

What's the Buzz?

by *The Scholarly Teacher*

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Buzzwords in Education Explained

Join the conversation! Examine trending buzzwords, eliminate misconceptions, and discover how to apply the strategy in your teaching space.

IMPOSTER SYNDROME



An individual feels like a fraud, with fears of being exposed as incompetent at a given task or ill-suited for a current role.

WHEN DO YOU SEE IT?

The original researchers believed that imposter syndrome was exclusively experienced by women employed in high-stress positions.

We now realize that nearly everyone feels like an imposter at times.



HOW DOES IT IMPACT LEARNING?



Feeling like an imposter makes it difficult to internalize success, contribute to group tasks, or speak out in class. It can also lead to overemphasis of negative experiences and increased internalization of incompetence.

This decreases self-efficacy and makes it challenging to learn.

HOW CAN IT BE ADDRESSED?

Promote growth-minded learning. Provide frequent formative feedback and reassure learners that everyone who pushes themselves will question their abilities at times.

