



Resiliency for the College Student

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By Nereida Ramirez

Harvard Medical School, MD-PhD candidate

Outline

Imposter Syndrome

Overcoming Adversity

Taking Advantage of
Resources





Imposter Syndrome

What is imposter syndrome?

“Involves feelings of self-doubt and personal incompetence that persist despite your education, experience, and accomplishments.”

Raypole, Crystal. “Imposter Syndrome: What It Is & How to Overcome It.” *Healthline*, Healthline Media, 16 Apr. 2021, <https://www.healthline.com/health/mental-health/imposter-syndrome>.

Common Signs:

Attributing your accomplishments to luck

Feeling unqualified for your current position

Fears of being exposed as incompetent

Hesitancy towards ascending in status and accepting more responsibilities

Why do we feel like imposters?

How we see ourselves is shaped by both internal and external factors:

Internal: how you feel about yourself

- Self-esteem
- Self-efficacy

External: how others see you

- Socioeconomic status and class
- Race, ethnicity, and nationality
- Gender-identity and sexual orientation
- Ablism, ageism, and many more



Coping with Imposter Syndrome





Negative Coping Strategies

Examples:

- Lack of engagement
- Hiding your struggles
- Total withdraw (dropping out)

Results:

- Missed connections with community
- Missed access to resources
- Missed opportunity to reach one's potential

Positive Coping Strategies



Trusting your compass

- Know where you come from and where you are heading
- Accept that you're treading your own path and know that it's the right one, even during adversity

Using your flare signal

- Communicate your need for help to others

Investing in travel companions

- **Seek out community**, people who provide emotional support and a sense of belonging
- **Seek out mentorship**, people who can advocate for you and help direct you on your journey

Overcoming Adversity



Diversity of Adversity

There are many kinds of adversity e.g.,:

- Academic
- Financial
- Racism/Sexism/Ablism etc.
- Acts of Violence/Crime
- Academic discipline or criminal charges
- Physical Health
- Mental Health

Intersectionality

“There is no thing as a single-issue struggle because we do not live single-issue lives.”

— Audre Lorde

Even when it doesn't happen to us directly, we can be impacted by adversity experienced by those around us:

- Family and friends
- Community
- National and global events

What do you do in the face of adversity?

There is no singular solution, but there is a common protocol:



It's easy to get stuck at any of these steps, but you have to push through!

Addressing adversity in applications:

1. Provide context, not excuses
 - Explain what happened directly without relying on persuasive language
2. Demonstrate with action how you have grown and persevered through adversity
3. Explain how these experiences have made you more prepared for the challenges ahead





Seeking Out Resources

Academic

- When to seek help:
 - If you're feeling overwhelmed
 - If you think your study strategies are ineffective
 - If you're receiving poor grades
- Who to approach:
 - Instructors & teaching assistants
 - Classmates & tutors
 - Academic advisor
 - Academic offices that provide study habit consultation and resources



Financial



- When to seek help:
 - If you're stressed about paying for basic needs
 - If you received less financial support than anticipated
 - When you experience an unexpected life event (injury, illness, job loss)
- Who to approach:
 - Financial aid office
 - Counselors, advisors, mentors
 - Groups that assist with scholarships & grants

Mental Health

- When to seek help:
 - When you're feeling stress, anxiety, or depression
 - If you or someone close to you experienced an unexpected life event
 - Whenever you need a safe person to talk to (mental health is a daily need)
- Who to approach:
 - Friends and family
 - Counselors, advisors, mentors
 - Student groups
 - Therapist
 - Clinicians



Mentorship



- Need multiple mentors to address your diversity of needs
 - **Academic** “How do I do well in school?”
 - **Professional** “How do I set myself up for the future?”
 - **Role Models** “How did you get through what I’m going through now?”
- What makes a good mentor?
 - Takes time to understand your background and your goals for the future
 - Offers you opportunities to develop your skills, character, and perspectives
 - Connects you to other people who will help you grow

Community

Many of your experiences will be shaped by the people you surround yourself with, so choose wisely!

Questions to ask yourself:

- Do they make me feel more or less secure in myself?
- Do I feel included? Are my contributions appreciated?
- Do they have qualities that I admire? Do they inspire me?
- Can I go to these people in times of need? Do I trust them?

Seek out multiple axes of commonality! Find people with whom you share...

- classes (academic help)
- hobbies (socialization and mental/physical exercise)
- similar backgrounds (community and resources)






Conclusion

- Many of us experience imposter syndrome, and even though the feeling may never go away, what matters most is HOW we deal with it
- You'll likely face adversity in college, and now more than ever, the onus will be on you to advocate for yourself
- There are many resources out there to help you, and you are deserving of all of them!

Extra Slides

Quisieron enterrarnos,
pero se les olvido que somos semillas



They tried to burry us,
but they forgot that we were seeds

Inequity in Education:



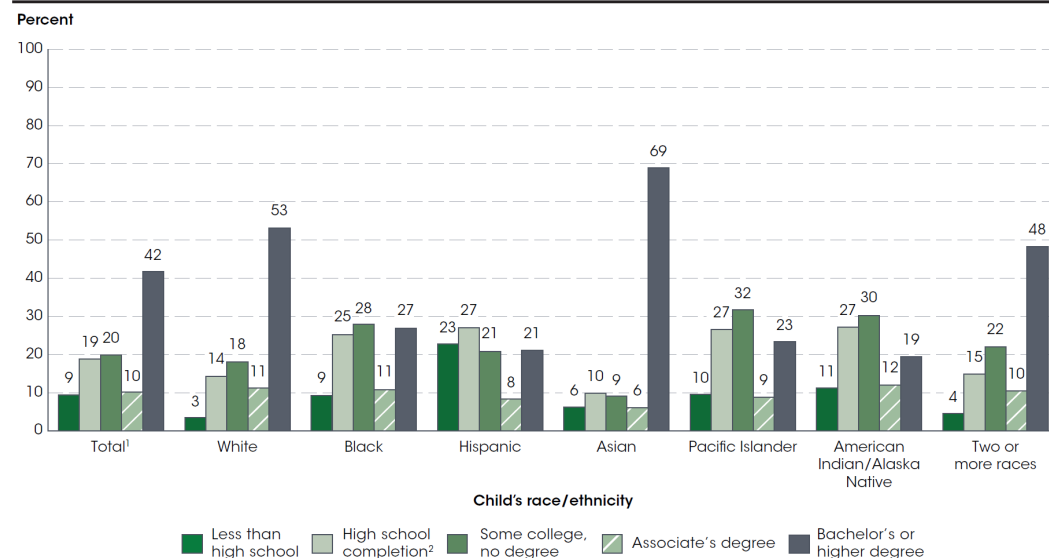
Hussar, B., Zhang, J., Hein, S., Wang, K., Roberts, A., Cui, J., Smith, M., Bullock Mann, F., Barmer, A., and Dilig, R. (2020). *The Condition of Education 2020* (NCES 2020-144). U.S. Department of Education. Washington, DC: National Center for Education Statistics. Retrieved [date] from <https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2020144>.

- Systemic and interpersonal discrimination continues to stifle equal access to educational and economic opportunity
- Interventions to achieve equity for disadvantage groups are still lacking

Inequity starts at home...

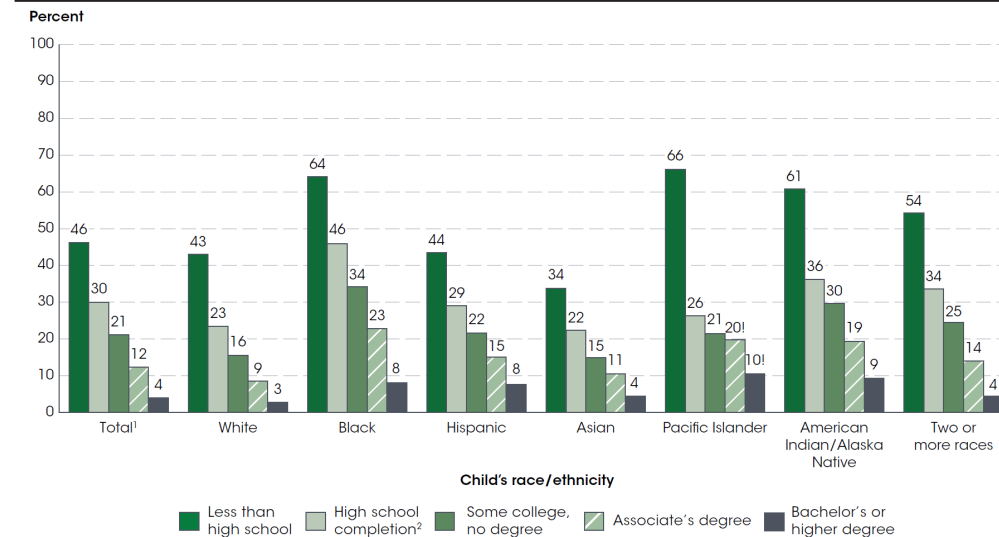
Education Attainment Gap (parents)

Figure 1. Percentage distribution of children under age 18, by child's race/ethnicity and parents' highest level of educational attainment: 2018



Wealth Gap Controlling for Education

Figure 4. Percentage of children under age 18 in families living in poverty, by child's race/ethnicity and parents' highest level of educational attainment: 2018

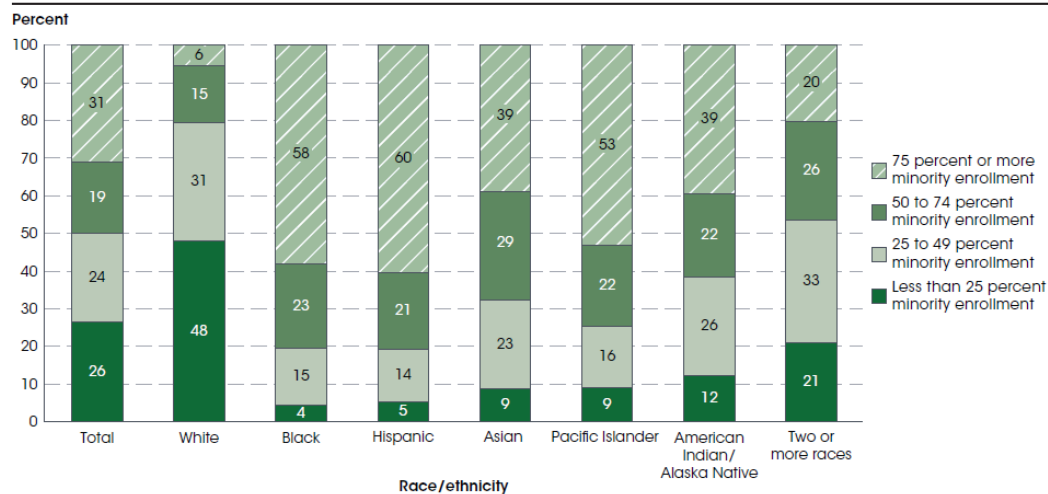


- Students of color are less likely to have parents that went to college (historical inequity)
- Even when controlling for education, families of color are more likely to experience poverty (contemporary inequity)

Continues throughout school...

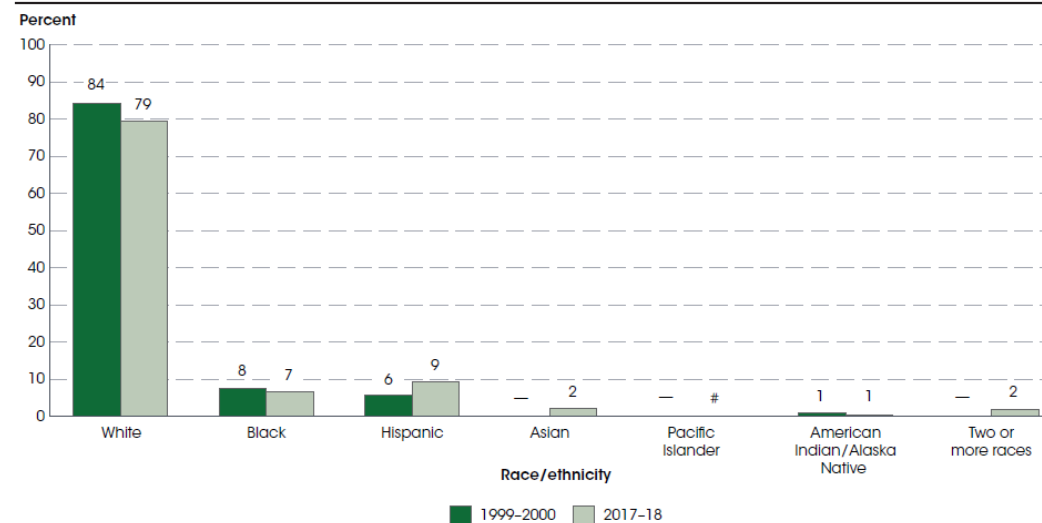
Schools are segregated

Figure 3. Percentage distribution of public elementary and secondary school students, by student's race/ethnicity and percentage of minority enrollment in school: Fall 2017



Representation is poor

Figure 2. Percentage distribution of teachers in public elementary and secondary schools, by race/ethnicity: School years 1999-2000 and 2017-18

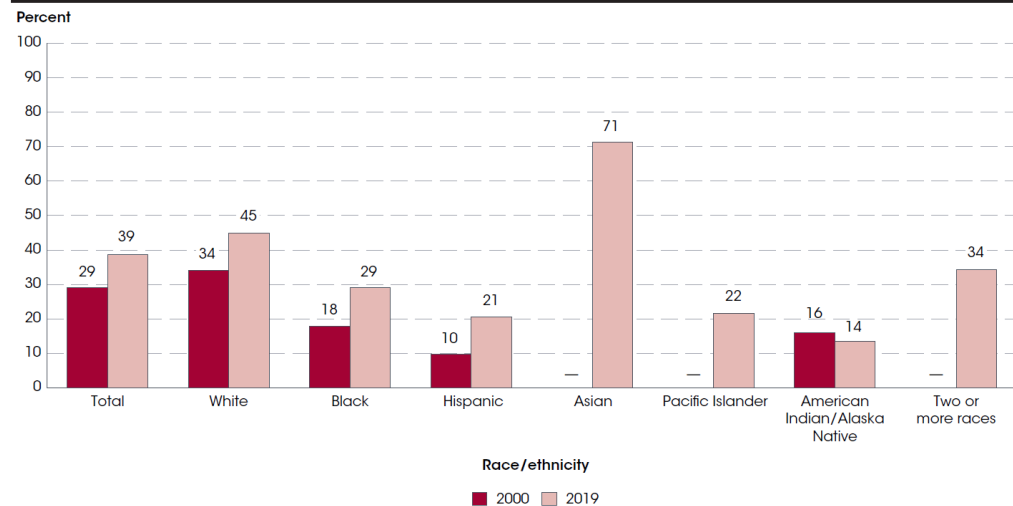


- Students of color are more likely to attend schools in which they are the majority (despite being minorities in the population)
- Most students of color will not be instructed by people who look like them

And effects the next generation

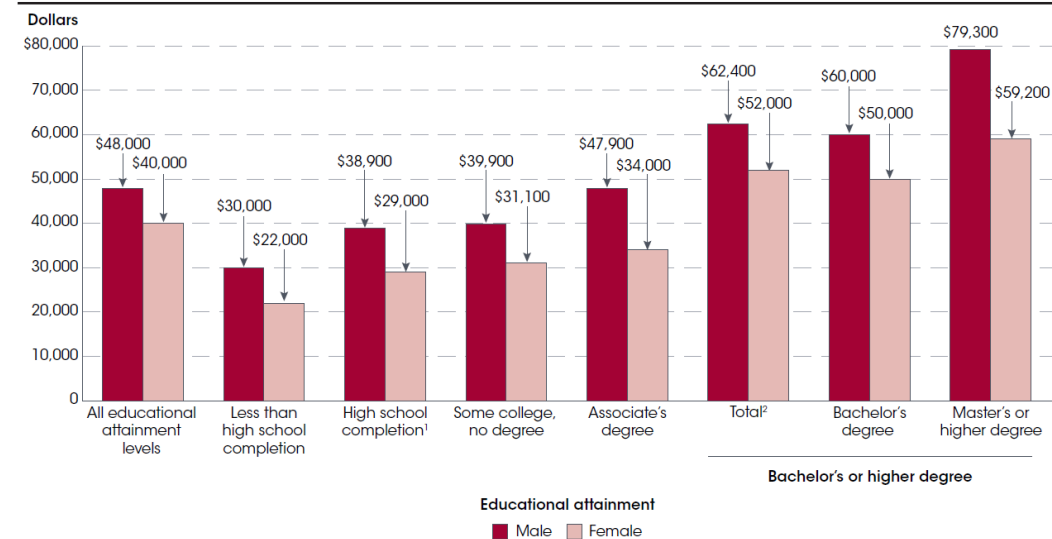
Education Attainment Gap (young adults)

Figure 4. Percentage of 25- to 29-year-olds with a bachelor's or higher degree, by race/ethnicity: 2000 and 2019



Wealth Gap Controlling for Education

Figure 4. Median annual earnings of full-time, year-round workers ages 25-34, by educational attainment and sex: 2018

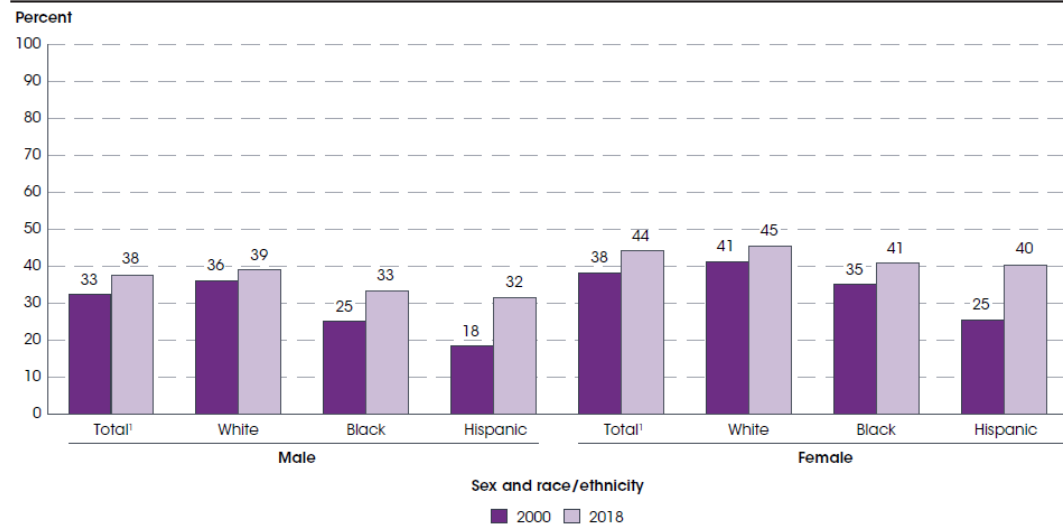


- The education gap is still present within the current generation of young, working adults
- Even when controlling for education, the wage gap between men and women is continues to persist

But there is hope (hint: you)

College enrollment rates

Figure 3. College enrollment rates of 18- to 24-year-olds, by sex and race/ethnicity: 2000 and 2018



- More women and students of color are going to college

Achieving economic and social parity has been a multigenerational struggle, and each of us are playing a part in this story

Even when the odds are tough and you are feeling insecure, know that you *are* making a difference and that your dreams and aspirations matter ♡