



# The New York City Minority Graduate Student Network (NYC-MGSN)

## *Shades of Success Seminar Series*

NYC-MGSN and the NYU School of Medicine present

### **Dr. Valerie Young**

Lifestyle Career Counselor



*Do you secretly worry that others will find out that you're not as intelligent and competent as they seem to think you are?*

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*Do you often dismiss your accomplishments as a "fluke" or "no big deal?"*

*Do you sometimes shy away from challenge because of nagging self-doubt?*

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*Are you crushed by even constructive criticism, taking it as evidence of your incompetence?*

## **How to Feel as Bright and Capable as Everyone Seems to Think You Are**

What Every Woman and Man Needs to Know About *Competence*, the *Impostor Syndrome*, and the *Art of Winging It*

**Thursday, March 15th, 2007**

**6:30 pm**

*(Reception begins at 5:45 pm)*

NYU School of Medicine  
550 1st Ave (Bet. 30th & 33rd St.)  
Schwartz Lecture Hall F

**Free and All are Welcome**

Sponsored by: The Dean's Council on Institutional Diversity and the Office of Diversity Affairs of the NYU School of Medicine

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