

# Office of Academic Advising NEWSLETTER

February 2023



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## Save the Date

Spring Advising Workshop  
Tuesday, March 21st



Join us for our Spring Workshop with  
Jocelyn Clippinger & Valerie Lemmon!

More information will be available in our March Newsletter



## Upcoming Important dates

- ✓ **February 9:** Last Day to Drop a Spring Course
- ✓ **February 14:** In Service Day (No Classes)
- ✓ **March 4-12:** Spring Recess
- ✓ **March 15-17:** 2023 NACADA Regional Conference
- ✓ **March 21:** Spring Advising Workshop

## Advising Students Struggling with Imposter Syndrome

Author: Jeannine Kranzow | Article link [here](#)

Reviewed by Samie Tan

Known to be one of the most common challenges college students face today, Jeannine Kranzow talks about Imposter Syndrome (IS) and the different approaches advisors can utilize to guide and support students experiencing it. According to Kranzow, Imposter Syndrome is “a personality tendency that leads people to negative thinking about themselves and altered wellness” (p. 1). Students with IS struggle with self-defeating thoughts and show signs of low self-esteem, feelings of inadequacy, and anxiety that could lead students to isolate, bringing about depression.

As mentioned in this article, Kranzow outlines different ways to support students experiencing IS. The first one is to proactively talk to students about it. Asking open-ended questions helps students identify what they’re feeling and helps advisors have a better understanding of what their students are going through. In the process of having an open conversation, students should be assured that what they’re feeling is common as this may bring a sense of relief that they are not alone. Likewise, they should also be reminded that “they were invited to the program or institution because they are capable, and they do deserve to be there” (p. 2).

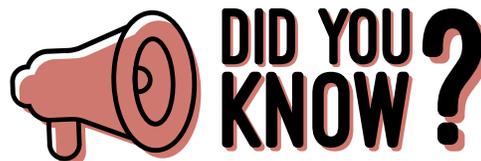
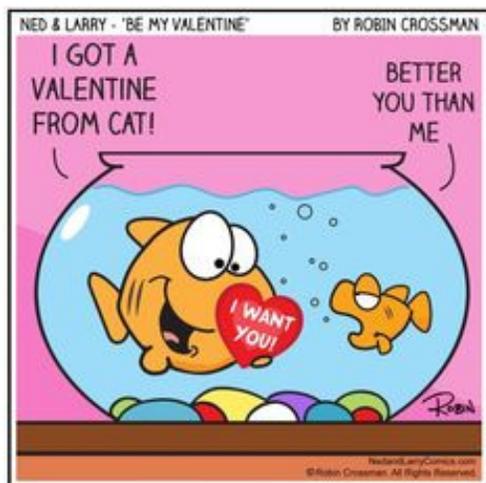
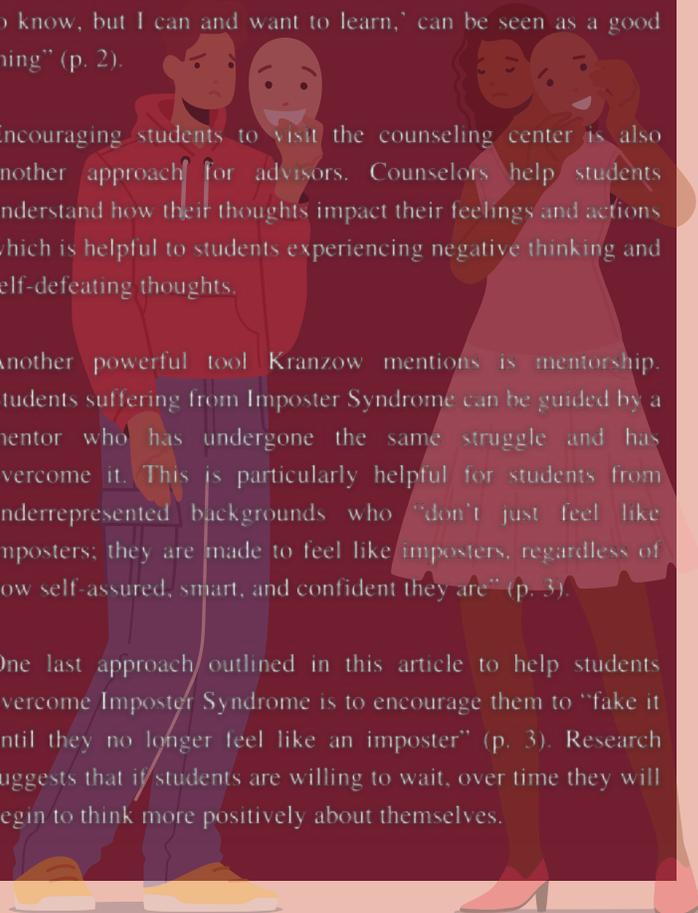
Another way to support students experiencing Imposter Syndrome is the practice of making them write their successes and accomplishments. This practice supports the bigger goal of helping students think more positively about themselves. By doing this, you teach students to “focus on the positive and

powerful things they have done instead of what they have failed to do” (p. 2). In relation to this, teaching students to practice positive self-talk is also helpful. “Literature has suggested that reframing negative ‘I can’t do this’ thoughts into a posture of intellectual humility ‘I don’t know all I need to know, but I can and want to learn,’ can be seen as a good thing” (p. 2).

Encouraging students to visit the counseling center is also another approach for advisors. Counselors help students understand how their thoughts impact their feelings and actions which is helpful to students experiencing negative thinking and self-defeating thoughts.

Another powerful tool Kranzow mentions is mentorship. Students suffering from Imposter Syndrome can be guided by a mentor who has undergone the same struggle and has overcome it. This is particularly helpful for students from underrepresented backgrounds who “don’t just feel like imposters; they are made to feel like imposters, regardless of how self-assured, smart, and confident they are” (p. 3).

One last approach outlined in this article to help students overcome Imposter Syndrome is to encourage them to “fake it until they no longer feel like an imposter” (p. 3). Research suggests that if students are willing to wait, over time they will begin to think more positively about themselves.



“

**Imposter Syndrome can be closely related to perfectionism, in which people feel pressure to perform at their absolute best 100 percent of the time, and when they don't, they feel incompetent and anxious.**

”

# Office of Academic Advising

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## Important Updates

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[Messiah Academic Advising Webpage](#)

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## Verse of the Month

### Matthew 5:43-44

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you.”

## Newsletter Team & Contributors

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