



5 SKILLS EVERY GRAD STUDENT NEEDS

DR. JOY HARDEN BRADFORD

ABILITY TO CHALLENGE IMPOSTER SYNDROME



- Feeling as if you don't belong
- Feeling like you're not smart enough to be here
- Feeling like the selection committee made a mistake and any day now someone will call you into the office to tell you it's time to go

RECOGNITION OF SYMPTOMS



- Depression – Feelings of sadness, changes in appetite and/or sleep, loss of interest in pleasurable activities, thoughts of suicide, loss of motivation or concentration
- Anxiety- thoughts racing, constant worrying, panic symptoms, overthinking

A REAL SELF CARE PLAN

- What are you doing to really take care of yourself?



STRONG SUPPORT SYSTEM

- Group of other students who really get what you're experiencing
- People outside of academia to help you stay grounded
- In person as well as online
- Campus organizations



AWARENESS OF DEPARTMENTAL POLITICS

- Try to avoid the quicksand!



QUESTIONS?



joy@therapyforblackgirls.com

therapyforblackgirls.com