

Undocumented Student Action Week

Education and Career UndocuDreams Made Possible



California Community Colleges



Faculty Association
of California
Community Colleges

Beating Imposter Syndrome





“If you **know the enemy and know yourself**, you need not fear the result of a hundred battles. If you **know yourself but not the enemy**, for every victory gained you will also suffer a defeat. If you **know neither the enemy nor yourself**, you will succumb in every battle.”

- Sun Tzu, “The Art of War”

How to Beat Imposter Syndrome

1

Know the
enemy

2

Know
yourself

3

Write
your story

4

Make
advocacy
sustainable



Knowing Imposter Syndrome



Imposter Syndrome

A psychological occurrence in which a person **doubts their skills, talents, or accomplishments**, and have an internalized **fear of being exposed as a fraud**

Who's Impacted?

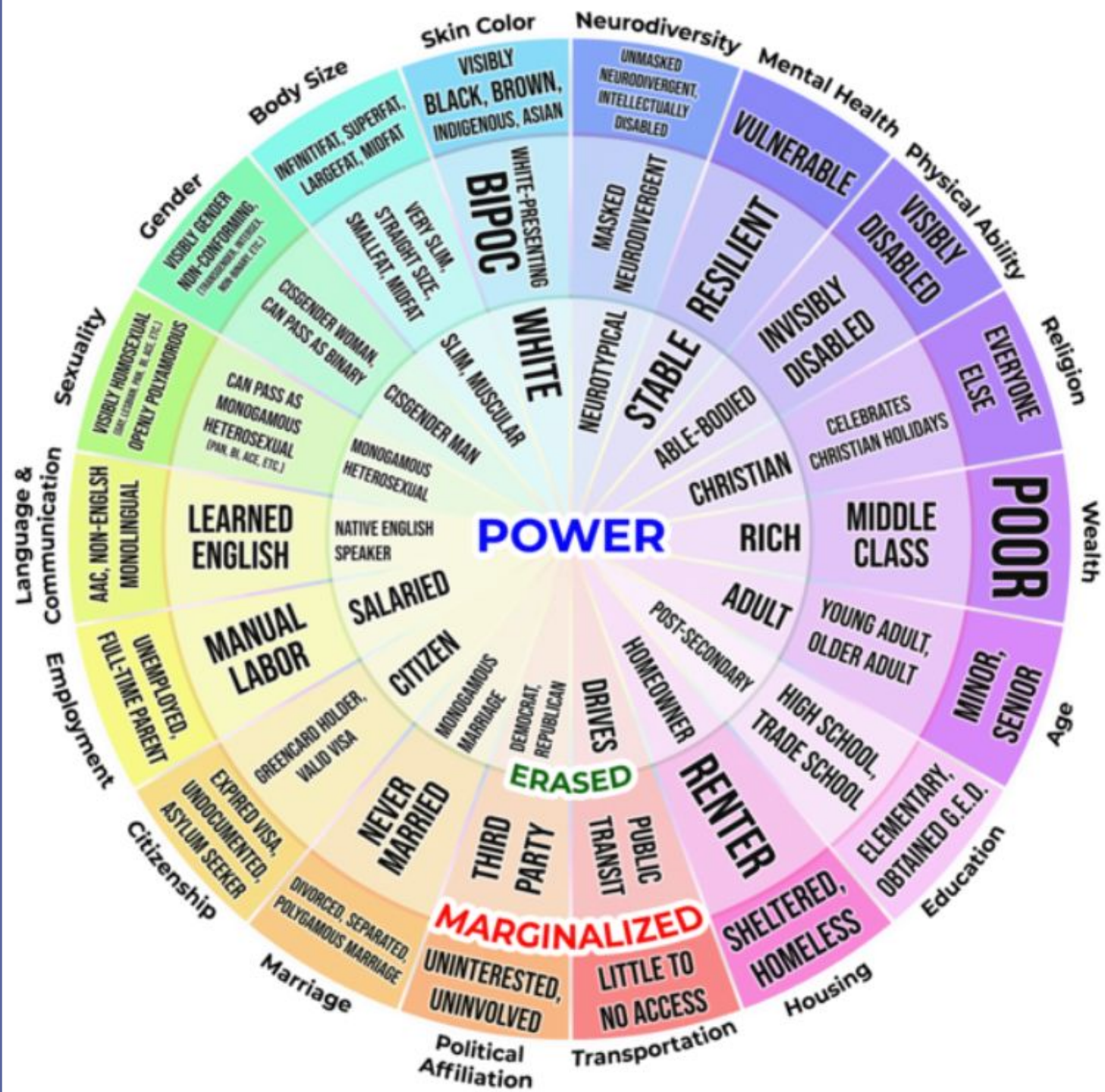
Anyone can experience imposter syndrome, but it is **more prevalent in minorities**, who may have **insecurity or self-doubt** due to their marginalization.

Intersectionality

An analytical framework for understanding how individuals' various **social and political identities** result in **unique combinations of privilege and discrimination**.

We all have **dominant and subordinate aspects** of our identities that **advantage and disadvantage us** in various contexts.

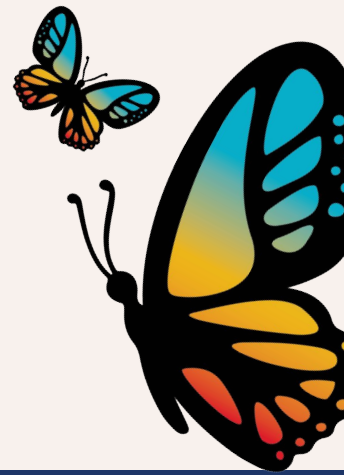
- Kimberlè Crenshaw, 1989





Write down five aspects of your identity that are important to you. Which are dominant and which are subordinate?

Share one of each with your neighbor.



Knowing Yourself



What are some false narratives that imposter syndrome tells you about yourself?

How can you flip your perception of these narratives positively to take back the power of your identity?

Because I am ___ my imposter syndrome / society tells me ___.

Being ___ enables me to ___.

Writing Your Story

- Select one subordinate and one dominant identity from your list.
- Flip the narrative of imposter syndrome on your subordinate identity to reclaim your power.
- Examine your dominant identity: we can either use our privilege for oppression or liberation and allyship.

Because I am ___ my imposter syndrome / society tells me ___.

Being ___ enables me to ___.

Share these with your neighbor, discussing how your identities can make you a better advocate for community college students.



Evolution of Self



As you grow, you will **cycle through different identities and levels of power and privilege.**

As your identities **evolve**, so will your relationship with imposter syndrome.

Beating imposter syndrome is not a one-time thing: **it is a lifelong process.**

Make it a practice to *know yourself and your imposter syndrome* through different stages of your life, continuing to *flip false narratives* and *maintain a healthy perception* of yourself and the world around you.

Making Advocacy Sustainable

Advocacy is not easy. It requires making yourself vulnerable in order to protect others.

Yet, advocacy is important.

You are an integral part of making sure community college students have policies that uplift them and provide them with access to the resources they need to succeed.

We need you and we won't have you if you burn out- which is why community is a critical part of sustainable advocacy.



Community-building Exercise



Let's build a community of advocates who can support each other and mitigate the impact of burnout.