

WORKSHOP SERIES

Overcoming Imposter Syndrome in Academia

Imposter syndrome is a common challenge among students and scholars in academia, often leading individuals to doubt their abilities and feel like they do not belong despite their accomplishments. This two-part workshop series is designed to help students recognize, navigate, and overcome imposter syndrome while building confidence in their academic and research journey.

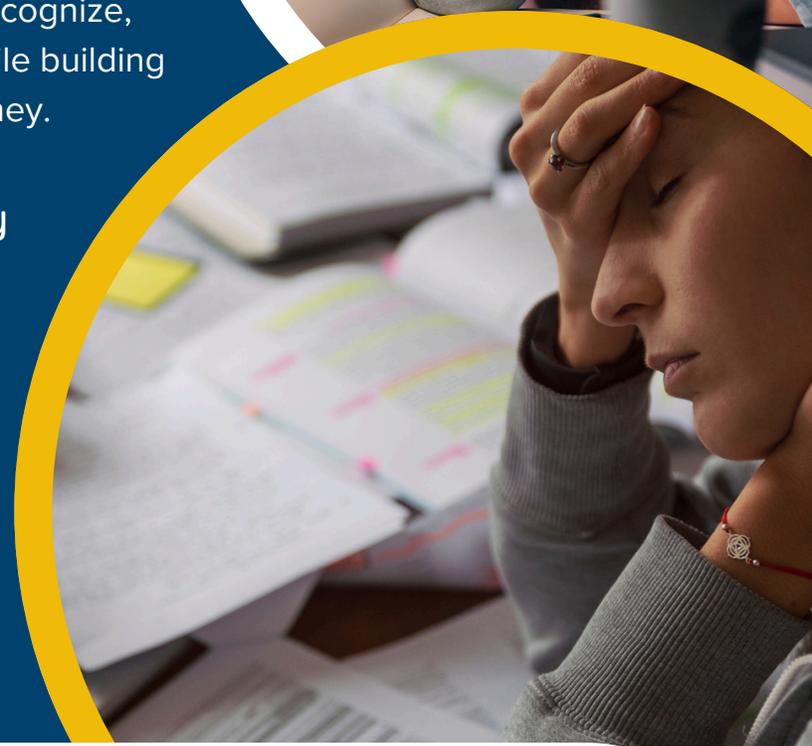
with Dr. Monique Turner, Department of Psychology



April 17, 2025
5:00 PM VIA ZOOM



April 24, 2025
5:00 PM VIA ZOOM



PART 1

In this interactive workshop, we will explore what imposter syndrome is, how it manifests in academic and research settings, and the psychological factors that contribute to it.

PART 2

Building on Part 1, this session offers strategies to combat imposter syndrome and helps participants create a plan to build resilience in research, coursework, and professional settings.

Scan for Details and to RSVP

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