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** |
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| **Manager** |  |  |
| **Speaker** |  |  |
| **Recorder** |  |  |

# 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.

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2) What does the video suggest for handling imposter syndrome? Is there a cure?

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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?

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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.

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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.

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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.

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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!

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

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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.

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# 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?

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# 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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