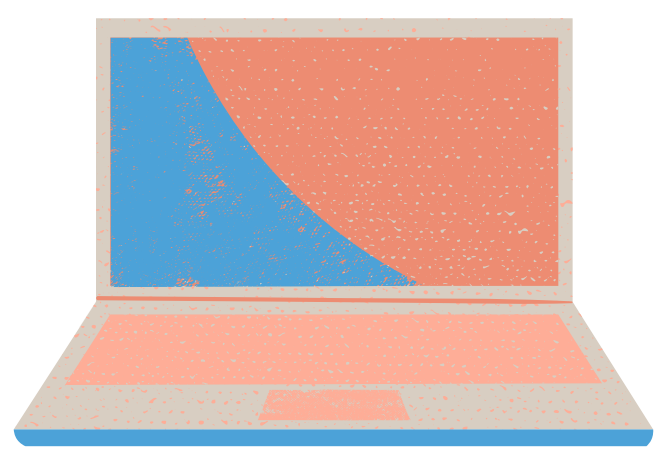
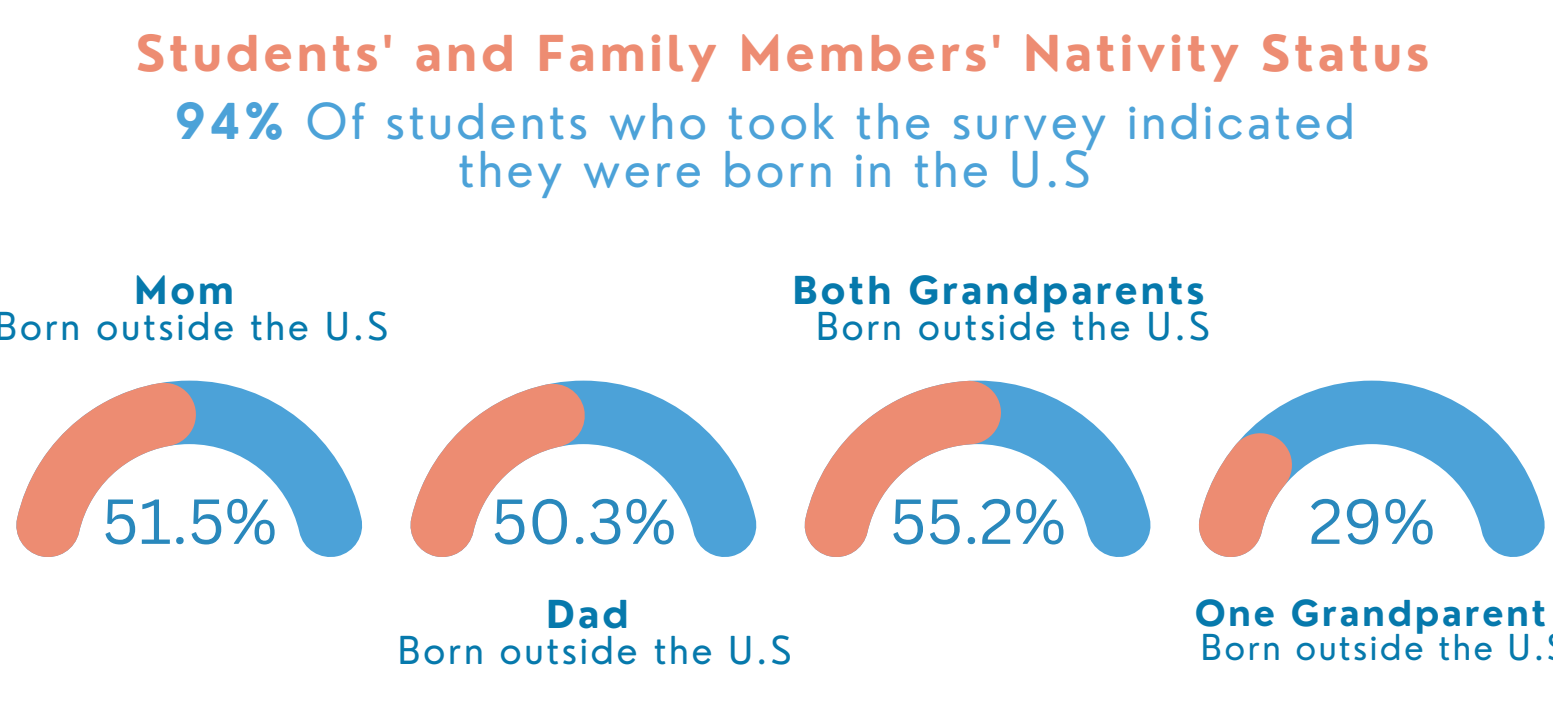
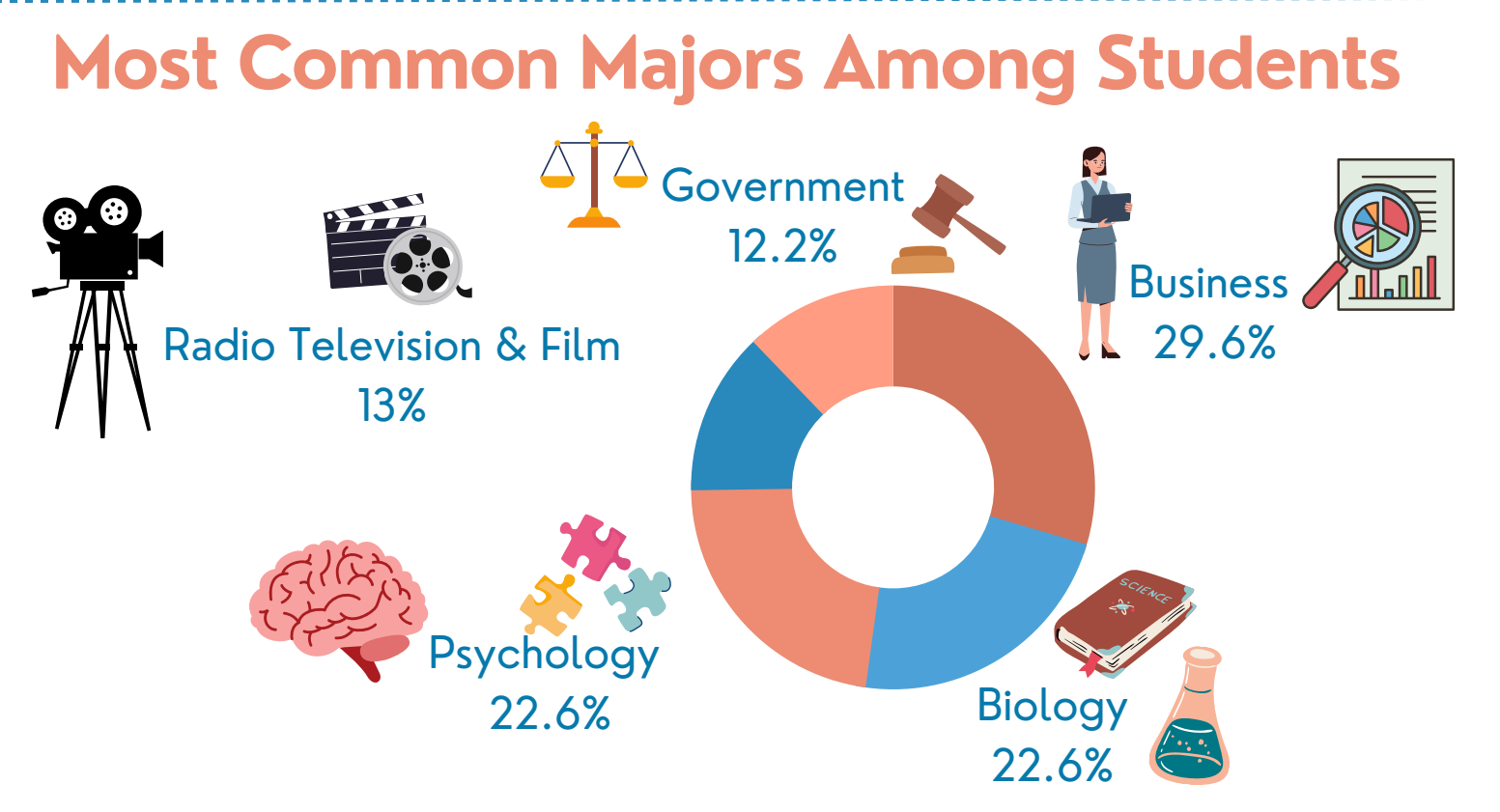
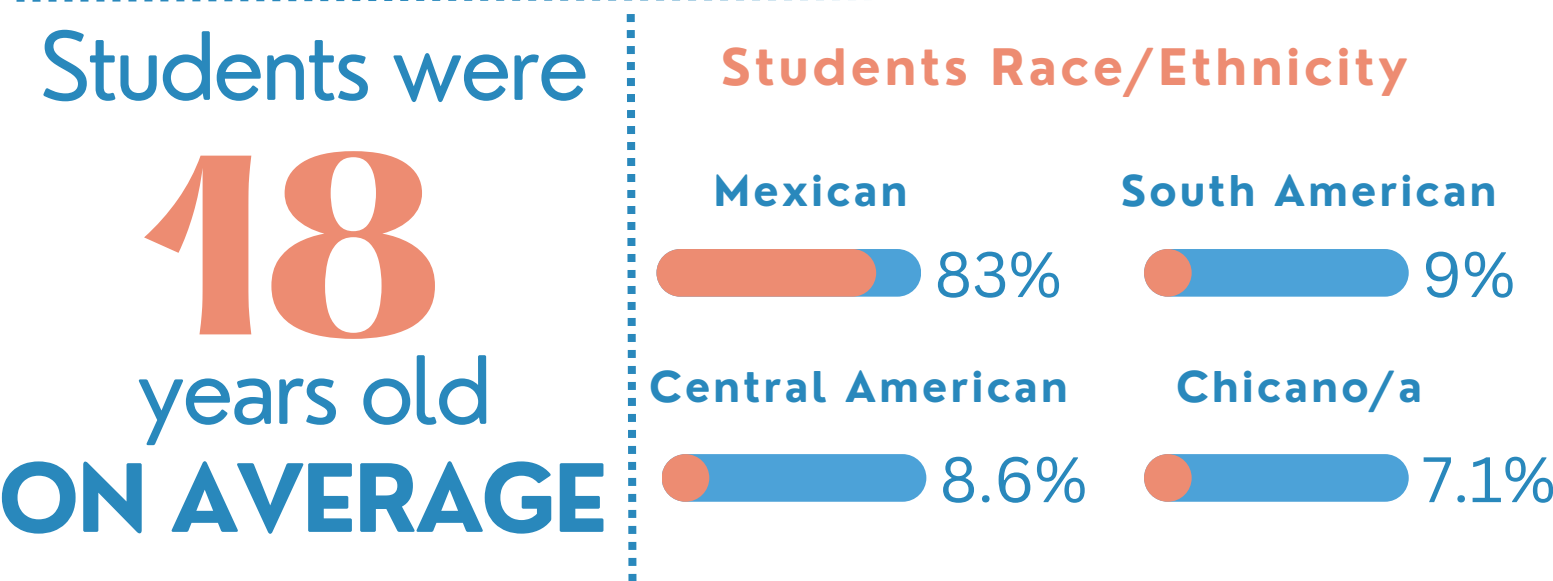
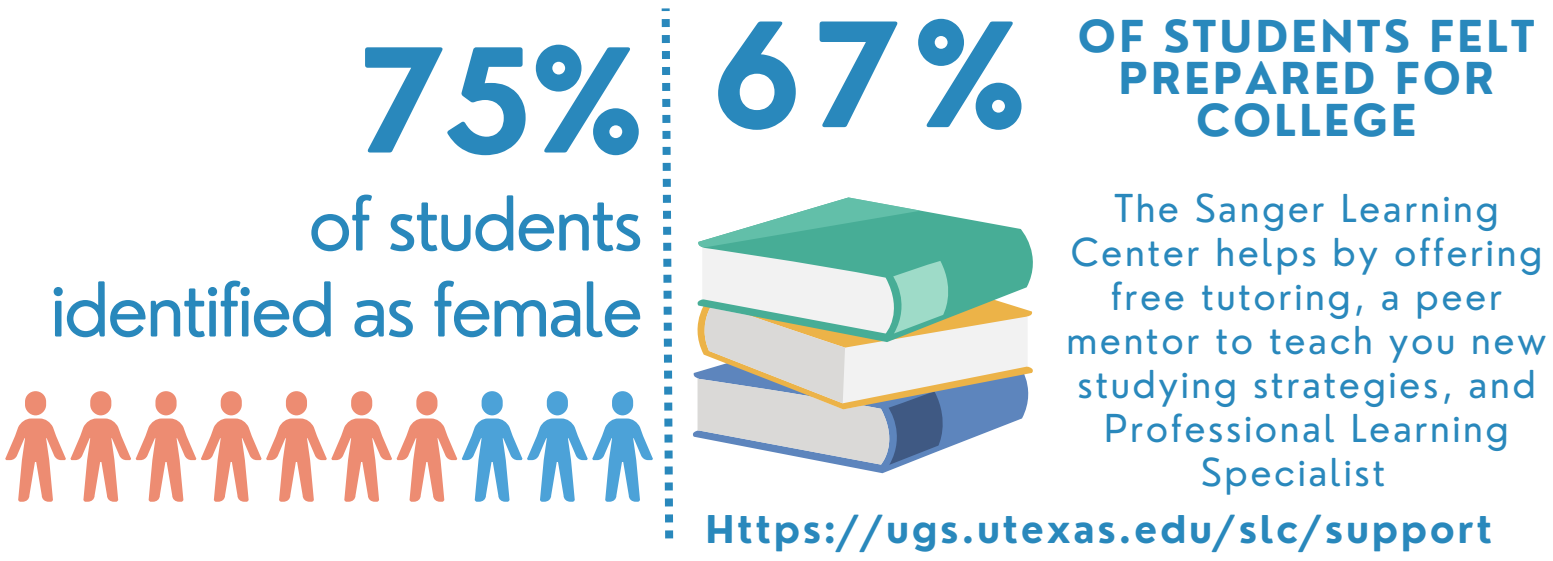


# LATINX FRESHMAN SURVEY PROJECT

## General Information

In this study, we are assessing the experiences of Latinx freshmen students at UT through an online survey. **As a result, we wanted to hear more about who you are and your own experiences in order to help us better understand how we can support or provide resources to students like you.**



<https://sites.utexas.edu/projectjuntos/>

# Impostor Phenomenon



## What is Impostor Phenomenon?

Impostor Phenomena is a psychological experience where individuals who inhabit high-demanding educational environments & institutions may begin to have feelings of not belonging, inadequacy, and self-doubt. The demands of educational environments & institutions may lead individuals to grow fearful about being exposed as "fraud" despite their competence and hardwork.

## FRAUD

Failure Rejection Anxiety Unqualified Discouraged

"Existing studies have indicated that impostor phenomenon among minority college students is often caused by stressful and marginalizing experiences such as lack of financial aid and negative stereotypes." (Bravata et al., 2020).



"The impostor phenomenon may also be fostered within educational institutions that have cultures perpetuating the idea that achievements do not require great effort from intelligent college students" (Slank, 2019)



"Scholarly isolation, aggressive competitiveness, disciplinary nationalism, a lack of mentoring and the valuation of product over process are rooted in the university culture. Students and faculty alike are particularly susceptible to impostor phenomenon feelings" (McDevitt, 2006).



"I still don't understand what it is that people see that makes them feel confident in my abilities; it's just my self confidence is still pretty shaken at times when I just stop and think, 'I can't believe I'm doing this'" (Dahvlig, 2013, p.101)



1

**Recognize:** Impostor Phenomenon is unfortunately a common experience, often caused by toxic cultures within educational institutions that do not have the needed support structures for their students of color.

2

**Reframe:** Thoughts of self-doubt by thinking about what you have already achieved because of your hard work, efforts, and abilities despite situations or settings causing you to think otherwise.

3

**Seek:** Support from trusted peers who might share similar experiences and reflect on all of your accomplishments. Find community in organizations on campus that may best represent and support you (see Hornslink below).

4

**Practice:** Self-compassion. Be kind to yourself. Remember, mistakes and effort are not signs of failure but of progression and growth.

4

ways to cope with Impostor Phenomenon

# LATINX FRESHMAN SURVEY PROJECT



## Impostor Phenomenon Among Latinx Students

Research has found first-generation college students may be more likely to experience impostor phenomenon than other students. This may be because existing educational institutions may not have the necessary support structures for first-generation college students to feel like they belong and can thrive. (Petee et al., 2015).

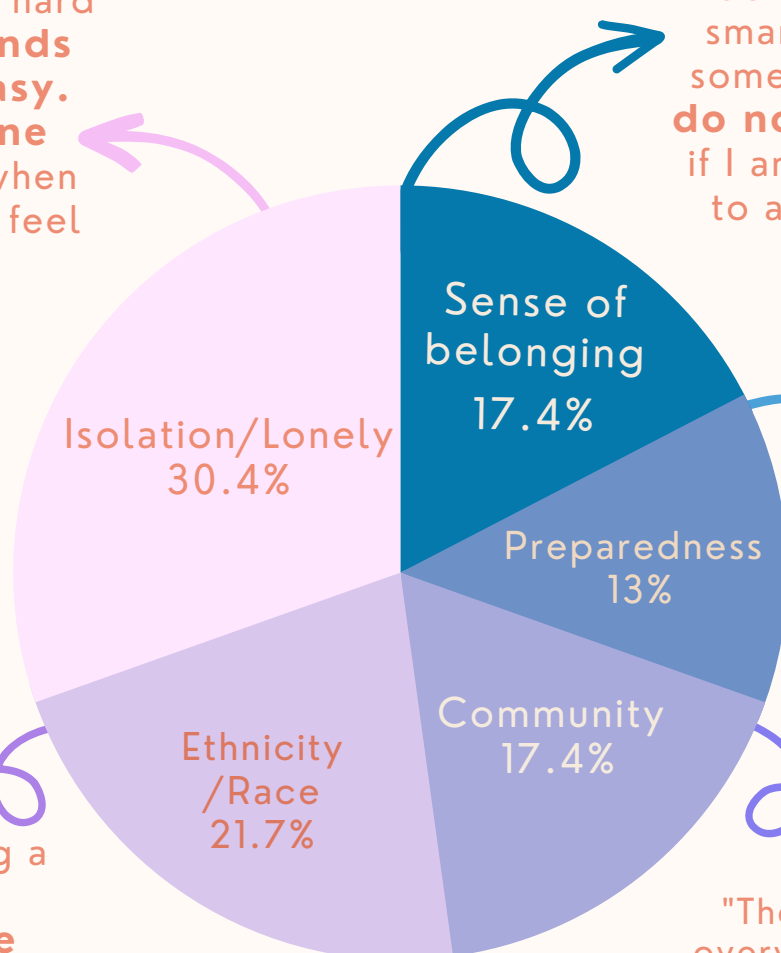


**You are not alone.**  
Several other Latinx students also find themselves dealing with impostor phenomenon since arriving at college

"The work is really hard and **making friends has not come easy.** I feel very alone sometimes. Even when I'm with people, I feel this way."

"I do not feel that I am as smart as my peers and sometimes I feel that I **do not belong.** I feel as if I am not smart enough to achieve my goals."

"I have been having a **difficult time adjusting to the cultural shock** and I feel generally less qualified compared to my classmates."



"I feel that I... **am struggling** to develop better habits and feel often behind in class."

"The rigor is slightly overwhelming, and it is **difficult for me to make friends or communicate with my peers.**"

Data from:  
Latinx Freshman Survey Project Fall 2022

## Resources

Although the impostor phenomenon was seen to be a common experience among you all, we want to assure you these feelings are often caused by the high demands being placed by the educational institution without the necessary support structures for students of color to meet them. The struggles you may be experiencing do not reflect you and all of your hard work. You belong here and you will thrive here.

**Below we share a list of resources we hope may be helpful:**

- UT COUNSELING CENTER: [counseling@ut.edu](mailto:counseling@ut.edu)
- LONGHORN SHARE PROJECT: [longhornshareproject@utexas.edu](mailto:longhornshareproject@utexas.edu)
- UT Gender & Sexuality Center: (512) 232 - 1831; [gsc@austin.utexas.edu](mailto:gsc@austin.utexas.edu)
- The Multicultural Engagement Center: [mec@austin.utexas.edu](mailto:mec@austin.utexas.edu)
- Hornslink: <https://utexas.campuslabs.com/engage/>
- First Generation Student Group: [mike.gutierrez@austin.utexas.edu](mailto:mike.gutierrez@austin.utexas.edu)
- LonghornWellness Center: (512) 475 - 8252 [Longhornwellnesscenter@austin.utexas.edu](mailto:Longhornwellnesscenter@austin.utexas.edu)





# List of Resources

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Many of you mentioned that you had financial and emotional concerns that might keep you from reaching your academic and career goals such as going to graduate school. We want you to know you are not alone and have provided some resources that may be helpful.



## → Financial Resources

- UT Texas One Stop: Provides support with loans, tuition, and filling out forms like FAFSA; (512) 232-6988; onestop@utexas.edu
- Scholarships: Hispanic Scholarship Fund; Latino Student Fund; The David C. Lizárraga Fellowship; University Leadership Network Scholarship; Presidential Scholars; Ronald E. McNair Scholarship; Mellon Mays Graduate Scholarship
- FreeApp: Waives college application fees
- [www.studentaid.gov](http://www.studentaid.gov): Explains different types of financial aid and ways to get funding for undergraduate or graduate programs
- University Leadership Network at UT: a nationally recognized incentive-based scholarship program; [uln@austin.utexas.edu](mailto:uln@austin.utexas.edu)
- Federal Trio Program: Supports with student loans

## → First Generation College Student Resources

- Fellowship for New Americans: Graduate school fellowship for immigrants and children of immigrants; [PDSoros@pdsoros.org](mailto:PDSoros@pdsoros.org)
- How To College: First Gen Podcast: Podcast written by first-generation college graduates with the goal of sharing resources in an effort to democratize education and information. Explores topics like the college admissions process, the challenges of being first gen, and graduate school.
- First Generation College Celebration Week: November 7-13, 2021
- First Generation Student Group at UT: [mike.gutierrez@austin.utexas.edu](mailto:mike.gutierrez@austin.utexas.edu)
- The Multicultural Engagement Center at UT: [mec@austin.utexas.edu](mailto:mec@austin.utexas.edu)

## → Mental Health Resources

- Austin 211: Provides food, mental health resources, and housing
- C2Change: Agency dedicated to providing health services to youth and their families; (512)- 981-8787
- UT Counseling Center: [counseling@ut.edu](mailto:counseling@ut.edu)
- Austin Travis County Integral Care Mental Health Hotline: 512-472-4357
- National Alliance on Mental Health Austin: Provides education, support and advocacy programs pertaining to mental health
- UT Gender & Sexuality Center: (512) 232-1831; [gsc@austin.utexas.edu](mailto:gsc@austin.utexas.edu)

## → Other Resources

- Undocumented Immigrant Resources:
  - [Informedimmigrant.com](http://Informedimmigrant.com): Provides guides for education, scholarships, and free online classes
  - Scholarships: Immigrants Rising Scholarships, DACA & TPS Scholarships
- Graduate School Resources: [GoGrad.com](http://GoGrad.com)- Provides support and guides for all graduate school exams
- Disability Resources:
  - Contact the Services for Students with Disabilities at 512-471-6259 or [ssd@austin.utexas.edu](mailto:ssd@austin.utexas.edu)
- Skillpoint Alliance: Offers free, fast training in skilled trades
- The UT Career Center: [www.careerengagement.utexas.edu](http://www.careerengagement.utexas.edu)
- GSC Crisis Fund: A fund dedicated to providing medical care and resources to LGBTQ students; [gsc@austin.utexas.edu](mailto:gsc@austin.utexas.edu)
- Manos de Cristo: Provides food, clothing, dental care, and educational opportunities