

**“It was just luck! - Breaking Through the Imposter Phenomenon”**  
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Graduate school can be difficult. There are various requirements and the demands can be a lot for students manage. For some graduate students, it may seem like a lot of pressure and expectation to perform well at this stage in your academic journey. Do you ever question your ability to succeed? Do you often think that luck was the reason you did well on an exam or paper? If so, then you may be experiencing the Imposter Phenomenon. Imposter Phenomenon is when one questions their intellectual ability, attributes success to only external factors, and fear that their accomplishments will be exposed as fraudulent (Bernard, Lige, Willis, Sosoo, & Neblett, 2017). Imposter Phenomenon is a common experience that graduate students face and can have impacts on mental health, such as depression, anxiety, and self-esteem (Cokley, McClain, Enciso, & Martinez, 2012; Peteet, Brown, Lige, & Lanaway, 2015). Below are some warning signs to be mindful of and quick tips on how to manage the feelings of Imposter Phenomenon.



*Watch Out: Warning Signs of Imposter Phenomenon*

- Fear of being exposed by others
- Tendency to credit your success to luck instead of your own hard work and intelligence
- Doubting your abilities despite evidence of success
- Having a hard time accepting your achievements



*How to Manage Imposter Phenomenon*

- Find a mentor and reach out for support
- Respond with compassion in moments of struggle
- Reflect on all that you have done and accomplished so far
- Reframe failures as opportunities for growth
- Get connected with people who can give you positive reality checks

For more information about The Counseling Center services and resources available for Graduate Students, please visit our website at [www.loyola.edu/counselingcenter](http://www.loyola.edu/counselingcenter) or follow us on Instagram – @LoyolaMD\_CounselingCenter