



**OCEAN
DISCOVERY
INSTITUTE**
young lives transformed through science

CALLING OUT IMPOSTERISM

Career Access Mentor Program

TODAY'S GOAL

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

AGENDA

- Imposterism
 - Microaggressions
 - Code Switching
- Alumni Panel
- Wrap Up

IMPOSTERISM

DISCUSSION

What does the word “imposter” conjure for you?

In what context do you typically hear the word “imposter”?

Video: What is imposter syndrome and how can you combat it?

3 key takeaways

2 questions

1 thing you resonate with

IMPOSTERISM

What is imposterism?

DEBRIEF

Impostor Syndrome

What's your impostor type?

TYPE 01
The Perfectionist
I should deliver a perfect performance 100% of the time. My work must always be A+.

TYPE 02
The Expert
If I were really smart I would already know everything I need to know to do this.

TYPE 03
The Soloist
I believe that true competence is equal to my own, unassisted achievements. I must do everything myself.

TYPE 04
The Superwoman
If I were really competent, I would be able to do it all, and do it easily and well.

TYPE 05
The Great Mind
I judge myself on ease and speed: If I were really competent, it would come quickly and easily.

To find out how to pick new mindsets for your type, go to <http://sarajanelowry.com/impostor-syndrome-types-which-one-describes-you/>



What is imposterism?

Has anyone ever experienced imposterism?

CHECK FOR UNDERSTANDING

- What questions came up for you?

Summary:

MICROAGRESSIONS

How do microaggressions play a role in 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.





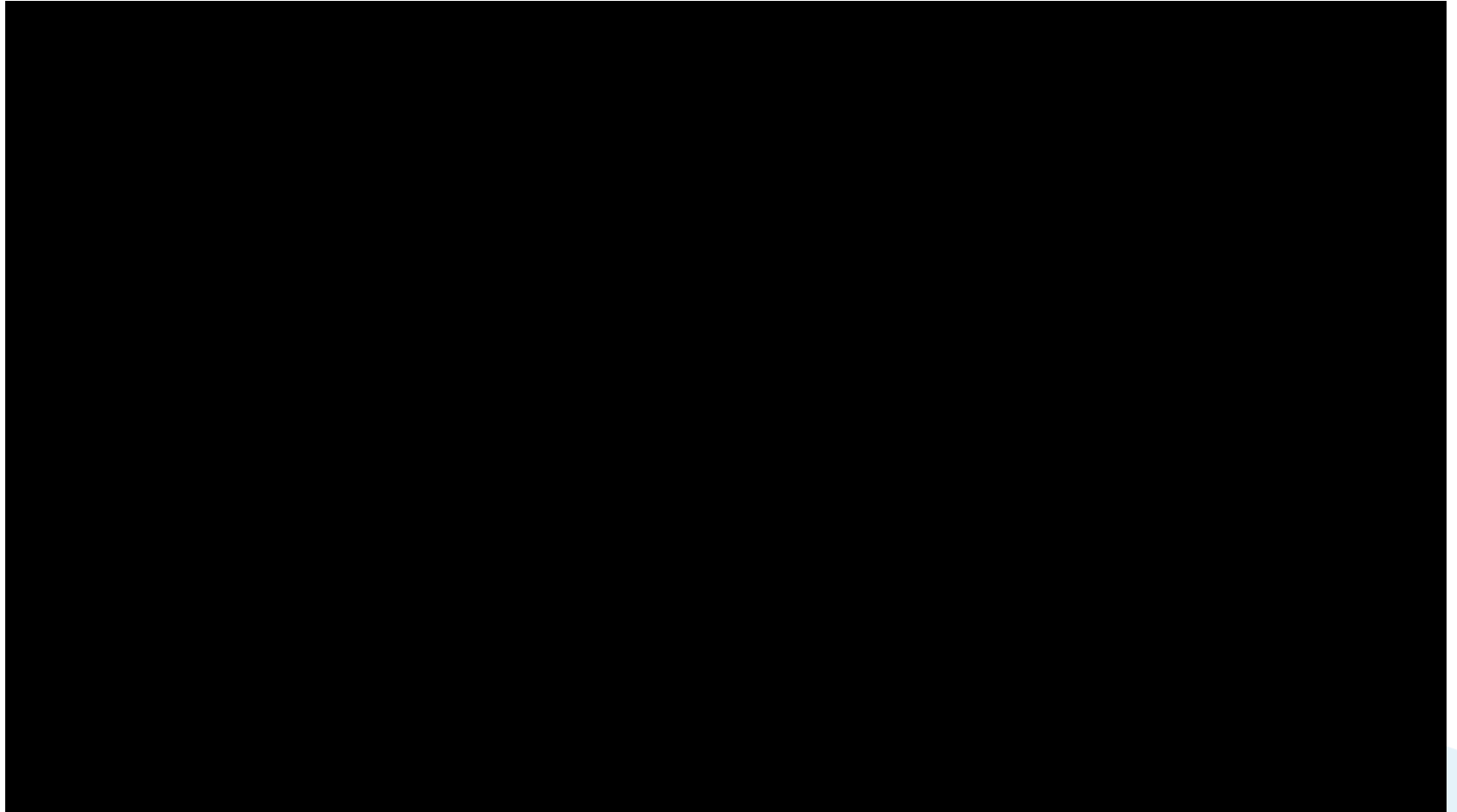
REFLECT

- Which of these strategies have you used or might use in the future?
- What are strategies you learned today or have done in the past to overcome this professional obstacle?

WHAT IS CODE SWITCHING?



WHAT IS CODE SWITCHING?



ALUMNI PANEL

WRAP UP

ONE BREATH



EVALUATION

NEXT STEPS

- Next Challenge-of-the-Month: Job Shadow with ESA
 - Date: Wednesday, February 23 @ 9am-12pm
- Next PD: Resumes
 - Date: Wednesday, March 9 @ 9am-11am



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THANK YOU.

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