

GRAD GUIDE



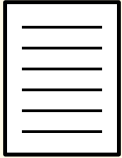
IMPOSTER SYNDROME



Grad Guides are designed for graduate and professional students and include resources on a topic and how to engage whether you have 10 minutes or 1+ hours.

IMPOSTER SYNDROME

If you have 10 minutes:



Articles to Read



Click on title to
follow link!

[Dealing With Impostor Syndrome When You're Treated as an Impostor](#)

[How to Overcome Imposter Syndrome](#)

[Infographic: What is imposter syndrome and how to beat it?](#)

[Strategies for Navigating Imposter Syndrome as a Graduate Student and New Professional](#)

[We Are Not Imposters](#)

Log into [MyUCLA](#) account to access -

[American Psychological Association: Feel Like a Fraud](#)

[Your Graduate Advisor May Have Imposter Syndrome, Too](#)



Videos to Watch/Listen To

[TED Talk: What is Imposter Syndrome and How You Can Combat it](#)

UCLA

Graduate Student
Resource Center

IMPOSTER SYNDROME

If you have 10 minutes:



Activities to Try

[Clance Imposter Syndrome Scale](#)

[Imposter Syndrome Bingo by the University of Miami](#)



Tools to Try

Mindfulness apps promoted by the UCLA RISE Center:

[Calm](#)

[Headspace](#)

[Ten Percent Happier](#)

[Insight Timer](#)

[Stop, Breathe, and Think](#)

IMPOSTER SYNDROME

If you have 30 minutes:



Videos to Watch/Listen To

[TED Talks: Imposter Syndrome Playlist](#)



Guides to Explore

[Pauline Rose Clance: Imposter Phenomenon](#)

[The Leadership Alliance: Guide to Thriving in Graduate School](#)

[University of Washington: Blogs on Imposter Syndrome](#)

[Writing Your Way Out of Imposter Stress \(Yale\) Guide and Bibliography](#)

IMPOSTER SYNDROME

If you have 30 minutes:



Podcasts to Listen To

[Blk + In Graduate School: A Beautiful Mindset](#)

[Grad School Confidential \(University of Alberta\): Who Am I to Talk About Imposter Syndrome?](#)

[Hello PhD: Imposter Syndrome](#)

[The PhD Life Raft: Overcoming the Imposter Syndrome with Valerie Young](#)

[The Professor Is In: Imposter Syndrome When Odds Are Against You](#)

IMPOSTER SYNDROME

If you have 1 hour or more:



Videos to Watch/Listen To

[University of Miami: Imposter Syndrome in Academia and Beyond](#)

[UCLA-SIDE: Imposter Syndrome Workshop Recording](#)



Books/Audio Books

[The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It by Valerie Young](#)

[The Imposter Cure: How to stop feeling like a fraud and escape the mind-trap of imposter syndrome by Jessamy Hibberd](#)

IMPOSTER SYNDROME

UCLA Graduate Student Resources

UCLA Graduate Student Resources

Counseling and Psychological Services

RISE Center and Community Specific Healing Groups

Financial Wellness Program

Graduate Writing Center

Graduate Student Resource Center

UCLA Career Center

Case Management Services

Bruin Resource Center

LGBTQ Campus Resource Center

Find other Grad Guides and resources for
graduate and professional students at
www.gsrc.ucla.edu