UNDERSTANDING AND COMBATING
IMPOSTOR SYNDROME
WORKSHOP

Do You Secretly Worry You’re Not as Smart as Everyone “Thinks” You Are?

Impostor syndrome describes the experience of discrediting successes (good grades, degrees, tenure, promotions, awards) as products of timing or luck, rather than personal achievement. Left unchecked, impostor syndrome can interfere with academic progress and professional success. Dr. Valerie Young, internationally-known expert and author on impostor syndrome, will lead an interactive workshop on how to mitigate [your own] impostor feelings in yourself or others, recognize and address it in the classroom, and work to positively affect changes in academic culture that can fuel self-doubt in students and faculty. All graduate students, postdocs and faculty/staff are invited to attend. Light refreshments will be provided. Pre-registration is required.

DATE: MARCH 2, 2017
TIME: 2:30-4:00PM
LOCATION: CAPE COD LOUNGE, STUDENT UNION

Speaker Biography: Dr. Valerie Young

Dr. Valerie Young is an internationally known speaker and the author of the award-winning book *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It* (Crown/Random House) now available in five languages. Dr. Young is a UMass alumna, having earned her Ed.D. from the College of Education.

Dr. Young has addressed faculty and students at over 80 colleges and universities including Harvard, Stanford, MIT, Columbia, Princeton, Cornell, Carnegie Mellon, and many more. She’s also addressed such highly diverse audiences as Apple, Procter & Gamble, BP, Chrysler, Intel, IBM, Facebook, Boeing, Merck, McDonalds (Europe), Motley Fool, Society of Women Engineers, Association of Mechanical Engineers, American Institute of Chemical Engineers, American Women in Radio and Television and Women in Trucking.


Co-sponsored by the Graduate School, TEFD, College of Natural Sciences, College of Information and Computer Sciences, College of Education, College of Engineering, College of Social and Behavioral Sciences, Commonwealth Honors College, School of Public Health and Health Sciences and UMass Women into Leadership.