DEALING WITH IMPOSTOR SYNDROME

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SO WHAT IS IMPOSTOR SYNDROME?

That conflicting feeling of "extreme egomania" and "I'm a fraud!"

- Tina Fey

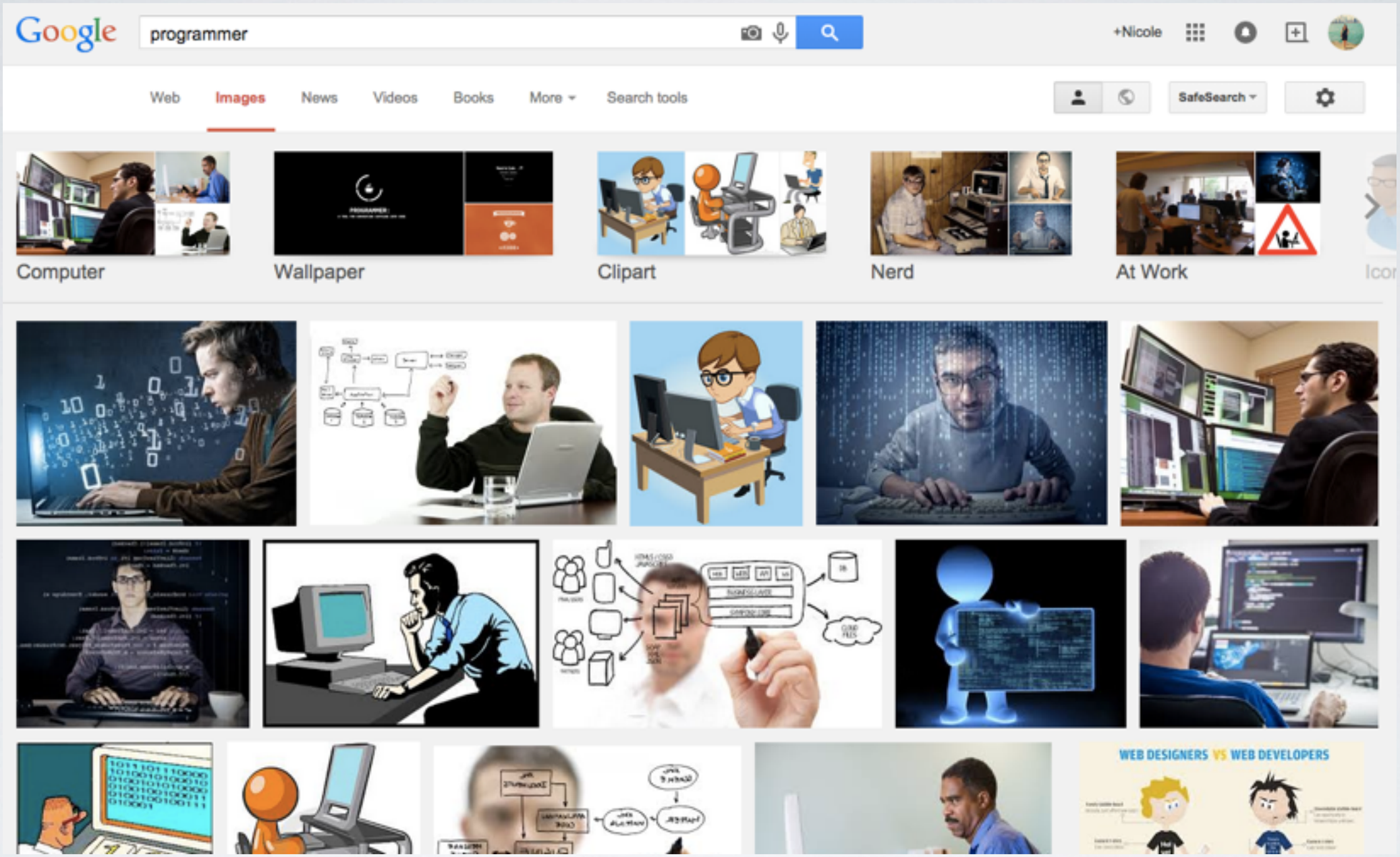
The fear of being found out

WHY DO WE FEEL THIS WAY?

left behind + catching up

comparison + expectation

I was 20 when I dropped out of college to head a multibillion dollar company what are you doing with your life??



You do not have to fit into this group of five.

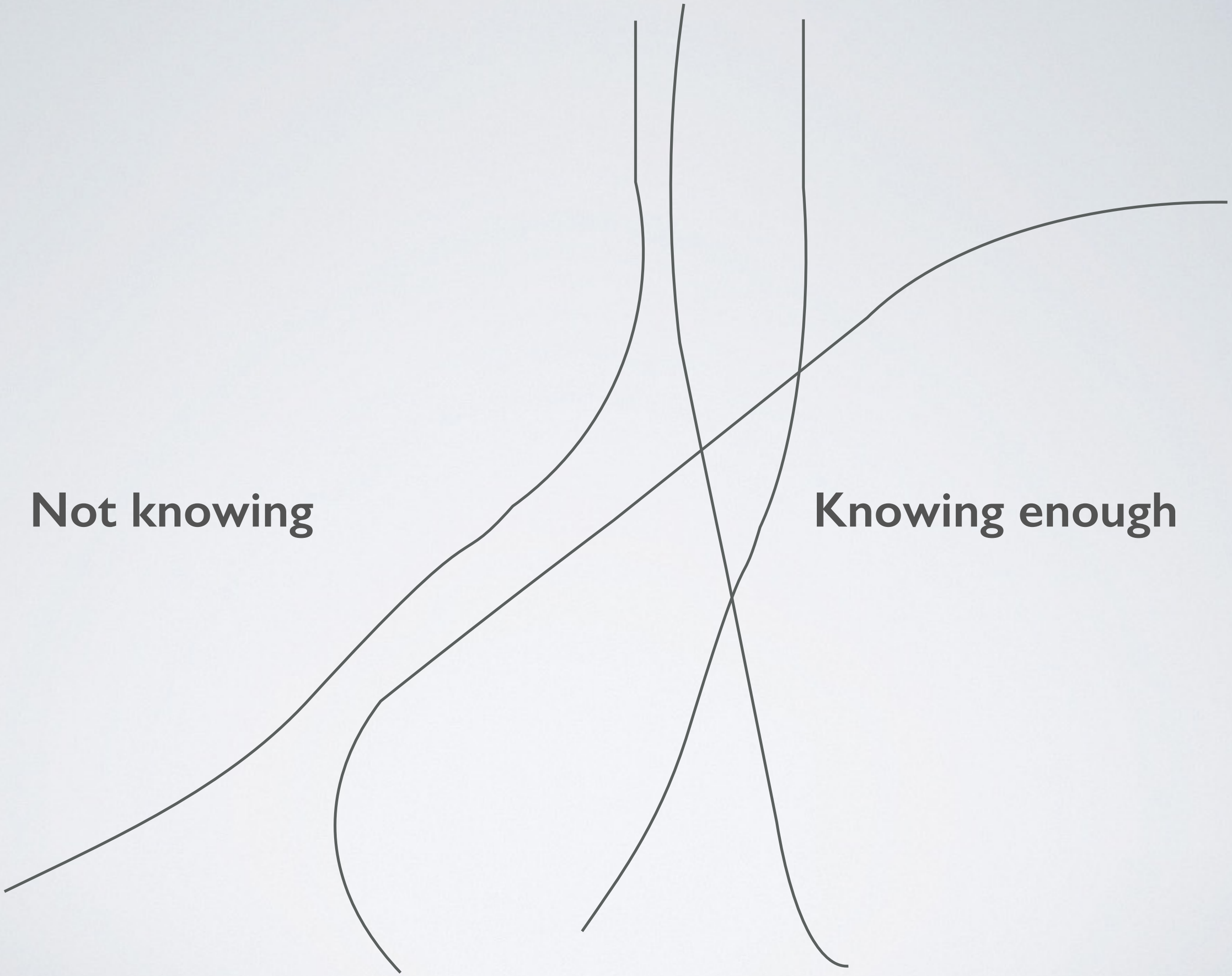
1. The difference between "not knowing" and "knowing enough"

Don’t mistake being a beginner for being an impostor.

You

Not knowing

Knowing enough


Not knowing
Knowing enough

node
JS

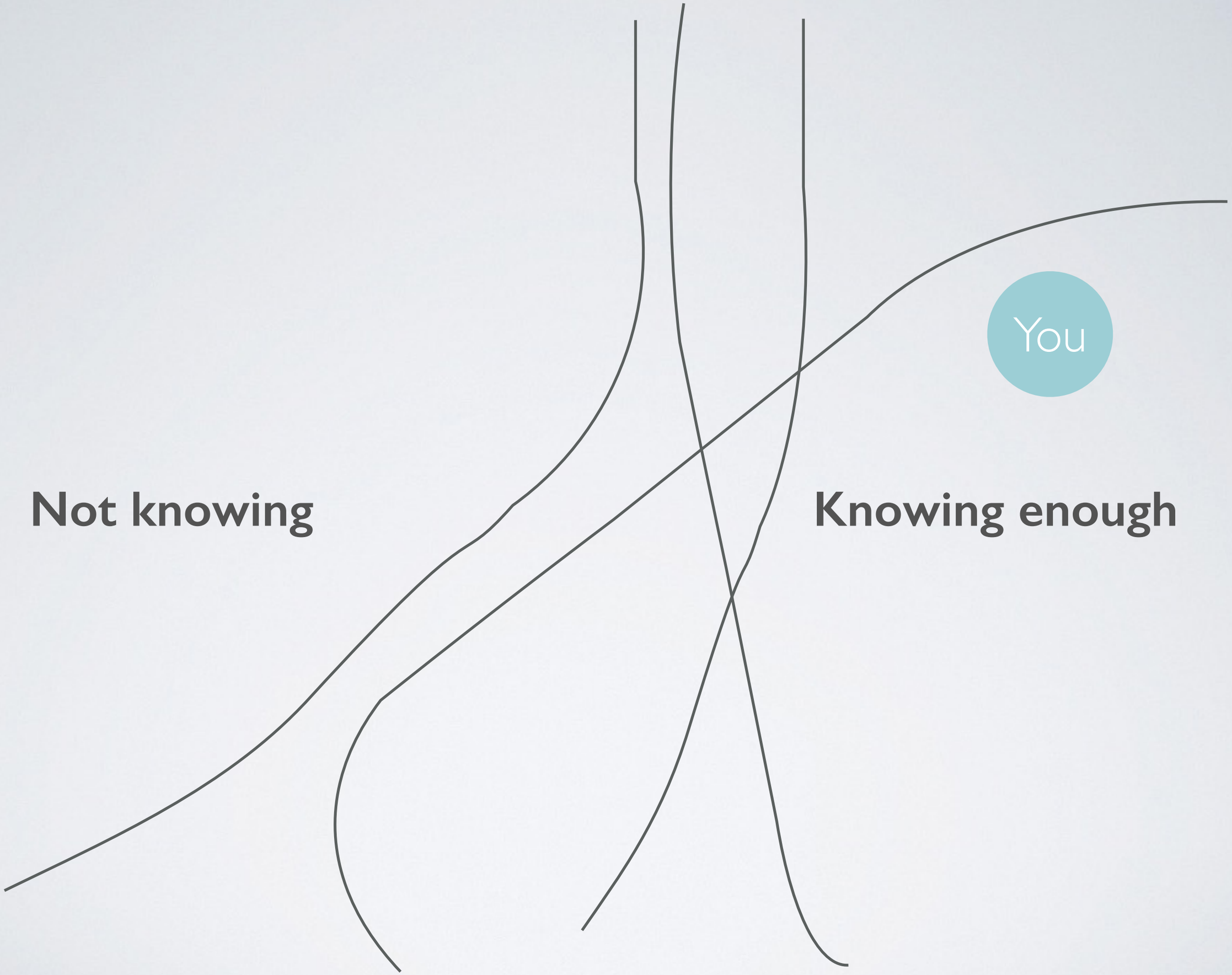
RAILS

Objective-C

JS
HTML
CSS

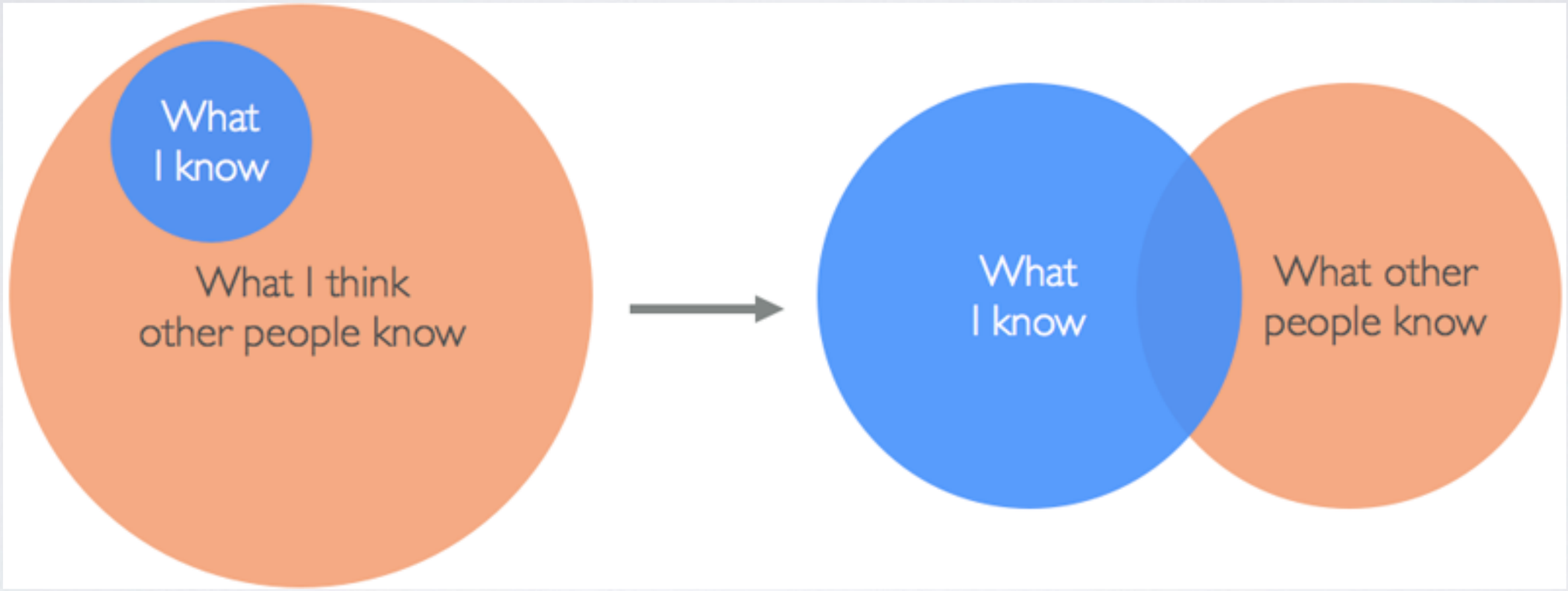
ANDROID

But really it's about learning to learn


You
Not knowing
Knowing enough

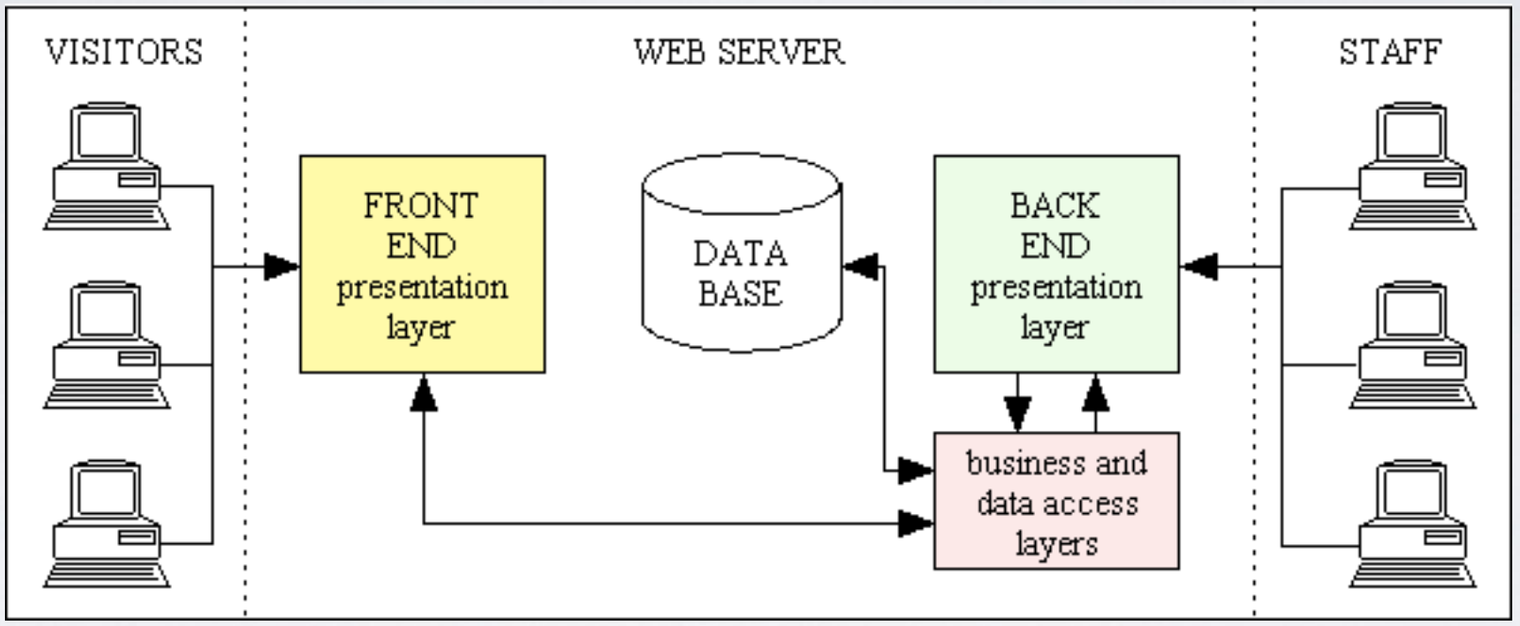
2. What you know vs. what you think other people know

Well, well, well,
how the turntables...



"Overcoming Impostor Syndrome" - Alicia Liu

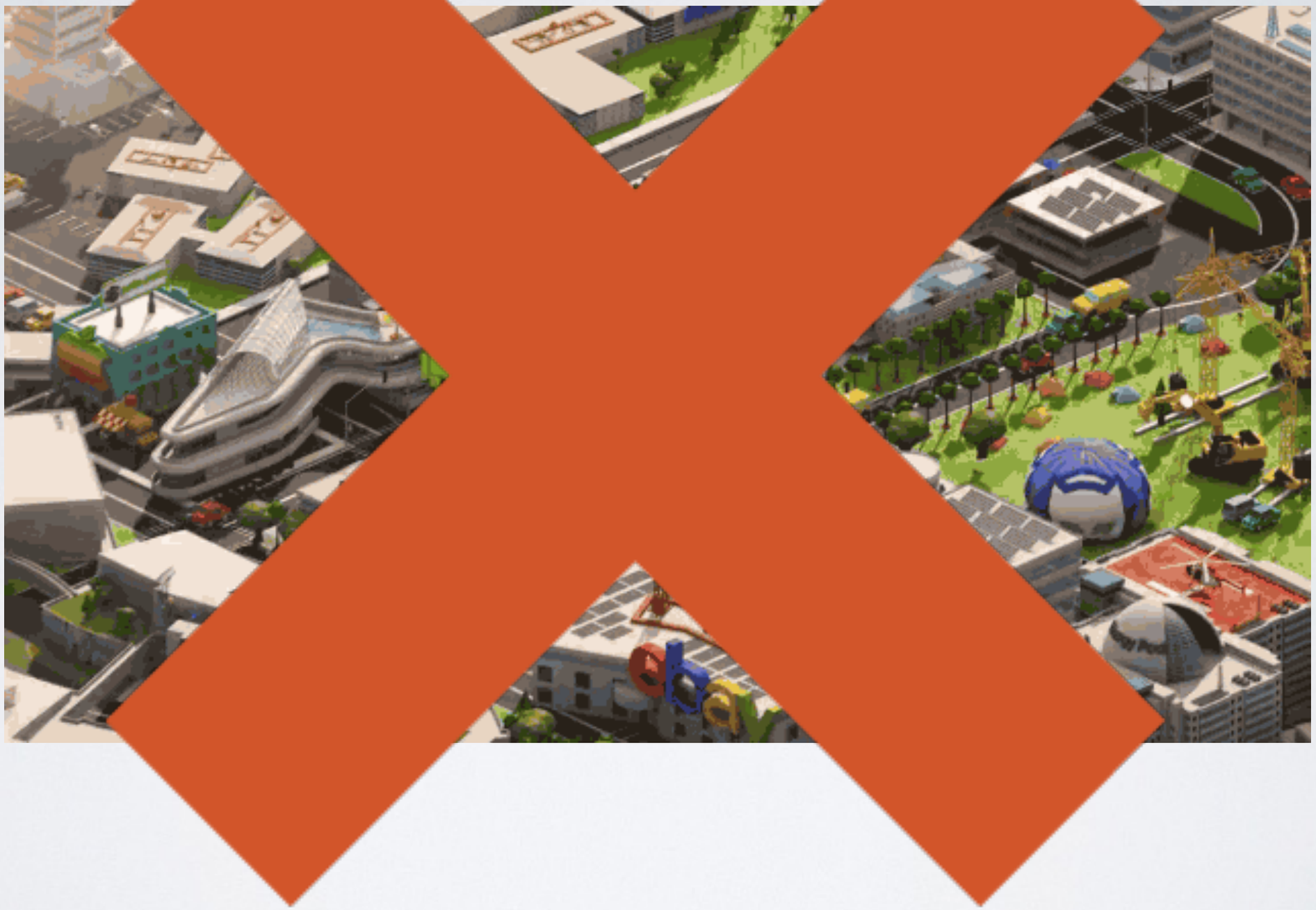
3. Forget about the stack



~~frontend as "easy"~~ ~~backend as "hard"~~

But don’t forget to challenge yourself!

4. Reframe what coding means to you


ebay

Think about what interests you - how does coding play into that?

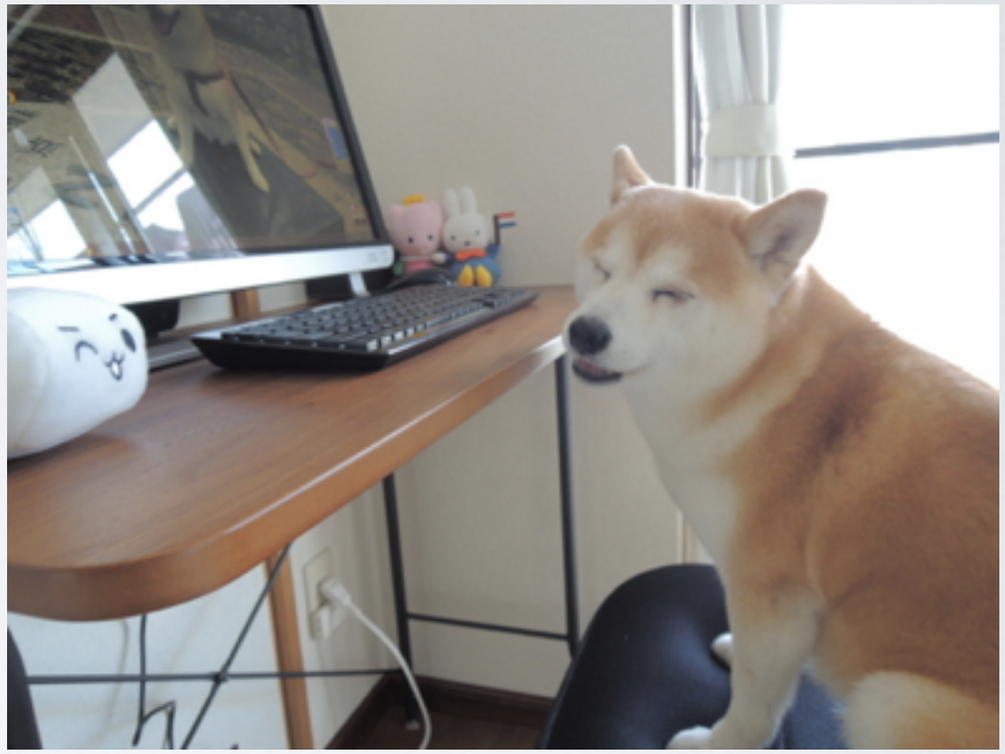
5. Surround yourself with peers and role models

Surround yourself with role models and peers

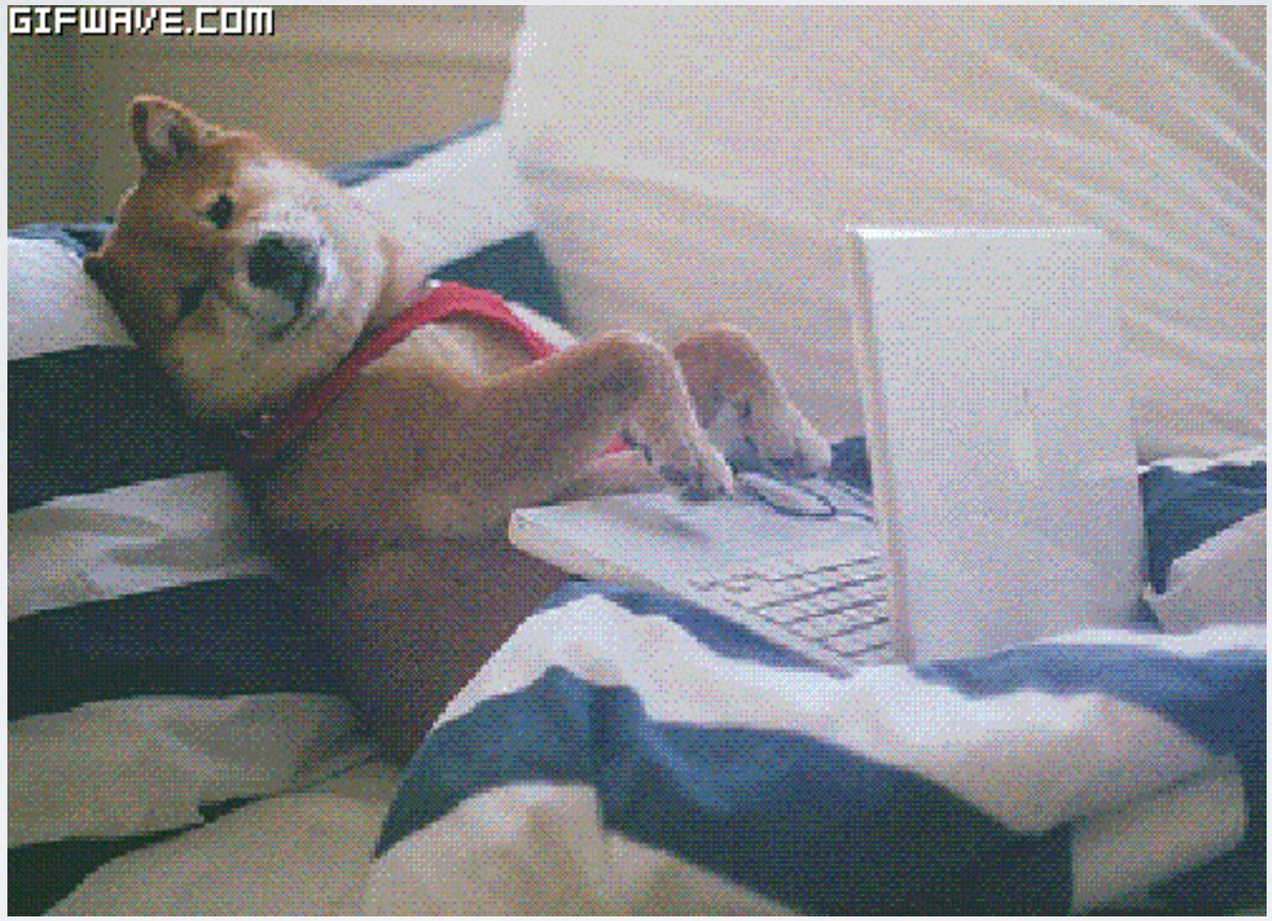
Ride off each other's momentum

6. Be proud of yourself

Then



Now



Above all, keep going.

- Find the companion article on Medium
- Find further reading on impostor syndrome, gender, and tech here
- Find these slides here
- Get in touch @nicolelzhu or nzhu94@gmail.com