

HOSA Mini Lesson: Imposter Syndrome

Objectives:

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. define imposter syndrome
2. describe how imposter syndrome impacts work performance
3. identify how imposter syndrome impacts assuming responsibilities
4. outline how those with imposter syndrome attribute success
5. summarize burnout for those with imposter syndrome
6. analyze how to overcome imposter syndrome

Time:

- Lecture on imposter syndrome (1/3 class)
- Read research article & respond (2/3 class)

Materials:

- ppt
- [International Journal of Research in Medical Sciences article](#)

Instruction:

1. Share PowerPoint on Imposter Syndrome video (13:14 minutes)
2. Read article and summarize how the syndrome impacts medical students

Assessment:

1. Written summarization of imposter syndrome article

Standards:

NCHSE

4.1 Personal Traits of the Health Professional

- 4.1.1 Identify personal traits and attitudes desirable in a career ready member of a health team.
 - Acceptance of criticism
 - Competence
 - Dependability
 - Discretion
 - Empathy
 - Enthusiasm
 - Honesty
 - Initiative
 - Integrity
 - Patience
 - Positive Attitude
 - Responsibility
 - Self-motivation
 - Tact
 - Team player
 - Willingness to learn

For additional Curriculum Crosswalks see [CE Useful Tools](#)