**Vulnerability & Self Care - Imposter Syndrome**

The passage provided beautifully encapsulates the intense struggle that often accompanies the experience of imposter syndrome, particularly for a newly hired faculty member like myself. The author's words capture the inner turmoil that can plague one's thoughts when faced with the daunting challenge of stepping into a new academic role.

"I try to reconcile the disparity between truth and fiction while this lie of familiarity shouts names at me: 'Outsider!' — 'Pretender!' — 'less than.'" These words resonate deeply with me, as they vividly portray the internal conflict between one's actual qualifications and the nagging feeling of inadequacy that imposter syndrome often imposes. The relentless barrage of negative self-talk can be deafening, making it difficult to appreciate one's accomplishments and capabilities.

"I am not alone…" These words serve as a reminder that imposter syndrome is not an isolated experience but a shared struggle among many individuals in academia and beyond. It is a universal phenomenon that transcends boundaries, affecting individuals from diverse backgrounds and at various stages of their careers. Recognizing that others face similar challenges can be both reassuring and empowering.

"Beyond speaking those words, I need to believe I'm not alone for these battles in the mind are invisible, but fierce, and we are fighting to lift ourselves up from them, breaking free to reclaim lost confidences and beliefs in our worth—in our purpose—in our dreams." This part of the passage emphasizes the importance of not only acknowledging imposter syndrome but actively working to overcome it. It highlights the significance of self-belief and the journey toward regaining confidence, reaffirming one's sense of purpose, and pursuing one's dreams despite the inner doubts.

As a newly hired faculty member, this passage serves as a poignant reflection on the emotional rollercoaster that often accompanies the transition into academia. It reminds me that imposter syndrome is a common adversary, and I am not alone in grappling with it. It encourages me to continue striving to break free from the self-doubt and to hold onto the belief in my worth, diginity and capacity to make a difference in my students.

TED. (2018, August 28) *What is imposter syndrome and how can you combat it? - Elizabeth Cox* [Video]. Youtube.

https://www.youtube.com/watch?v=ZQUxL4Jm1Lo