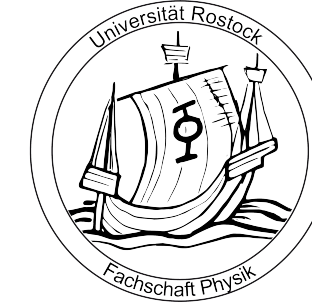


27th May 2021, 15:00

MPI-CBG and Dragonfly Mental Health

Olya Vvedenskaya

We invite all members of the Institute to join the talk!



Impostor Syndrome

“The impostor syndrome refers to the notion that some individuals feel as if they ended up in esteemed roles and positions not because of their competencies, but because of some oversight or stroke of luck” [1].

Imposter syndrome is very common among academics. A positive assessment of one’s achievements is only a temporary fix to relieve the anxiety imposter syndrome can cause. The danger of impostor syndrome, as in any other neurosis, is that it reduces one’s quality of life. Imposter syndrome robs us of the joys life has to offer, in both everyday life and in the pursuit of knowledge. In this seminar, we cover the definition of impostor syndrome and its prevalence in the academic population. We provide an overview of symptoms highlighting those seen in academic settings, and we facilitate community discussion on how to overcome impostor syndrome.

[1] Feenstra et al. (2020), 11, 3206, Front. Psychol., Contextualizing the Impostor “Syndrome”

Language: English

Location: <https://uni-rostock-de.zoom.us/j/64485675564> Meeting-ID: 644 8567 5564

For more information, please contact anna.poser@uni-rostock.de.