

HOW I DEAL WITH IMPOSTER SYNDROME

By @OpenAcademics

DON'T COMPARE YOUR BACKGROUND OR PRE-PHD 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 PHD 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!