

HOW I DEAL WITH **IMPOSTER SYNDROME**

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!