

Imposter Syndrome

Do you have feelings of inadequacy, self doubt and are overly critical of yourself? Then you might have imposter syndrome!



What is it?

A feeling of internal inadequacy and fraudulence in spite of any accomplishments or public perception



Is this common?

IP is very common, especially in students in the medical field



How to Help

1. Talk with your friends
2. Schedule an appointment at the Counseling Center