



**KNOW YOURSELF**

# **IMPOSTOR SYNDROME**



# INTRODUCTION

Today, we will:

- \* Define Impostor Syndrome
- \* Analyze rapper Dee-1's song "Impostor Syndrome"
- \* Construct a positivity playlist to overcome moments of discouragement and eliminate Impostor Syndrome



# SEL CONNECTION



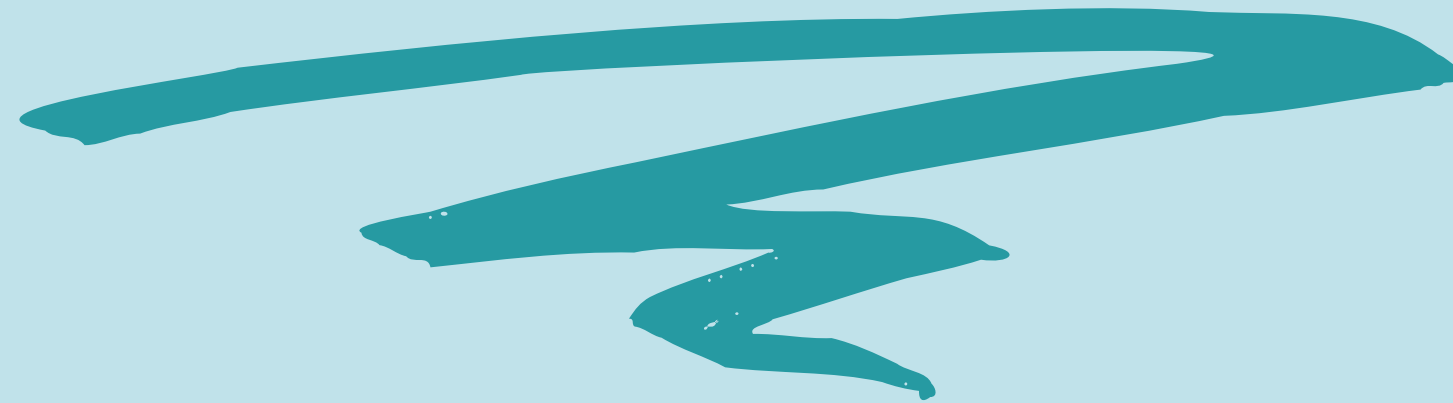
Today, we will practice **self awareness, social awareness, and self management** by examining body positivity, self-expression, and self-love.





# ICEBREAKER

# CELEBRATING YOU



## CELEBRATING YOU

You have three minutes to circulate throughout the room and provide compliments to as many classmates as possible.

The compliments can be related to:

- Acts of service within the classroom/school community
- Character traits
- Personality features
- Contributions to the classroom community





# LESSON PART ONE

# CONVERSATIONS ABOUT IMPOSTOR SYNDROME





# IMPOSTOR SYNDROME

What do you think the term

**"impostor syndrome"**

means?





# IMPOSTOR SYNDROME

**(also known as Imposter Syndrome)**

Doubts about abilities, personal achievements, and the possibility of being labelled a fraud







## MICHELLE OBAMA

### WHO IS MICHELLE OBAMA?

- Michelle Obama is a lawyer, writer, and the wife of Barack Obama, the first Black President of the United States. She was the **First Lady** from 2009 to 2017.
- She inspires people worldwide with her message of hope, kindness, and believing in yourself



# LESSON: PART ONE



WATCH A VIDEO

## IMPOSTOR SYNDROME

Watch the full Guardian News video of Former First Lady Michelle Obama explaining challenges with Impostor Syndrome.





# IMPOSTOR SYNDROME

## WHOLE GROUP CYPHER

- What is Michelle Obama's definition of impostor syndrome? Are you surprised she has felt this way?
- How has it affected her life?
- What strategies do you believe can be used to get rid of impostor syndrome?





## IMPOSTOR SYNDROME

**STRATEGIES TO REINFORCE POSITIVITY AND PREVENT  
IMPOSTOR SYNDROME**





## IMPOSTOR SYNDROME

### *BUILD A POSITIVITY PLAYLIST*

Listening to inspiring songs can shift your mood and provide encouragement when you are discouraged.





## IMPOSTOR SYNDROME

### COMPLIMENT YOURSELF AND OTHERS

Find ways to celebrate positive attributes in yourself and others.

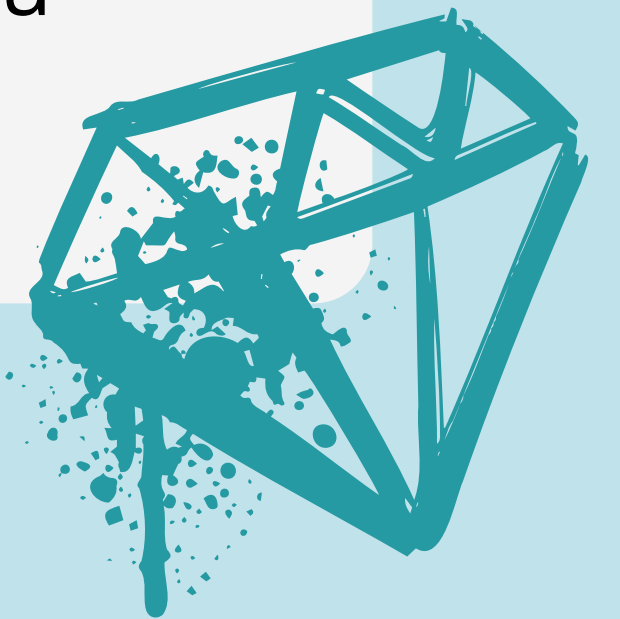




# IMPOSTOR SYNDROME

## JOURNAL ABOUT YOUR ACCOMPLISHMENTS

Compose a journal entry reflecting upon aspects of your life that you are proud of. You can even write about the future achievements that you envision for yourself.





# IMPOSTOR SYNDROME

## WHOLE GROUP CYPHER

- Which of these strategies will you continue using to prevent Impostor Syndrome?
- What are some of the other approaches that you might try?







# LESSON PART TWO

# SELF-LOVE



# LESSON: PART TWO



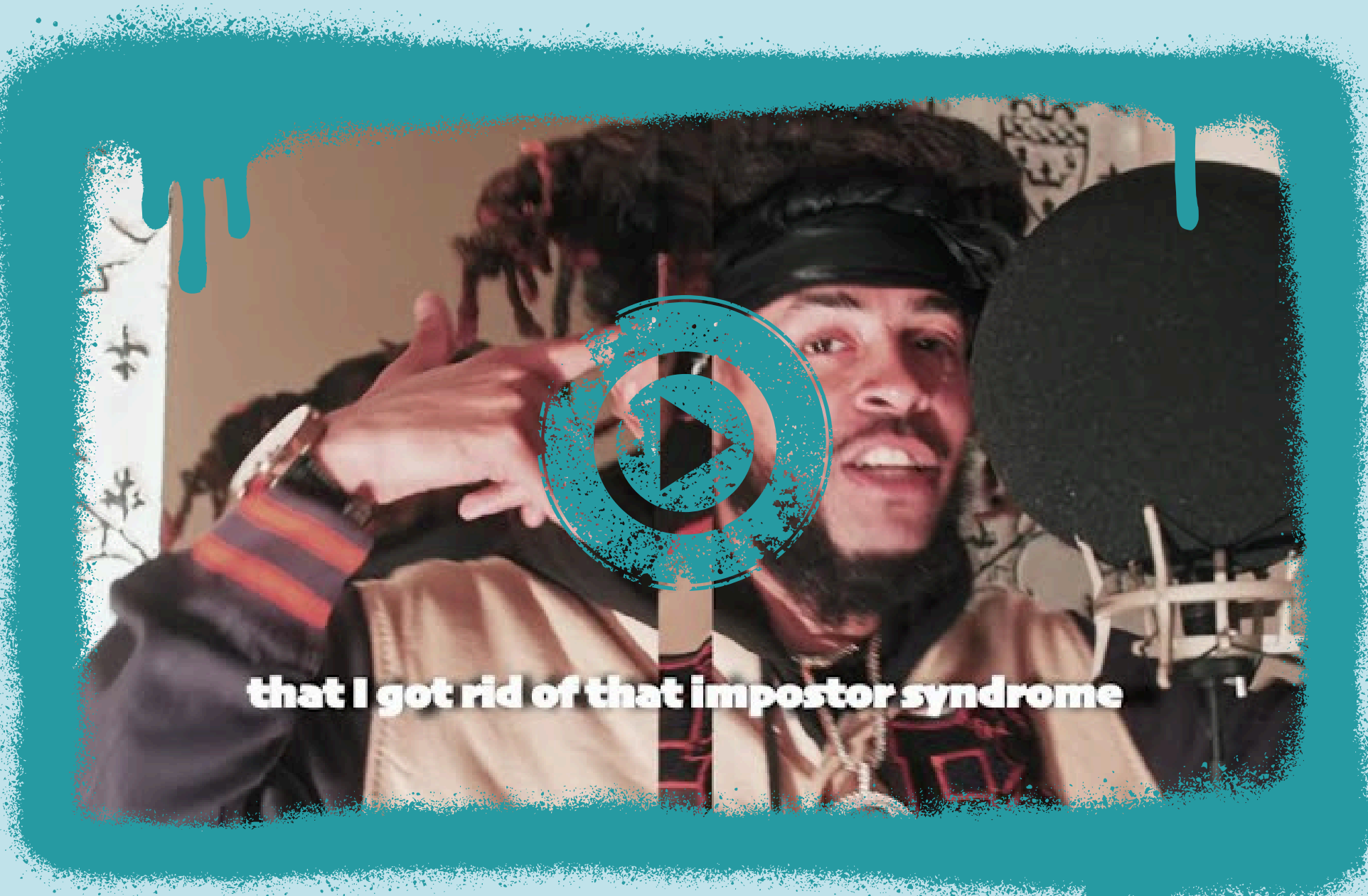
WATCH A VIDEO

## SELF-LOVE

Listen to Dee-1's song "Impostor Syndrome."

Throughout the track, he mentions being someone who lacked confidence, never smiled, and struggled with feelings of inadequacy.

Dee-1 raps about the necessity of motivation, self-confidence, and self-worth.



that I got rid of that impostor syndrome



# LESSON: PART TWO



## SELF-LOVE

After listening to the song, consider the importance of these lyrics:

*It hit different when you finally realize that you belong*

*And you been living life with impostor syndrome*

*Thinkin you were never good enough, but that's lies*

*You always been qualified*

*Now you see that you the prize*



## SELF-LOVE

Use the graphic organizer to respond to the following questions:

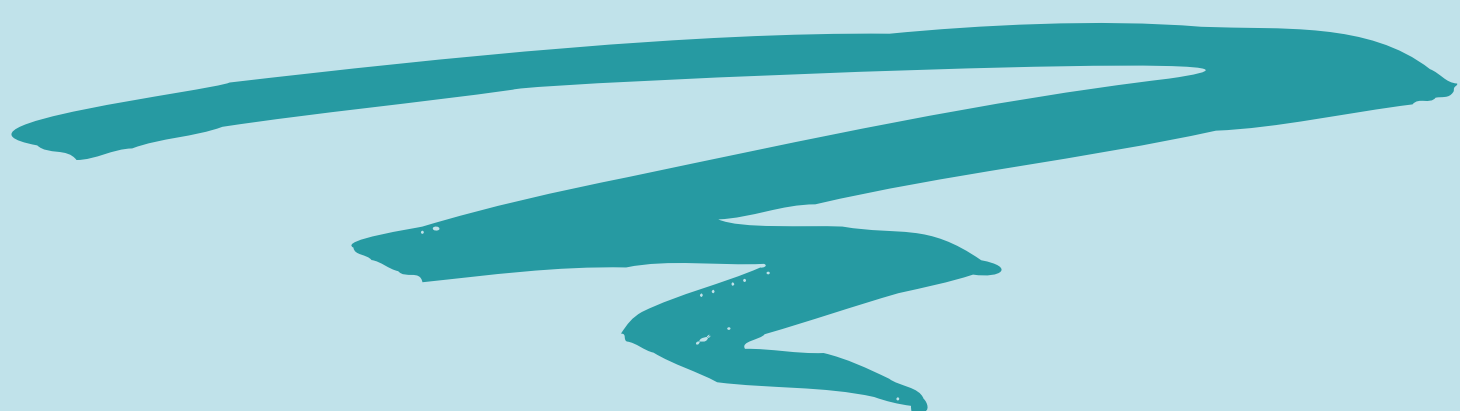
- How can impostor syndrome show up in our lives?
- What are some moments that you may have felt impostor syndrome?
- How might impostor syndrome be connected to your perception of your beauty or intelligence?
- Which qualities about your life can you connect to Dee-1's lyrics?





LESSON  
PART THREE

# POSITIVITY PLAYLIST





## POSITIVITY PLAYLIST

Create a playlist of at least three songs that you can listen to when you need to get rid of imposter syndrome and deal with moments of self-doubt.

Think about the following questions while you create your playlist:

- Which songs build confidence within me when I listen to them?
- Which songs are uplifting and make me feel positive?
- Which songs encourage me during moments of doubt?

