Emotional Wellness for the Graduate Student: Combating Imposter Syndrome

Spring 2020 Workshop for Students

Do you suffer from chronic self-doubt? Signs of imposter syndrome include a lack of self-confidence, anxiety, negative self-talk, feelings of inadequacy, dwelling on past mistakes, and not feeling good enough. One of the first steps to overcoming these feelings is to acknowledge the thoughts and put them in perspective. It can also be helpful to share what you’re feeling with trusted friends. Most people experience moments of doubt, and that’s normal. The important part is not to let that doubt control your actions. Learn tools to overcome imposter syndrome!

When & Where
Friday, January 31
3:30-5:00 PM
School of Law, Rm 2401
North Campus

What You’ll Learn:
• Separate feelings from fact
• Reframe your thoughts
• Develop a new response to failure and mistake making
• Visualize success

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu

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