

IMPOSTERISM & CODE SWITCHING WORKSHOP

Career Access Mentor Program

TODAY'S GOAL

To fortify participants' professional identities with the awareness of imposterism and strategies to overcome.

AGENDA

- Imposterism
- Code Switching
- Alumni Panel
- Evaluations
- Next Steps

IMPOSTERISM

Activate prior knowledge

What does the word "imposter" conjure for you?

In what context do you typically hear the word "imposter"?

Give information

What is imposter syndrome and how can you combat it?

3 key take aways

2 questions

1 thing you resonate with



Express your thoughts

What is imposterism?

Has anyone ever experienced imposterism?

Check for understanding

What questions came up for you?

Give information

- How do microagressions play a role in imposterism?
 - https://www.youtube.com/watch?v=e4N50b76cZc

Express your thoughts

Share strategies for addressing imposterism.

9 Ways to Cope With Imposter Syndrome

Know the signs.

Know you're not alone.

Distinguish humility & fear.

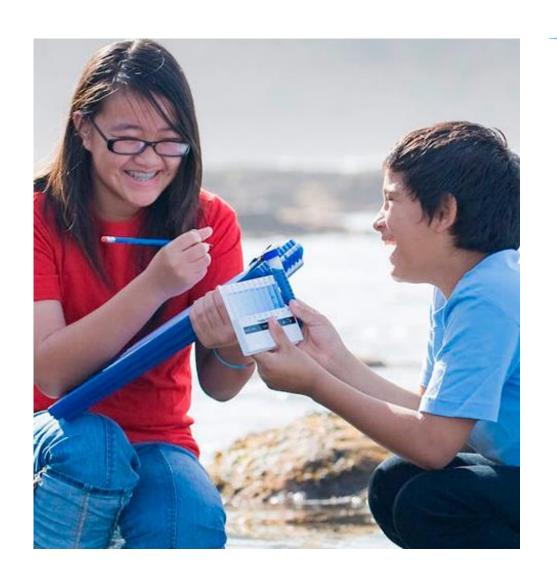
Let go of perfectionism. Be kind to yourself. Track your success.

Talk with your mentor and a manager.

Say "yes" to opportunities.

Embrace the feeling.



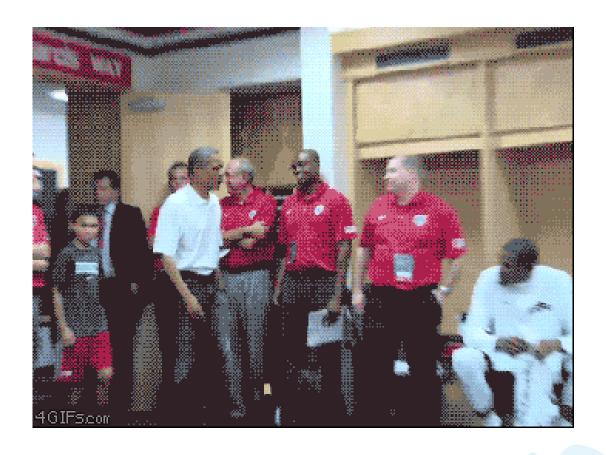


Transfer understanding

- How will knowing about imposterism affect your sense of belonging in a workplace?
- What are strategies you learned today or have done in the past to overcome this professional obstacle?

CODE SWITCHING

RESUME TIPS



ALUMNI PANEL

EVALUATION

Also complete CAMP II April survey.

NEXT STEPS

- Sign-up for Challenge-By-Choice
 - External Info Interview
- Next Workshop: Job Search



THANK YOU.

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