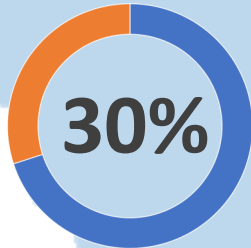
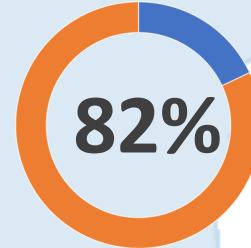


**Impostor Syndrome** describes high achieving individuals who, despite their successes, fail to internalize their accomplishments and have persistent self-doubt and fear of being exposed as an impostor

## DID YOU KNOW?



of medical students and residents identify as impostors, with higher rates among women and international medical graduates



of people face feelings of impostor syndrome, struggling with the sense that they are fraud

### Features of impostor syndrome

- Inability to internalize one's successes
- Difficulty accepting praise about one's intelligence or accomplishments
- Tendency to recall mistakes over successes
- Making frequent comparisons to others, believing others are more accomplished

### How to address impostor syndrome

- Cultivate self-compassion
- Anticipate impostor syndrome and help by normalizing these feelings and providing reassurance that learners are not alone
- Encourage self-reflection and include impostor syndrome in wellness curricula through reflective opportunities during teaching

### Resources

- Informational Podcasts
- Journal Articles on Impostor Syndrome
- CME Learning Modules

