

FEELING SELF-DOUBT, LIKE
A FRAUD, DENIAL, LIKE A
FAILURE, PERFECTIONISM,
UNREALISTIC DEFINITIONS
OF COMPETENCE, TRAUMA,
DIFFICULTIES IN ASKING
FOR HELP, I'M NOT GOOD
ENOUGH, INFERIORITY,
I QUIT, DEFEATISM,
STRUGGLE, PAIN...

YOU ARE NOT ALONE, YOU
OK SIS?, DON'T GIVE UP,
DON'T GIVE IN, MOVE
FORWARD, MENTAL HEALTH,
YOU DESERVE TO BE HERE,
HOLISTIC YOU, SUCCESS,
INCLUSION, RESILIENCE,
COMMUNITY, RESOURCES,
FREEDOM, UNDERSTANDING,
YOU MATTER, WELLNESS.

“The **IMPOSTOR** is Here!”

Featuring, **Dr. Valerie Young**, internationally-known expert on the impostor syndrome and author of award-winning book *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It*

Save the Date!

Thursday, March 29, 2018

Wells Hall B115

6:00PM—8:00PM

Sponsored by:

MSU'S GRADUATE STUDENT LIFE & WELLNESS, THE ALLIANCE FOR GRADUATE EDUCATION FOR THE PROFESSORiate (AGEP), PHD CAREER SERVICES, EMPLOYEE ASSISTANCE PROGRAM, HEALTH4U, EXECUTIVE VICE PRESIDENT ADMINISTRATIVE SERVICES, ACADEMIC ADVANCEMENT NETWORK, ASSOCIATE PROVOST FOR UNDERGRADUATE EDUCATION, WORK-LIFE OFFICE, VP STUDENT AFFAIRS OFFICE, OFFICE OF CULTURAL & ACADEMIC TRANSITIONS, COUNCIL OF GRADUATE STUDENTS, RESOURCE CENTER FOR PERSONS WITH DISABILITIES, OFFICE FOR INTERNATIONAL STUDENTS AND SCHOLARS.

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