

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.

- 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.		