Imposter Syndrome

Computer Science - Week 5  
Jul 23, 2022 - Version 2.0.0

Please make sure that all members of the group place their UD **email** AND **name** below.

Choose roles following the [instructions here](https://blockpy.cis.udel.edu/assignments/reading/bakery_appendix_pogil).

You should work in groups of 3. If you cannot find 3 group members, then work in groups of 2.

| **Role** | **Name** | **Email** |
| --- | --- | --- |
| **Manager** | Dakota kelley | dkelley@udel.edu |
| **Speaker** | Zach Phillips | phillizr@udel.edu |
| **Recorder** | Zach Phillips | phillizr@udel.edu |

# 1) Watch

At the start of the lab, the following video will be shown. Please wait until everyone in the group has watched the video to continue:

<https://www.youtube.com/watch?v=ZQUxL4Jm1Lo>

# 2) Define

Discuss and answer the following questions as a group. Be prepared to use Google and search for additional information as necessary.

1) What is “Imposter Syndrome”? Describe it in your own words.

| A personal feeling of how you are not good enough to be in a position, skill, or group. It usually involves comparing yourself to peers. |
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2) What does the video suggest for handling imposter syndrome? Is there a cure?

| You would want to diagnose why you are feeling this way, then you would want to come up with a way to solve your problem. |
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3) According to [Wikipedia](https://en.wikipedia.org/wiki/Impostor_syndrome), what percentage of the population is estimated to have experienced Imposter Syndrome at some time in their life?

| 70% of people experience imposter syndrome during their life according to Wikipedia. |
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4) Using the Wikipedia page, identify a set of famous people who have reported experiencing Imposter Syndrome, so that each group member recognizes at least one name in the list.

| Tommy Cooper  Tom Hanks |
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5) Imposter Syndrome is common in Computer Science. Why do you think this is the case? Identify at least TWO legitimate reasons why someone may doubt themselves in this field.

| They might feel like they are not as smart in one area of coding, and they feel like they shouldn’t be doing it if everyone else seems to understand in their opinion. |
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| They don't know how to understand a specific type of code and may feel that they don't know anything about what they have been studying. |

6) How would you define “The Computer Science Community”? As part of your answer, clearly indicate how you know if someone is a member of the Computer Science community or not.

| I would define “The Computer Science Community” as a community of people that are interested in computer science. I don’t think there is an easy way to define it as computer science is a wide field with many different types of computer science. |
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7) What are FOUR DISTINCT impacts of Imposter Syndrome on the Computer Science community? We expect you to spend a while answering this question.

Think in terms of economic, social, and cultural impacts.

Think about how short-term impacts may have longer term impacts.

Think beyond just individuals and how all of society is affected!

| There could be an overall lack of innovation if there is a large amount of the community that feels like they are imposters. |
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| If the individuals experiencing imposter syndrome do not reach out, the overall social community could experience a dwindling population. |
| If there is a community where computer science is rare, in underprivileged areas, an individual there could feel like they are an imposter. It might cause them to not pursue their interests, stifling their growth or some new invention. |
| An individual in a company feels like an imposter, they might not bring up a new idea in the organization. This could prevent that company from making a “game-changing” innovation. |

8) If a classmate told you that they felt that they did not belong in Computer Science, what would you tell them?

| Why do you feel this way? Give me scenarios of why you would think you don't belong in Computer Science. Try to explain to them everyone learns at different paces and some people may need to study a little more than others. Try to help them understand whatever is making them feel like they don't belong in Computer Science. |
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9) Make a list of AT LEAST FOUR concrete actions you can take to make your class a more welcoming place for everyone and reduce the impact of imposter syndrome. Think about small things you can do and big things. Focus on concrete actions and not just things you should believe in.

| If it seems someone is struggling on something try to offer help and guide them through what to do, instead of giving them the answer or calling them stupid. |
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| Welcome new people who have never coded and try to inspire them to learn and ask questions when they need to, even if the questions are simple ones. |
| Explain code completely to your whole team even if the majority of people know what it is, the reason being if someone doesn't understand, explaining the code can help them get a better understanding. |
| Encourage taking on harder tasks even if you fail, because you learn something new everytime you fail. |

# 3) Reflect and Review

Discuss among yourselves: what did you learn from this activity? What was surprising or interesting? If you didn’t learn anything, what do you think we were trying to teach you? How could this activity be improved?

| Imposter syndrome is real and in all communities. |
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| It is important to be open with communication and realize that you might not be the only person feeling like an imposter. It also is important to realize that you are not an imposter. |
| Trying to “cure” imposter syndrome may take some time but is possible. |

# Final Submission

When your team is happy with your answers for all the questions, download this file as a Word Document (docx) and upload the file to the appropriate assignment on Canvas.

Only one member of your team needs to submit.

# 4) Lecture-Makeup Questions

*You only need to complete this question if you missed the lecture itself.*

Research the term “Growth Mindset” and write a 400-word essay describing how it relates to Imposter Syndrome and Computer Science.

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