

i'm not
qualified
to give this talk

reflections on feeling like an impostor in academia
dr kate davis | @katiedavis | digital life lab | university of southern queensland

what you need to know
about me

i'm going to sound

neurotic

and

insecure

impostor syndrome

"a psychological pattern in which people doubt their accomplishments and have a persistent, often internalized fear of being exposed as a 'fraud'"

why it's
life
in academia

academic life
hashtag
— it's changing

casualisation

everything is a

competition

and your job depends on winning

*mixed
messages*

perfectionism

many academics are

over achievers

my experience

has been shaped by

who i am

and

what i do

it was before
your time

[i'm young – or i was]

i am woman,
hear me
whisper

[i'm a woman – and i was a naïve one]

welcome aboard,
ms davis

[i didn't have a phd – and continued to be treated like it]

not all
disciplines
are created
equal

[i'm a social scientist working in a feminised discipline, previously in a stem faculty]

my experience
has been shaped by

the stories

i tell

myself

i'm not smart. i just

*work
hard*

i'm not that kind of

smart

i got
lucky

what impostor
syndrome looks like

for me

perfectionism

perfectionism leads to

procrastination

and

paralysis

overworking

irrational, obsessive

anxiety

– often at 2am

feeling like a
misfit

feeling like i'm not
enough

combatting

impostor syndrome

what you can do for yourself

find your
tribe

keep a running
done list

pause,
plan and
reflect

just say
thank you

know your own
values

take care of your

mental health

don't be an
asshole

combatting

impostor syndrome

what you can do for others

don't be an
asshole

celebrate
others'
successes
in visible ways

support
your
tribe

be nice to
yourself

did i mention you
shouldn't be an

asshole

don't
hide
the effort or
the agony

questions