

Welcome to the Open Science Student Support Group

WHO ARE WE?

OSSSG (Oh! - Triple S – Gee) was founded in 2020 in the Department of Psychology, University of Calgary, by a group of graduate students eager to learn about different open science practices and support each other in implementing them in our own research.

OUR VISION:

We aim to develop a thriving student-led community that is dedicated to the promotion, normalization, and practice of open and inclusive scientific research.

HAVE AN IDEA FOR A SESSION?

Reach out! We are always looking for new presenters and ideas! You don't need to be an expert, and we are here to help!

If you aren't already connected with us, let us know in the chat if you would like to join our Slack space or our mailing list!





Letting go of Perfect

Facilitators:

Arianna Gibson | she/her

Brittany Lindsay | she/her



"As you walk around the seven different art installations, it's a timeline of where we've been, where we are and what we hope our future will look like."

*LeeAnne Ireland
Urban Society for Aboriginal Youth
On IndigiTRAILS*





*Whose in the room
with us?*

What is one thing you are grateful
for today?

What's on the Agenda?

- ✖️ Breaking down perfectionism
- ✖️ Letting go of perfect
- ✖️ Self-compassion break & break break
- ✖️ Connected concepts worth exploring
- ✖️ Choose your Discussion: 4 rooms to choose!
- ✖️ Share with the main group



Perfectionists

- X People whose **standards are high beyond reach or reason**, who strain compulsively and unremittingly towards **impossible goals**, who measure their own worth entirely in terms of **productivity and accomplishment**.
- X Three types:
 - **Self-oriented**
 - **Other-oriented**
 - **Socially prescribed**

(Burns, 1980; Hewitt & Flett, 1990)



THE PROBLEM WITH PERFECTIONISM

The Problem
with
Perfectionism

The School of
Life



What can perfectionism look or feel like?

JamBoard Slide 1

Letting go a bit?

- ✖ What strategies could be helpful for those of us who might want to lean away from perfectionism in ourselves?
 - JamBoard Slide 2



Letting go a bit?

- ✗ Practice self compassion: Be your biggest fan, not worst critic
- ✗ Allow more time than you think for tasks
- ✗ Set realistic, but flexible, goals
- ✗ Just start something: progress over perfection
- ✗ Keep track of your progress (focus on positives)
- ✗ Make mistakes on purpose
- ✗ Recognize healthy criticism
- ✗ Watch and learn from other “imperfect” people
- ✗ Anti-Perfectionist Strategy (R.A.C.E. by Burns)

R – Recognize perfectionistic ideas

A – Aiming for perfection: Instead, look for other goals to achieve.

C – Check for underlying fears (e.g., failure or judgment)

E – Expose yourself to the fear: Let go!

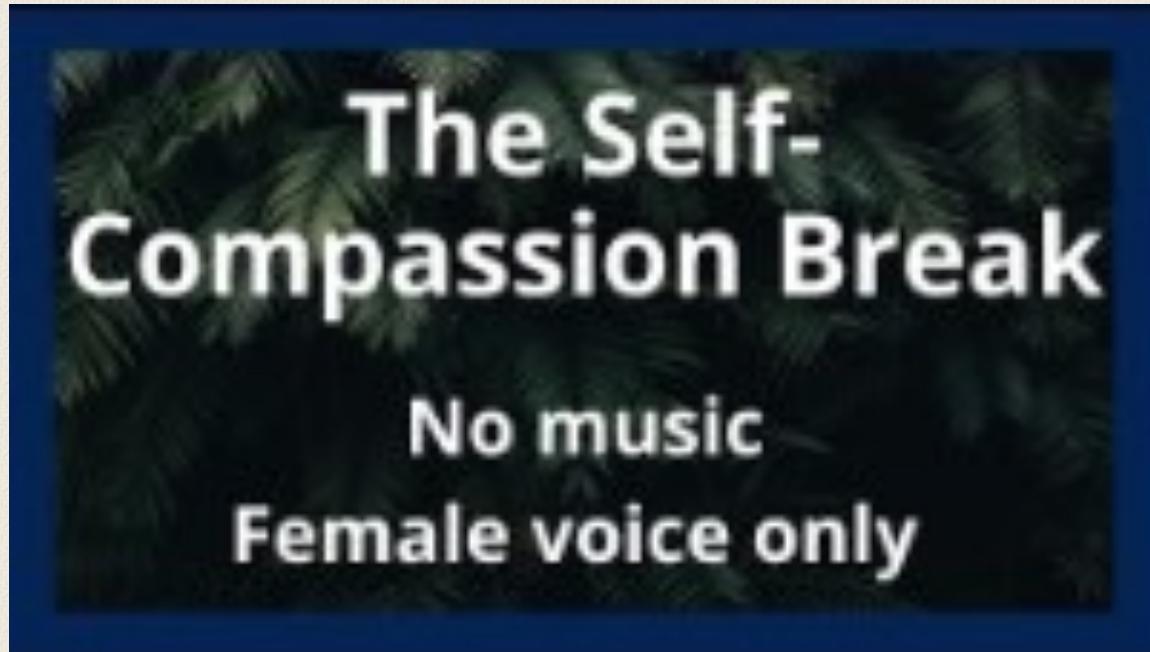


"Perfectionism is not the same thing as striving to be your best. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgement, and shame. It's a shield. It's a twenty-ton shield that we lug around thinking it will protect us when, in fact, it's the thing that's really preventing us from flight."

Brené Brown

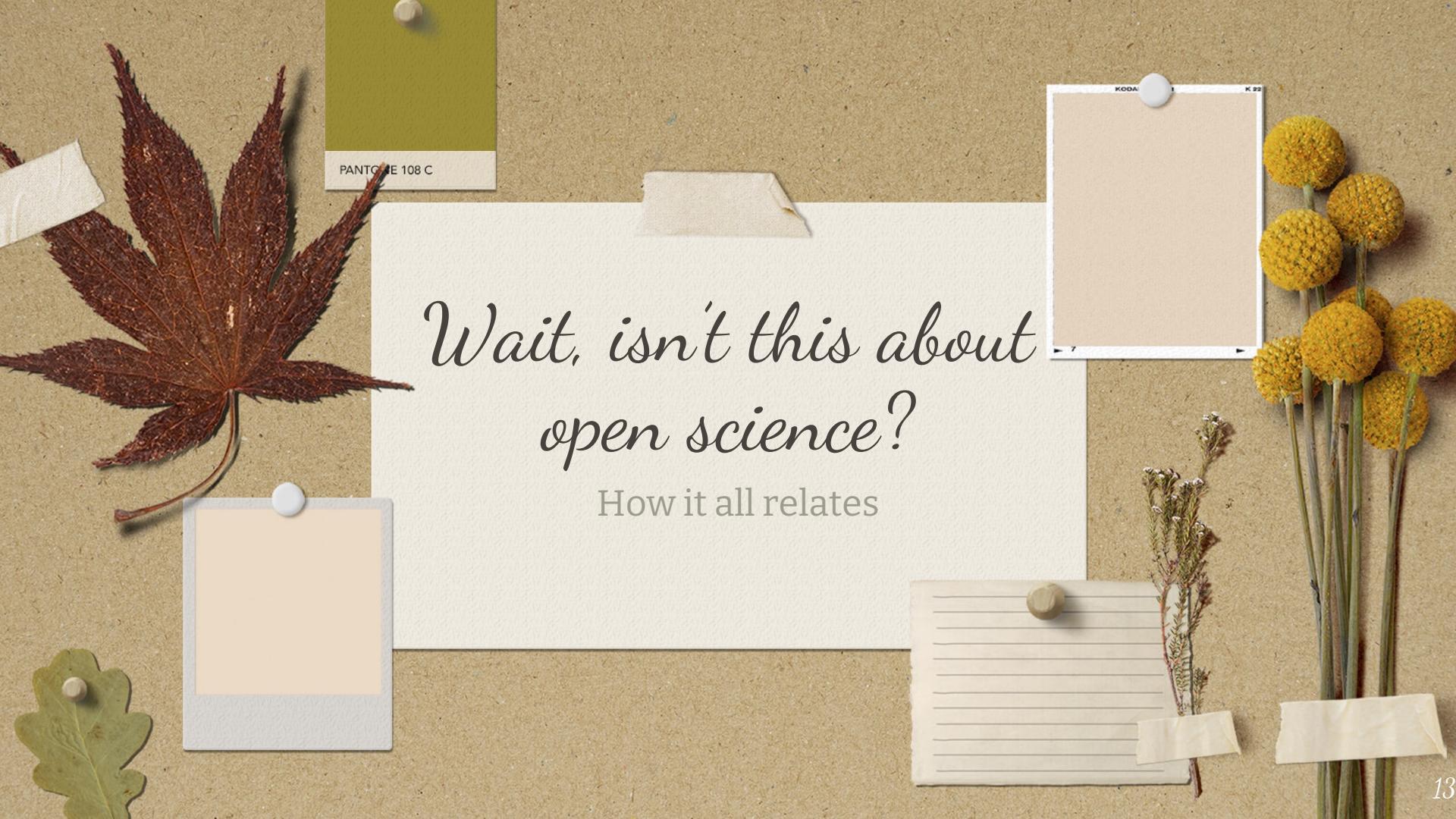
The Gift of Imperfection

A Self-Compassion Break



Developed by
Kristen Neff





Wait, isn't this about open science?

How it all relates

Guess what else perfectionism relates to?



Our old “friends”

- ✗ Imposter Syndrome
- ✗ Microaggressions
- ✗ Academic Culture



Breakout Conversations or Activity

Room 1: Arianna

More on imposter syndrome and microaggressions, and how we might navigate these

Room 2: Brittany

More on letting go of our self-criticism and embracing self-compassion in our lives

Room 3: Chelsie

More on Open Science and being comfortable with vulnerability

Room 4: Gwen

More on how we can work toward changing to a healthier culture

2 sessions | 7-8 minutes each

One round of opening thoughts | Open discussion (JamBoard #3-6)

Come together and share with whole group



Final Takeaways?

Want to know more?

- X Visit our Slack channel
 - We have compiled a list of resources
 - Continue the conversation!

- X Perfectionism, Imposter Syndrome, and Microaggressions Workshop (CMHS)
 - Oct 27th @1-3pm
 - Keeta Gladue, Writing Symbols Lodge
 - https://www.ucalgary.ca/mentalhealth/events#!view/even t/event_id/389906

