

TACKLING IMPOSTER SYNDROME

Dealing with Chronic Self Doubt & Knowing You Belong

ABOUT ME

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#100daysofcode

DESCRIBE YOURSELF IN
ONE WORD.

Go to **www.menti.com** & use the code **57713218**.

LOOKING AT SOME SCENARIOS

"If I can do it, anyone can."

"I'm a fake and I'm going to be found out."

"I lucked out."

"I had a lot of help."

"They're just being nice."

"I had connections."

IMPOSTER SYNDROME

"...a psychological phenomenon in which people are unable to internalize their accomplishments. Despite external evidence of their competence, those with the syndrome remain convinced that they are frauds and do not deserve the success they have achieved."

HIGH-ACHIEVING WOMAN & MARGINALIZED GROUPS

WHO DOES IT AFFECT THE MOST?

CAUSES

Parenting and childhood
environment

Personality traits

New responsibilities

PARENTING & CHILDHOOD ENVIRONMENT

- pressured you to do well in school/college
- putting labels like "smart", "capable"
- compared you to your sibling(s)
- were controlling or overprotective
- sharply criticized mistakes
- being generally complimented for a task with lots of specifications



5 TYPES OF IMPOSTER SYNDROME

Scanning Personality Traits

The Perfectionist –
be flawless every
single time

Success is rarely satisfying.
The progress of a team slows down.

The Expert - know-it-all person

No level of knowledge is enough.
Leads to procrastination.

The Superhuman - all-in-one package

Experiences burnouts.
Relationships can suffer due to bad
communication.

The Soloist - proud of being over independent

No credit is ever enough
while working in a team.

Are not good team players.

The Natural Genius - first is the last

Afraid of trying anything new.
Does not like working on one thing for a
long period of time.

NEW RESPONSIBILITIES

Getting a job you think
you were underqualified
for.

Have been invited to
speak at an event.

Leading a group of
students at a college
society.

Starting a startup.

Getting more than
expected freelancing
offers at a time.

Publisher reaching out
for book proposals.

WHAT INFLUENCES YOU?

Go to **www.menti.com** & use the code **57713218**.

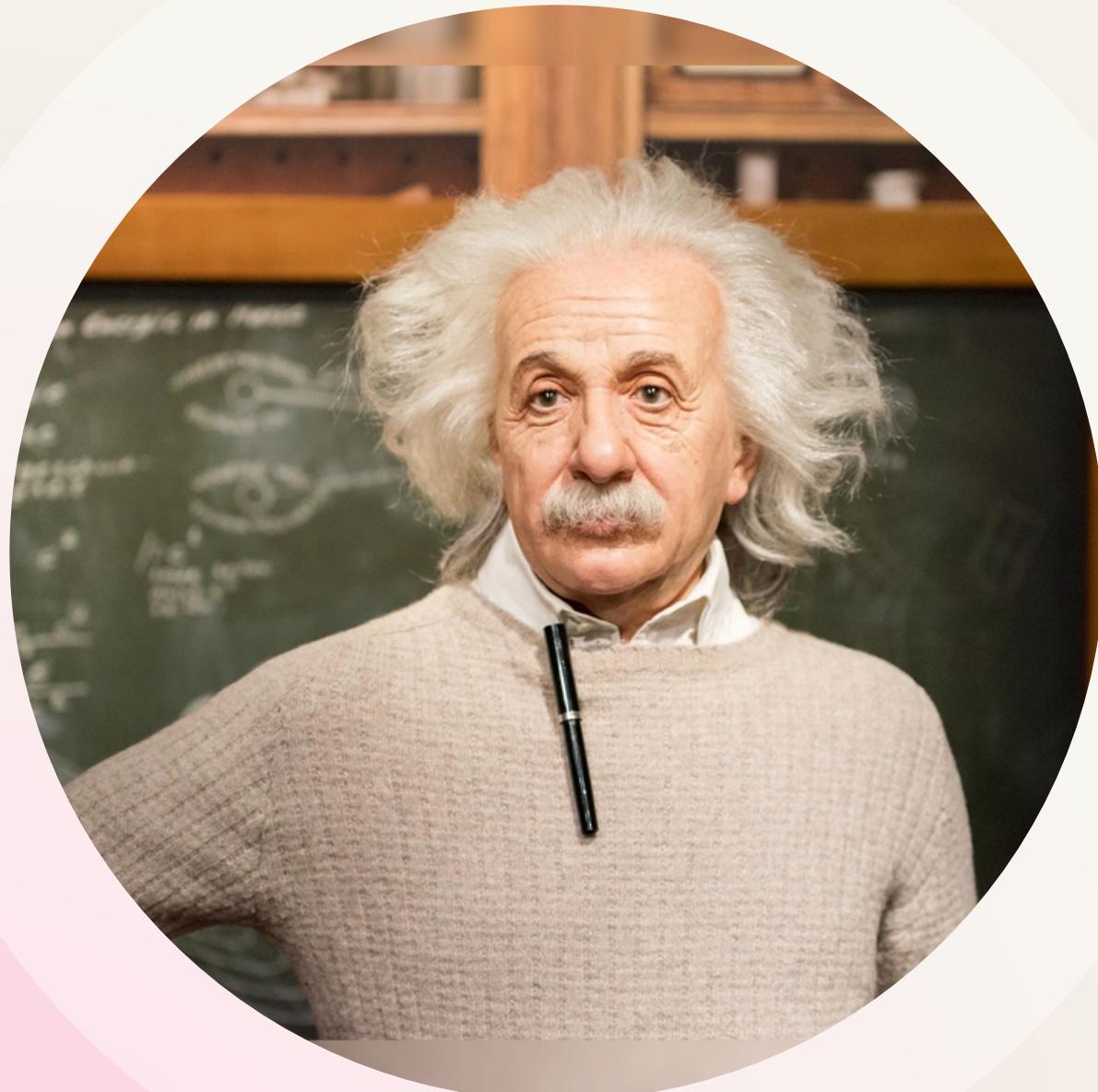
BUT YOU'RE NOT ALONE



Sheryl Sandberg
COO AT FACEBOOK

**IN HER BOOK, LEAN IN: WOMEN, WORK, AND
THE WILL TO LEAD, SHE WROTE**

“And every time I didn’t embarrass myself—or even excelled—I believed that I had fooled everyone yet again. One day soon, the jig would be up.”



Albert Einstein
THEORETICAL PHYSICIST

CONFIDED TO A FRIEND, ONE MONTH BEFORE HIS DEATH

“The exaggerated esteem in which my lifework is held makes me very ill at ease. I feel compelled to think of myself as an involuntary swindler.”

Source: Suzanne Pollack, Henley Business School



Lady Gaga
AMERICAN SINGER-SONGWRITER

IN HER HBO SPECIAL SHE CONFESSED,

“I still sometimes feel like a loser kid in high school and I just have to pick myself up and tell myself that I’m a superstar every morning so that I can get through this day and be for my fans what they need for me to be.”

FEELING LIKE A FRAUD IN
THE TECH INDUSTRY

EVER-EVOLVING FIELD WITH NEW DEMANDS

Having one expertise does not suffice, stimulating us to choose domains we don't even want to enter.



UNREALISTIC EXPECTATIONS FROM DEVELOPERS

"Do you know how to hack a Facebook account?"

"Do you know how to build award-winning websites?"



COPING UP

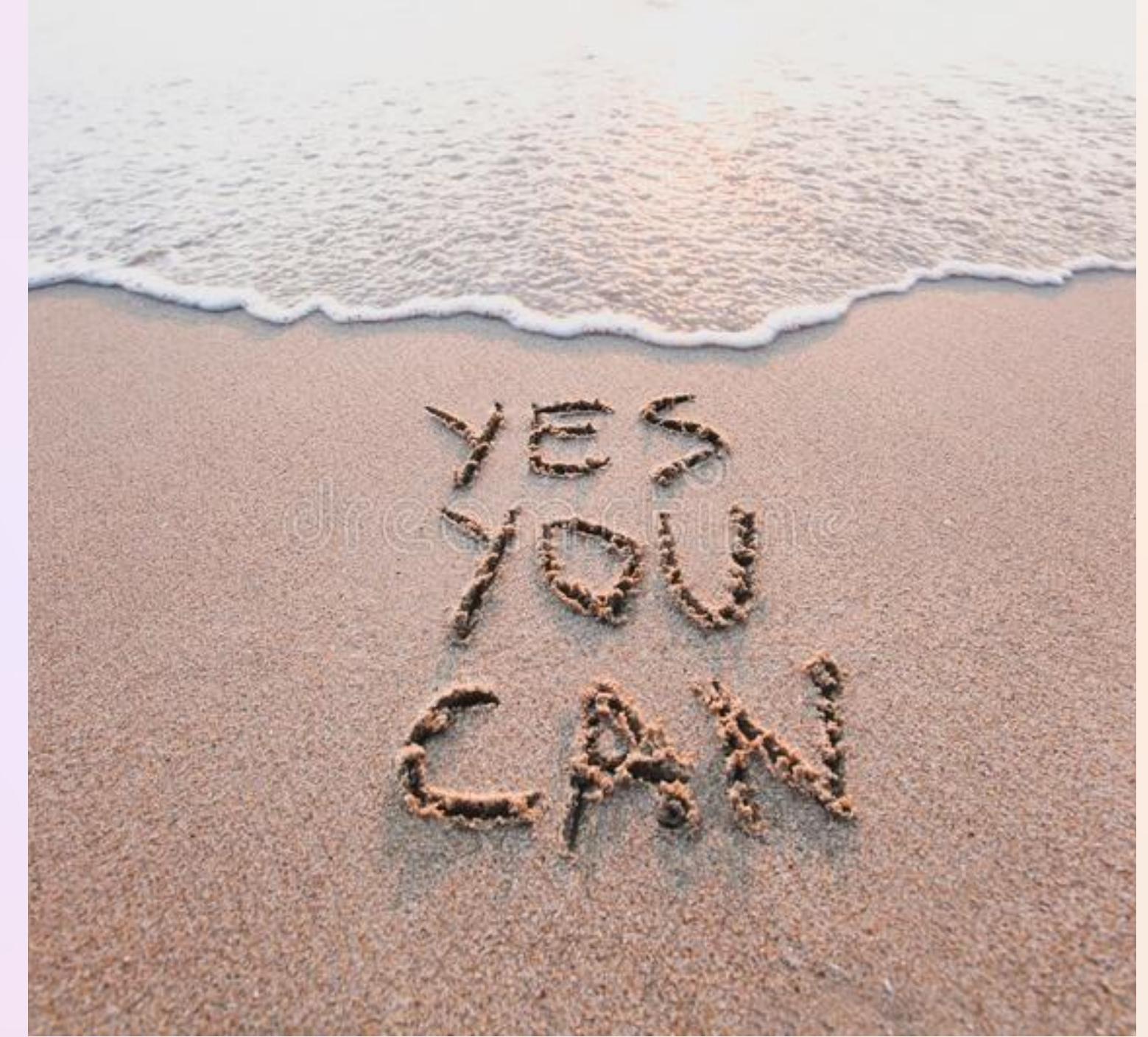
ACKNOWLEDGING & BECOMING AWARE.





SEEKING OUT TO A FRIEND, MENTOR.

WHY NOT YOU?



ALLOW YOURSELF TO BE INCOMPETENT.





JOURNAL YOUR FEELINGS.

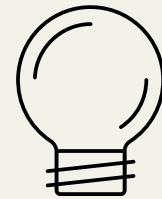
BE KIND TO YOURSELF.



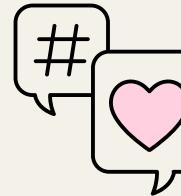
FRIENDLY TIPS FOR HACKATHONS



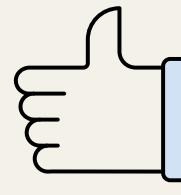
Focus on the learnings.



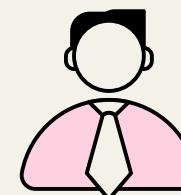
Establish your strengths and **divide** work.



Communicate with clarity.



Praise each other often.

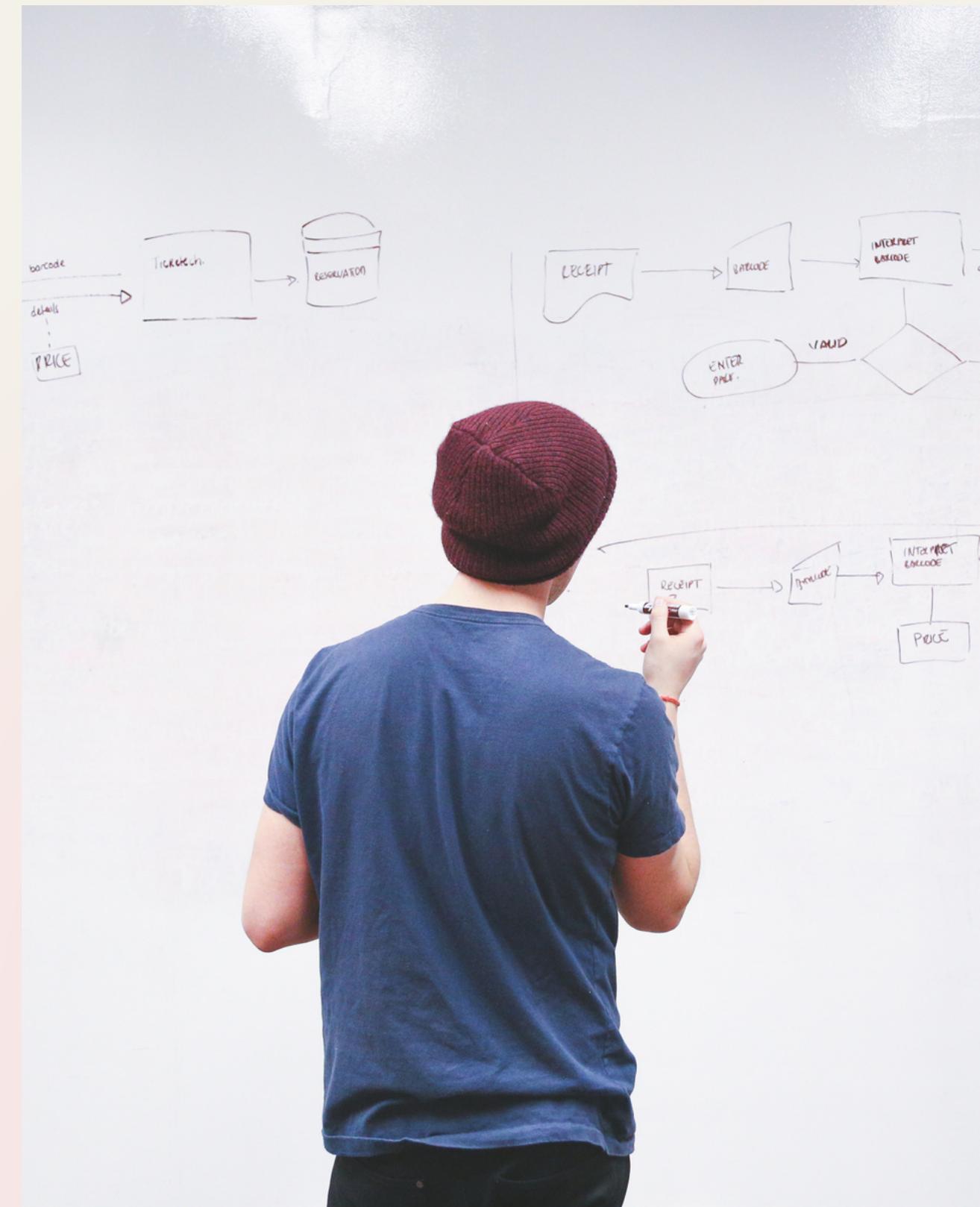


Accept **it's okay** to fail.

PRODUCT DEVELOPMENT & DESIGN

9:00 PM PKT/ 9:30 PM IST/ 9:00 AM PST
28th October 2021

Tips & Tricks to ace your side projects, startup products & hackathon projects
Product Development Process
Design Process
Careers in this field



LET'S CONNECT:



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