



G9 2024 LIVE: Researcher well-being and imposter syndrome

Thu, May 9, 2024 5:00 PM - 6:00 PM CEST

Show in My Time Zone

Researcher well-being and mental health awareness have been a hot topic in academia and among research policy officers. We talk about how anxiety and depression affect academia and how we need to tackle it. Scientists and academicians are sometimes vulnerable to the "imposter syndrome or imposter phenomenon". They start to have difficulties in internalizing their own success. We talk about what imposter syndrome/phenomenon/experience is and what it's not.

About our expert:

Our expert Jamie Khoo obtained her PhD in Women's Studies from the University of York and is now a PhD trainer and PhD life coach. She was the founding member of 'How to Thrive and Survive your PhD' a peer led program at York University and later served as the university's Postgraduate Researcher

