variety of backgrounds who will discuss their experience of overcoming feeling like an imposter and building confidence in their abilities.

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