What is imposter syndrome and how can you combat it? - Elizabeth Cox

Link https://youtu.be/ZQUxL4Jm1Lo?si=b0H6iNsVhGCAqqXg



1. Listening Task 1

Based on the audio "**What is imposter syndrome and how can you combat it? - Elizabeth Cox**", place an 'X' on the choice that completes the given statement correctly.

1. What did Maya Angelou and Albert Einstein have in common?
A. They both felt like frauds.
B. They worked at the same university.
C. They avoided public attention.
D. They stopped writing and working.

2. Why did many of Pauline Rose Clance's students feel insecure?
A. They wanted better grades.
B. They thought they were admitted by mistake.
C. They disliked their classes because of the lack of knowledge.
D. They wanted to change universities.

3. According to the text, who can experience imposter syndrome?
A. Some people.
B. Only students.

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C. Many different people.
D. Only scientists.

4. What is pluralistic ignorance?
A. Thinking everyone has the same job.
B. Believing you are the only person with self-doubt.
C. Forgetting important information about your own personal life.
D. Comparing your grades with other people.

5. What does the text recommend to reduce imposter syndrome?
A. Keep your feelings private.
B. Stop taking risks.
C. Talk about your experiences.
D. Avoid asking for feedback.

2. Listening Task 2

Based on the audio "**What is imposter syndrome and how can you combat it? - Elizabeth Cox**", select if the statement is either true or false.

#	Statement	True	False
1	Pauline Rose Clance also experienced feelings of imposterism when she was in graduate school.		
2	Imposter syndrome only affects people with low self-esteem.		
3	According to the text, many people privately doubt themselves but think they are the only ones who feel that way.		
4	Positive feedback always makes people stop feeling like imposters.		
5	The text suggests that talking about imposter syndrome can help people feel less alone.		

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