

Imposterism

Imposter syndrome is defined as the experience of feeling like self-doubt and personal incompetence throughout your education, work, and accomplishments. A feeling that keeps people from sharing their ideas and thoughts in their workplace/ class. The syndrome is not limited to those who are highly skilled but it is a phenomenon anyone can suffer from in life. Impostor syndrome is basically the feeling that you have only succeeded due to luck, and not because of your talent or qualifications.

<https://www.psychologytoday.com/us/basics/imposter-syndrome>

<https://time.com/5312483/how-to-deal-with-impostor-syndrome/>

Acknowledgement of the problem, the phenomena of Imposterism itself.

Acknowledging your expertise and accomplishments, as is reminding yourself that you have earned your place in your academic or professional environment.

Over the pandemic I definitely feel I experienced impostor syndrome. Just being alone most of the time, away from my classmates who I started my college journey off with, I began to often think problematic thoughts. I began to look at most of the people I know from back home and I started comparing myself to them and noticing how I am not better than them in any way. From there I began questioning how I got the opportunity to attend college in San Francisco and not have much of a financial burden, disregarding the fact that I made good grades in high school and put the work into my college applications without much help. So, I fell into these rabbit holes where I just did not feel comfortable being a student at USF and every day was a battle to wake up and continue to do the work. I started to believe some dark thoughts and the only thing that got me out of that place was just reminding myself who and what I do this for on a daily basis. I have to constantly remind myself that I put the work in because I want to accomplish great heights and I want my family and the many people back home to be a part of that because they deserve joy just as much as anyone.