

**Combating Imposter Syndrome –
You DO Belong!**

**Lorena Jáuregui,
EdD**

Faculty Coordinator of the MESA
Program at Sacramento City
College



**Saturday January 29th, 2022
11:00am-12:30pm PST**

SCAN TO RSVP



DR LORENA GUADALUPE RUEDAS JAUREGU (SHE/HER/HERS/ELLA)



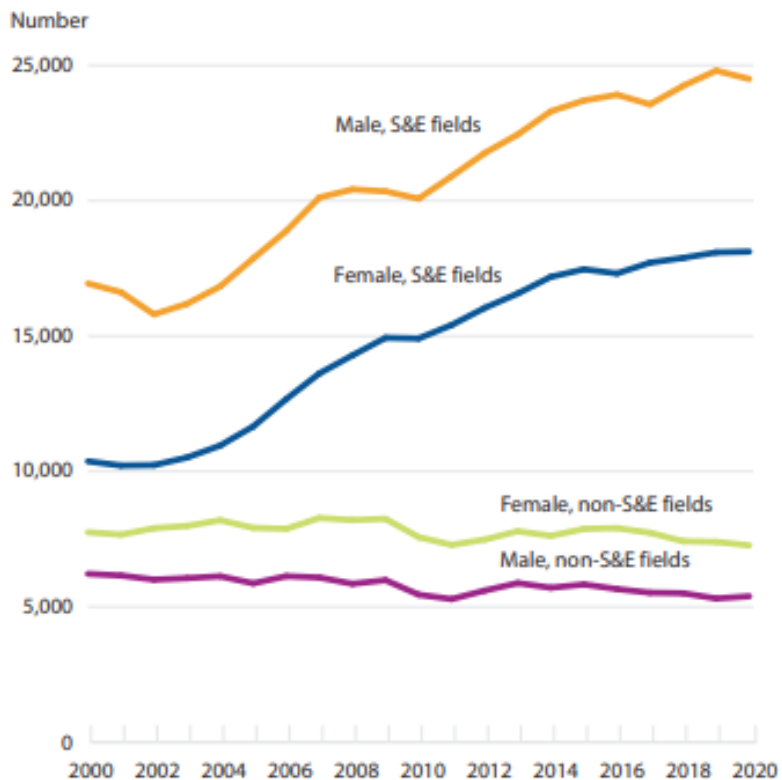
LET'S LOOK AT THE DATA

2020

**Doctorate Recipients
from U.S. Universities**

National Center for Science and Engineering Statistics
Directorate for Social, Behavioral and Economic Sciences
National Science Foundation

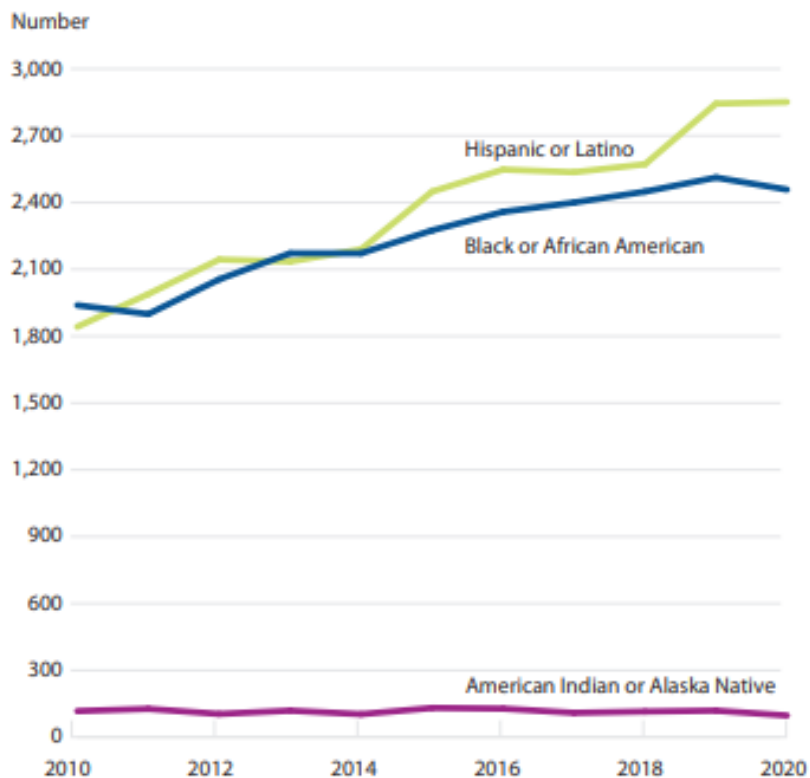
Figure 5. Sex and field of study of doctorate recipients: 2000–20



NOTE: Excludes respondents who did not report sex.

SOURCE: NCSES, Survey of Earned Doctorates, 2020.

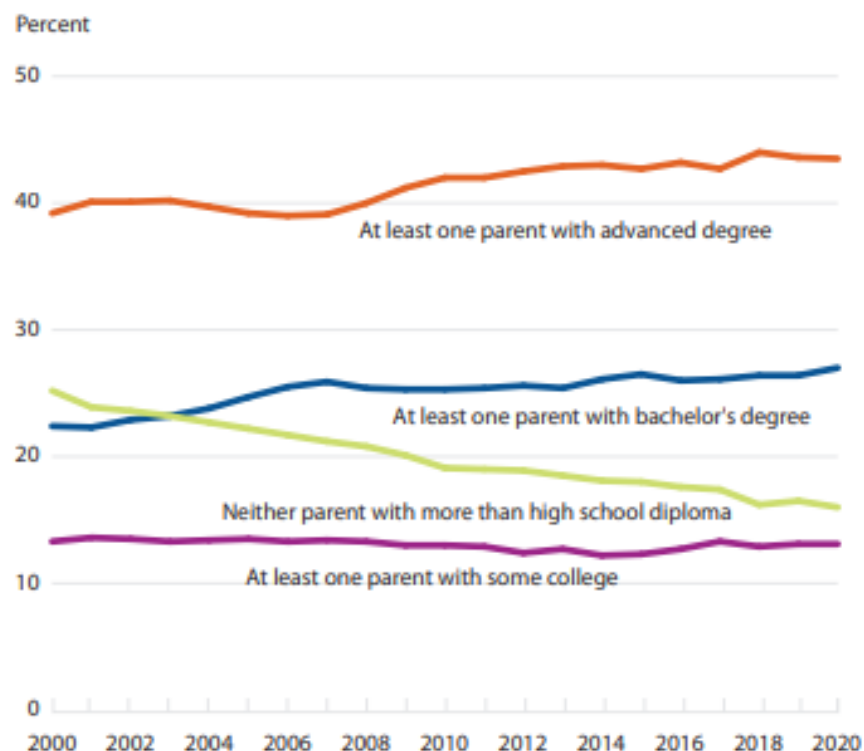
Figure 6. Doctorates earned by underrepresented minority U.S. citizens and permanent residents: 2010–20



NOTES: Excludes U.S. citizen and permanent resident respondents who did not report race or ethnicity. Counts of unreported race or ethnicity fluctuated between 742 and 1,293. Hispanic or Latino may be any race.

SOURCE: NCSES, Survey of Earned Doctorates, 2020.

Figure 13. Doctorates awarded, by highest parental educational attainment: 2000–20



NOTES: Percentages are based on the number of doctorate recipients who responded to the item on the highest educational attainment for either parent. Percentages may not sum to 100% because of rounding and because of doctorate recipients who reported "not applicable" for both father's and mother's education beginning in 2004.

SOURCE: NCSES, Survey of Earned Doctorates, 2020.

HOW DO WE EXPERIENCE THIS?



IMPOSTOR SYNDROME

Impostor Syndrome

/im'pəstər/ ' /sin,drōm/

A concept describing individuals who are marked by an inability to internalize their accomplishments and a persistent fear of being exposed as a "fraud".

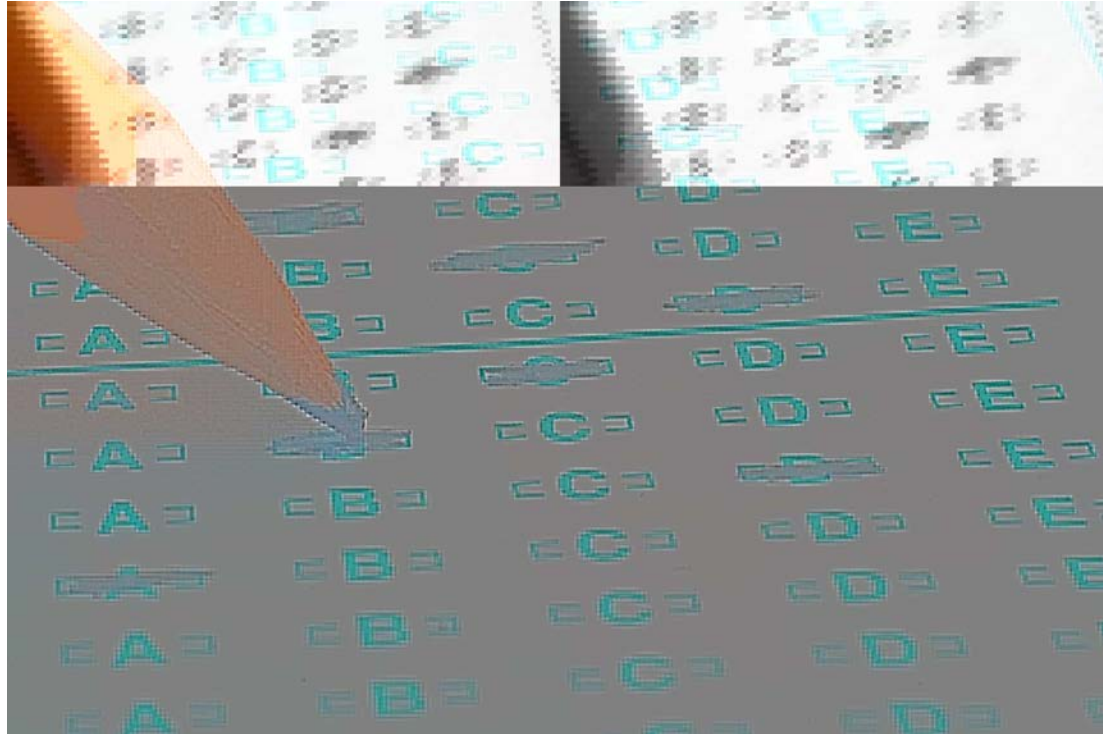
STEREOTYPE THREAT

Definition:

STEREOTYPE THREAT

a self-confirming concern that one will be evaluated based on a negative stereotype.

PERFORMANCE ANXIETY



NOWWHAT??



1. RECOGNIZE IT

Recognize when you are experiencing impostor syndrome, stereotype threat, performance anxiety, etc.



2 DEVELOP GOOD STUDY HABITS

- Create a study schedule
- A study environment
- Prepare for it
- Practice energy management



3. KNOW YOUR “PERFORMANCE” SPACE

- Remote learning... create your optimal “performance” space
- Face-to-face: visit the classroom, know where you will be sitting, or visit the testing site, interview site, etc.



4. TRACK YOUR SUCCESS

- Quantitative: keep track of your grades or make a checklist of each concept as you learn it
- Qualitative: journal about how good you feel knowing that you learned and absorbed content each day



5. VISUALIZE AND EXPECT SUCCESS

Visualizing and expecting success is a long-proven technique (especially in athletics)



6. DEVELOP RELATIONSHIPS

- Interact with your professors since the beginning of class. Put it on your schedule to communicate often. Attend office hours
- Meet your classmates; organize study groups



7. BREAK THE SILENCE

Talk out loud about these experiences. Your peers are experiencing the same thing and you will build comradery



8. ADOPT MENTORS

Don't wait for a mentor to contact you. Reach out in preparation for events or to process with someone afterward



9. MAINTAIN PHYSICAL, MENTAL, EMOTIONAL WELL-BEING

- Incorporate mindfulness
- Go grocery shopping weekly
- Create a weekly cooking schedule
- Exercise
- Take breaks from all screens
- GO OUTSIDE
- Practice energy management



10. SAY "YES"

Say "yes" to opportunities that intimidate you; step out of your comfort zone



11. CHANGE THE SYSTEM

Be change agents

Definition of Institutional Discrimination

(noun) Discriminatory policies and practices favorable to a dominant group and unfavorable to another group that are systematically embedded in the existing structure of society in the form of norms.

12 POWER POSE

<https://www.youtube.com/watch?v=r7dWsj-mEyl>



13. PARTICIPATE IN YOUR COMMUNITIES







FARSAM FRAZ

Resident at Stanford University OB/GYN
UCDSOM Class of 2021



When I find myself in those moments, I think back to special moments with my patients that are rooted in my personal experiences and cultural background.

Impostor syndrome will have us doubting how we all got into the places and roles we all worked extremely hard to get to. When I find myself in those moments, I think back to special moments with my patients that are rooted in my personal experiences and cultural background. Like being able to speak the same languages as them and seeing the relief on their face when I am able to communicate with them directly. Or when patients share bits and pieces of how their cultural background influences their health and I am able to understand them without extra explanation. Remember, especially during moments of self-doubt and feelings of imposter syndrome, you belong, you worked hard, and your patients are waiting for you.

JACKIE LEON

MS-3, UCDSOM



The moment I introduce myself by my Latinx last name and carry the rest of our discussion in Spanish is how I manage impostor syndrome.

I always feel like I am wearing a scarlet letter of shame. From my MCAT scores, from medical school exam scores, to even not being able to pronounce medical words right. I felt I was letting my community down. However I realized that was not really the case. Actually it was opposite. It was my brown Spanish speaking presence in those same lecture rooms I sat with my peers that made me realize I am meant to be in medicine. The moment I introduce myself by my Latinx last name and carry the rest of our discussion in Spanish is how I manage impostor syndrome. As a first gen, Latina I feel like an imposter when not working directly with patients. However when I am serving Latinx, no one, including the patient, residents and attending think I am an imposter. I become the most valuable asset and face of to the care team. I use this experience to motivate me to learn as best as I can to best serve my patients

MARIA ZEPEDA

MS-3, UCDSOM



It is important for me to listen to Spanish music, wear my huaraches and cowgirl boots, and visit areas that remind me of my Mexican culture.

Impostor syndrome is a very powerful illness for which I have found that remembering my roots is the best medicine. My family, my community, and my culture are the roots that keep me growing and motivated. Therefore, it is important for me to listen to Spanish music, wear my huaraches and cowgirl boots, and visit areas that remind me of my Mexican culture. But the most effective treatment has been staying in touch with my community, whether it be speaking to my mother or seeing patients, to remind me that I am appreciated and needed in my community.

MICHAEL FLORES

MS-4, UCDSOM



I wear my LMSA sweater and Clinica Tepati jacket because I am proud to be a part of these incredible groups of people.

Medical school is filled with evaluations, and we are consistently compared to our peers. It's easy to sometimes feel like I don't fit in. To help combat these feelings of imposter syndrome I represent. I wear my LMSA sweater and Clinica Tepati jacket because I am proud to be a part of these incredible groups of people. In public and in the hospital, It also provides an example of what a medical student looks like. There are many paths to medical school and I am proud to be a nontraditional medical student. You can also find me around campus wearing my Sacramento City College sweater.

SEAN JOHNSON

MD3, Morehouse School of Medicine



Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

SUNNY PANH

MS-4, Michigan State Medical



By staying in touch with some Cambodian and other Southeast Asian community leaders, they reminded me that the less fear I have of being myself within these higher-level spaces, the more inclusive these spaces would become for folks within my community.

Honestly, I take pride in being a Cambodian-American. But, unfortunately, there are not too many Cambodians within these spaces, such as medical school, so I constantly felt impostor syndrome. I continuously had to remind myself of my mission of representing my community. It took me a while to feel comfortable being myself in these spaces, but I constantly challenged myself to represent my community within these domains. I wore cultural pins on my attire, hosted cultural events, and was often at the forefront of advocating for the community within my medical school. With everyone I meet, I will share the story and history of my community to raise awareness and represent the many voiceless ancestors who died prematurely and tragically. By staying in touch with some Cambodian and other Southeast Asian community leaders, they reminded me that the less fear I have of being myself within these higher-level spaces, the more inclusive these spaces would become for folks within my community. Here is the visualization of the pins I wear on my white coat to remind me that powerful reminder of the space I am holding for my community. The Cambodian-American flag represents my identity, while the white lotus pin (a symbolic Cambodian flower) that reminds me that through the murky environments one may raise and become something beautiful.

GRACIAS

Contact:

Lorena Jauregui

jauregl@scc.losrios.edu

Sources:

- Nsf.gov
- Nih.gov
- Asana.com
- Impostorsyndrome.com
- Thescholarshipssystem.com

