

IMPOSTOR SYNDROME BINGO

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| I was admitted or hired because of some kind of mistake | I should be able to do everything myself | Never tell someone you meet in a bar you are an engineering, math or science major | I should automatically "get it" | Never show up men especially |
| Always assume you will fail so you will not be disappointed when you do | Do not let people see you studying or working too hard | Never make declarative statements like "I know the answer" | Always hold back when working in a group or team | Always apologize for mistakes or for not knowing something |
| Never let on that you do not know how to do something | I should feel lucky to have gotten into school, the job, the promotion, etc. | <p style="text-align: center;">Free Space</p> <p style="text-align: center;">(Being an academic)</p> | Always assume when people are complimenting you, they are just being nice | I should succeed at everything I do |
| Always hide your accomplishments | Always attribute your accomplishments to something other than yourself | Never challenge yourself too much | I should qualify questions or comments by saying things like, "This may not be right, but..." | Always remind others of how much you do not know |
| Always panic before a test, presentation, performance, or interview | I should be able to anticipate problems before they occur | Do not voice your real opinions | Do not tell anyone you feel like an Impostor | Always share credit with others (even if you did all the work) |

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| Eventually people will realize I am underqualified | I should succeed at everything I do | Do not let people see you studying or working too hard | Never tell someone you meet in a bar you are an engineering, math or science major | Always explain why you do not deserve the compliment |

IMPOSTOR SYNDROME BINGO

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| Never challenge yourself too much | Do not let people see you studying or working too hard | Never tell someone you meet in a bar you are an engineering, math or science major | Always explain why you do not deserve the compliment | Always assume that other people are right |
| Always panic before a test, presentation, performance, or interview | I should succeed at everything I do | Never let on that you do not know how to do something | I should be able to anticipate problems before they occur | Eventually people will realize I am underqualified |
| Always share credit with others (even if you did all the work) | I should qualify questions or comments by saying things like, "This may not be right, but..." | Free Space (Being an academic) | Do not voice your real opinions | Never show up men especially |
| I should automatically "get it" | Always assume when people are complimenting you, they are just being nice | Always hide your accomplishments | Never make declarative statements like "I know the answer" | Always attribute your accomplishments to something other than yourself |
| Always keep them laughing so they will not notice that you are inadequate | I was admitted or hired because of some kind of mistake | Do not tell anyone you feel like an Impostor | Always hold back when working in a group or team | I should feel lucky to have gotten into school, the job, the promotion, etc. |

IMPOSTOR SYNDROME BINGO

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| I was admitted or hired because of some kind of mistake | Always explain why you do not deserve the compliment | Always remind others of how much you do not know | Never make declarative statements like "I know the answer" | I should be able to anticipate problems before they occur |
| Never challenge yourself too much | Do not voice your real opinions | Never tell someone you meet in a bar you are an engineering, math or science major | Do not tell anyone you feel like an Impostor | Always attribute your accomplishments to something other than yourself |
| Always assume when people are complimenting you, they are just being nice | Never show up men especially | Free Space (Being an academic) | I should automatically "get it" | Always apologize for mistakes or for not knowing something |
| Always share credit with others (even if you did all the work) | I should qualify questions or comments by saying things like, "This may not be right, but..." | Never let on that you do not know how to do something | Do not let people see you studying or working too hard | Always hide your accomplishments |
| I should succeed at everything I do | Always keep them laughing so they will not notice that you are inadequate | Always hold back when working in a group or team | I should feel lucky to have gotten into school, the job, the promotion, etc. | Always panic before a test, presentation, performance, or interview |

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| I should succeed at everything I do | Do not let people see you studying or working too hard | <p style="text-align: center;">Free Space</p> <p style="text-align: center;">(Being an academic)</p> | Always explain why you do not deserve the compliment | Always attribute your accomplishments to something other than yourself |
| Always assume when people are complimenting you, they are just being nice | Never challenge yourself too much | Never tell someone you meet in a bar you are an engineering, math or science major | I should automatically "get it" | Always apologize for mistakes or for not knowing something |
| Always share credit with others (even if you did all the work) | I should qualify questions or comments by saying things like, "This may not be right, but..." | Never let on that you do not know how to do something | Never show up men especially | Do not voice your real opinions |

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| I should be able to anticipate problems before they occur | Never let on that you do not know how to do something | Always share credit with others (even if you did all the work) | I should succeed at everything I do | Always assume you will fail so you will not be disappointed when you do |
| Always assume when people are complimenting you, they are just being nice | Always hold back when working in a group or team | Free Space (Being an academic) | Always keep them laughing so they will not notice that you are inadequate | Always assume that other people are right |
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