**Ten Tips for Fighting Imposter Syndrome**

Here are ten concrete things you can do to fight and overcome imposter syndrome and the negative feelings it brings:

1. **Recognize** what you are feeling. Name it. Acknowledge it. BUT, also recognize that the feeling of not being as good or as qualified others students who may come from different backgrounds does NOT represent the reality of the situation.
2. **Adopt an ASSET-BASED ATTITUDE.** Understand that your first-generation background is an asset you have that others lack. Not only did you meet the same academic standards as everyone else, you are a trailblazer, and that takes a lot of grit and courage. Academic research shows that first-gen students often come with more optimism, academic resilience and goal-orientation than their non-first gen peers!
3. **Reach out** to find others on your campus that may be feeling the same way. Most campuses now have first-gen programs or affinity groups or mentorships. Where is yours? If you are unsure of where to look, call me and we’ll find out together!
4. **Go see your academic advisor**. Talk about the classes you are taking, that you plan to take and how you will chart your course to your degree. Studies show that **EVERY VISIT TO YOUR ACADEMIC ADVISOR INCREASES YOUR CHANCE OF GRADUATION BY 13%!!** Think about it…If you go 10 times, you’re practically guaranteed to graduate! So, if you haven’t already gone once, MAKE THAT APPOINTMENT NOW. If you don’t know your academic advisor’s name, check your portal record or call the Academic Advising office on your campus. Or call me at Peak Ed if you need help.
5. **Turn your fear into curiosity**. This advice comes from a Peak Ed scholar who recently dealt with imposter syndrome. What are you afraid of? Get curious. Wonder what could happen if you attended a club function, tried out the rec center, went to a professor’s office hours, invited someone in your dorm to go eat dinner together. What’s the worst that could happen? What’s the best that could happen if you did? Let curiosity help you navigate your new environment.
6. **Identify and utilize support resources on campus**. Struggling in math? What kind of free tutoring services are there in math on your campus? Go make a visit. When does your professor hold office hours? Schedule an appointment to introduce yourself and ask your questions. Find out where the mental health support systems are on campus, and use them! Seeking help is a sign of strength, not weakness.
	1. **Remember the acronym “BARE”** to help you combat challenges and know your worth (fromCollegeShare529 via Ms. Rainey).
		* ***B***reak the Cycle: Write down 3 steps to take to feel positive and affirmed
		* ***A***wareness: Identity triggering moments that heighten feelings of imposter syndrome
		* ***R***ecognition: Name three areas that may be impacted by imposter syndrome (school, work, sports, social life, etc.)
		* ***E***xternalize: Write down challenges that have already been accomplished