

Career Services Assignment 5 – Attend a Meetup

Points possible: 50

Category	Criteria	% of Grade
Completeness	All requirements of the assignment are complete.	50
Quality	Answers show thought, proper grammar, and are well written.	50

Instructions: Find a technology meetup or networking event and attend it (either virtually or in-person). Search sites like Eventbrite.com, Meetup.com or do a search like this “[name of your city] + technology meetup. You can also ask your classmates or post the question on LinkedIn and see what recommendations you get.

If possible, go with fellow students or alumni. Answer the following questions below.

Which meetup did you attend?

Women Who Code: Feel Like a Fraud? Overcoming imposter syndrome for women in technology

What did you learn?

This meetup addressed the topic of women in technology, and imposter syndrome. Imposter Syndrome is the feeling that you are inadequate or do not measure up to your colleagues. The presenter discussed some strategies to overcome Imposter Syndrome. One strategy was to look at the evidence and write it all down. What evidence do you have that you are not good enough? This will provide you with a clear picture, showing you that you are qualified. Another strategy that was discussed was to create a ‘Brag Board.’ A Brag Board is a collection of all the positive feedback and professional achievements you have made. When you are feeling anxious and have feelings of Imposter Syndrome, reference that Brag Board as a reminder of all you have accomplished.

There was also discussion around getting more comfortable speaking up. One strategy for this was to face your fear and do it. With experience and practice, you will become more comfortable and confident. Another recommendation was to be prepared. Make sure you know exactly what you need to say so you have the right words when the time comes.

Another topic that was addressed was company culture, and how critical it is that the culture is positive and inclusive. If you see a gap or room for improvement, act. It is important to use your network and encourage each other to result in a positive workplace.

Did you meet anyone new?

I didn't meet anyone new at this meetup. This was an online session where there was a presenter, and questions were asked in the Zoom chat. There was not back and forth conversations occurring. I look forward to attending more of these in the future and meeting new people.