



THE GRADUATE SCHOOL

UNIVERSITY of WASHINGTON

GO-MAP Graduate Opportunities & Minority Achievement Program

Overcoming the Imposter Syndrome and Recognizing Your Strengths

Wednesday, November 1, 2017

4:00 – 5:30 PM

University of Washington

South Campus Center, Rm. 303

Graduate students often experience a crisis of self-confidence and belonging during their academic careers. Dr. India Ornelas, Associate Professor, Department of Health Services, School of Public Health will speak to the insecurities that many students face and provide tips for overcoming the Impostor Syndrome. This GO-MAP Power Hour is an excellent opportunity for graduate students of color from any academic field to gain and maintain confidence in themselves and acquire strategies for overcoming defeatism and self-doubt. Come join this professional development experience in a safe and welcoming setting, and let's conquer this together! Refreshments provided.

Please register online: <https://tinyurl.com/y8p7ujbb>

While GO-MAP's events and programming are geared towards graduate students of color, they are open to all UW graduate students, faculty and staff, especially those interested in supporting and increasing a racially diverse graduate student population.

This GO-MAP Power Hour is sponsored in partnership with the School of Public Health and is the first in a series of quarterly GO-MAP programming hosted in the Health Sciences complex during the 2017-18 academic year.

Please contact GO-MAP at gomap@uw.edu or Steve Berard at sberard@uw.edu if you have any questions.



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