HOW I DEAL WITH IMPOSTER SYNDROME

DON’T COMPARE YOUR BACKGROUND OR PRE-PH.D EDUCATION TO OTHERS
• Your personal background does NOT determine your success as a PhD(!)
• Bachelors and Masters are simply different, none more right than the other.

DON’T COMPARE YOUR PH.D TO OTHERS
• Your journey is YOUR journey.
• Many variables influence the time it will take you to complete your PhD – these are specific to YOU, your field, your research, your non-academic life.
• Publications are not everything.

IT IS ALWAYS OK TO ASK FOR HELP
• It’s OK to not know everything!
• You are not alone feeling lost.
• Supervisors and mentors are (should be) there to help and guide you, not judge you.

PRIORITIZE MENTAL HEALTH
• Taking care of your mental health is important!
• Deciding to quit, change field, change supervisor, is NOT a failure!

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