Always hide your accomplishments	Eventually people will realize I am underqualified	Do not let people see you studying or working too hard	I should automatically "get it"	Never make declarative statements like "I know the answer"
Never challenge yourself too much	I was admitted or hired because of some kind of mistake	Always explain why you do not deserve the compliment	Always assume you will fail so you will not be disappointed when you do	Always keep them laughing so they will not notice that you are inadequate
Always assume when people are complimenting you, they are just being nice	Always panic before a test, presentation, performance, or interview	Always assume that other people are right	Never challenge yourself too much	Never tell someone you meet in a bar you are an engineering, math or science major
Always share credit with others (even if you did all the work)	Never show up men especially	Do not voice your real opinions	I should qualify questions or comments by saying things like, "This may not be right, but..."	Always remind others of how much you do not know
Always apologize for mistakes or for not knowing something	I should be able to anticipate problems before they occur	I should feel lucky to have gotten into school, the job, the promotion, etc.	Always hold back when working in a group or team	Never let on that you do not know how to do something