



You Belong

**newsletter for students
of unique backgrounds**



*Created by Dani Massey
in collaboration with the Transition & Support Team
of Lawrence University*



Not Good Enough

Written by
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Now that the halfway mark of the term has passed, you may find yourself doubting your ability to do well in college. You might be feeling like you don't belong, that you will never be good enough, that you are at Lawrence because admissions made a big mistake by letting you in and now you are reaping rewards that you were never meant to have. You might even feel like all of your friends and classmates do better work than you ever will—more logical, more popular, more creative, more put together. The truth is these feelings are not facts. Your friends are just like you and probably even have these feelings from time to time, too. These are only feelings. You belong here... on purpose.

If you are finding yourself having self-doubt frequently or more often than not, you may be experiencing imposter syndrome. This phenomenon happens to all different kinds of people in a variety of places including the workplace and university programs. It is a persistent feeling of being exposed as a 'fraud' and thoughts that you have fooled others into believing your competency and talents. You may even have a hard time internalizing your own well-deserved successes. Imposter syndrome can keep you back from taking healthy risks and wear down on your self-esteem when you need it most, doing well in college for example.

Not all students have imposter syndrome. Actually, continuing-generation students experience imposter syndrome significantly less often than first-generation students, college students who do not have a parent who has obtained a bachelor's degree. For these students, they are often the first...



... person in their entire family to enter and pursue college graduation. First-generation students who perceive their academic programs as competitive also at a higher rate than continuing-generation students) have greater feelings of imposter syndrome (Canning et al, p. 651). "These feelings of being an imposter in class may in turn decrease classroom engagement, discourage students from attending class altogether, increase their thoughts of dropping out, and contribute to lower grades" (p. 648).

Knowing the risks of imposter syndrome, it is important to address issues that make you feel this way. Although this feeling may appear for no reason, it may originate from somewhere that is identifiable. One source of imposter syndrome may be the pressure to achieve. It could come from an intense academic program, stress from home, and the idea that you have to 'make it' among other reasons. Find the cause if you can, but don't worry if can't there are more things you can do. Like many self-care tactics, there are things you can do that address more than one issue at once. For example, you may manage imposter syndrome and symptoms of depression at the same time. Here are some things you can do to take care of yourself:

Find out what makes you feel stronger. Remembering what inspires and refreshes you can change your outlook on your studies. Questions to ask yourself: Are all of your needs being met? Do you have a support network on campus? Have you checked in with your strengths lately? Are you having fun?

Reach out for support. Campus has many resources to help you get back on track from counseling to student organizations. You may want to let someone know what you're experiencing. Good listeners can remind you of your strengths and dreams.

Avoid burnout. Did you know burn-out is diagnosable now? That says a lot about how we are taking care of our mental health. Be sure to take breaks and check in with how you are doing. Don't get sucked into the Lawrence Busy even though most of everything is on Zoom. Make sure you aren't scheduling every minute of your day.
(Play some Among Us!)



Become comfortable with your imperfections, shortcomings, and failures. Making interesting mistakes are a sign that you are trying new things says author Neil Gaiman. Try new things and take healthy risks. Explore your failures with curiosity, it is an opportunity to learn! Talk to your professors and study pals to work out things you don't understand.

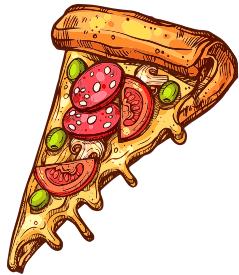
Know the signs of a crisis. If you are consistently feeling worried, losing interest in things you like, oversleeping/under sleeping, withdrawing from social events and obligations, feeling worthless and hopeless, and feeling uncharacteristically irritable, then you may be experiencing a bigger issue such as anxiety or depression. Please, do not ignore these signs. There are counseling services available through Wellness Services that can get you connected with helpful resources such as individual counseling and suicide prevention trainings. Check out the Get Connected section for contact info.

Source:

Canning, E. A., LaCosse, J., Krooper, K. M., & Murphy, M. C. (2020). Feeling Like an Imposter: The Effect of Perceived Classroom Competition on the Daily Psychological Experiences of First-Generation College Students. *Social Psychological and Personality Science*, 11(5), 647–657. <https://doi.org/10.1177/1948550619882032>

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

—Malcom X



Say What?

Poll of the week

Come back next week to see the results

How do you study with friends while honoring the pledge?

Use the code to submit your answer!



SCAN ME



Lawrence Lingo

What's what and who's who on campus

Boost: Mobile Food Ordering App

Order food from the Café to skip the line!

Sync your meal plan on the app to use swipes and Viking Gold or use a bank card. Order online between 7:30 AM and 4:00PM. You will need to confirm your university email and meal plan # (find it on Voyager).

Your Questions Answered

Anonymously asked, proudly answered.

Do you have a burning question about how to do college stuff?



Look no further! You can submit a question at any time and we will answer it here. Want to know more about financial aid, or maybe just looking for some anonymous advice? Anything goes!

Scan the code to submit a question. You can leave your email for a direct response too.





Get Connected

People & Places

In all emergencies dial 911.

Appleton police department: (920) 832-5500

National Suicide Prevention Hotline: 800-273-8255

Accessibility Services: 920-832-7206,

joanna.morey@lawrence.edu

Associate Dean of Students, Rose Wasielewski: 920-832-7203,

rose.wasielewski@lawrence.edu

Campus Safety: 920-832-6999

Center for Academic Success: (920) 832-6530,

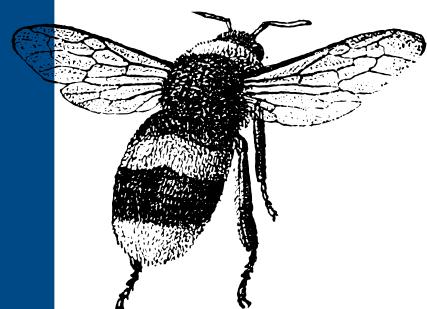
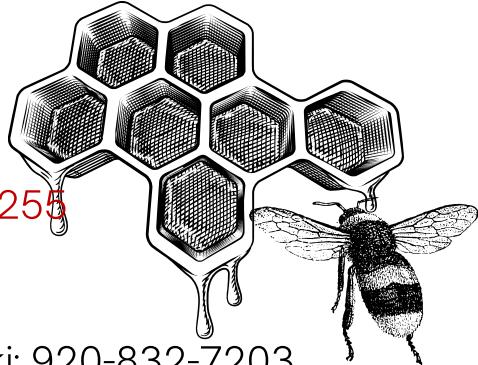
CAS@lawrence.edu

Tutoring: 920-832-7022, julie.a.haurykiewicz@lawrence.edu

SafeWalk: 920-419-8398, 920-832-6999

Wellness Services: 920-832-6574,

wellnessservices@lawrence.edu



Upcoming Events

10/26 & 10/27 @ 11:00AM CST

Voter Education

10/28 @ 12:30PM CST

Sip & Chat with Rose
Wasielewski

10/28 @ 5:00PM CST

Physically distanced yoga

10/31 @ 3:30PM CST

LU Swing Dance

11/02 @ 4:00PM - 5:30 PM CST

QPR Suicide Prevention Training