



# UNIVERSITY HEALTH SERVICES



Supporting Students'  
Physical and Mental Health





# MISSION

Dedicated to empowering our diverse student body through integrated care that supports their physical and mental health. We are committed to partnerships that support student health.

# VISION

Leaders in university healthcare through innovation, transformation, and impact.



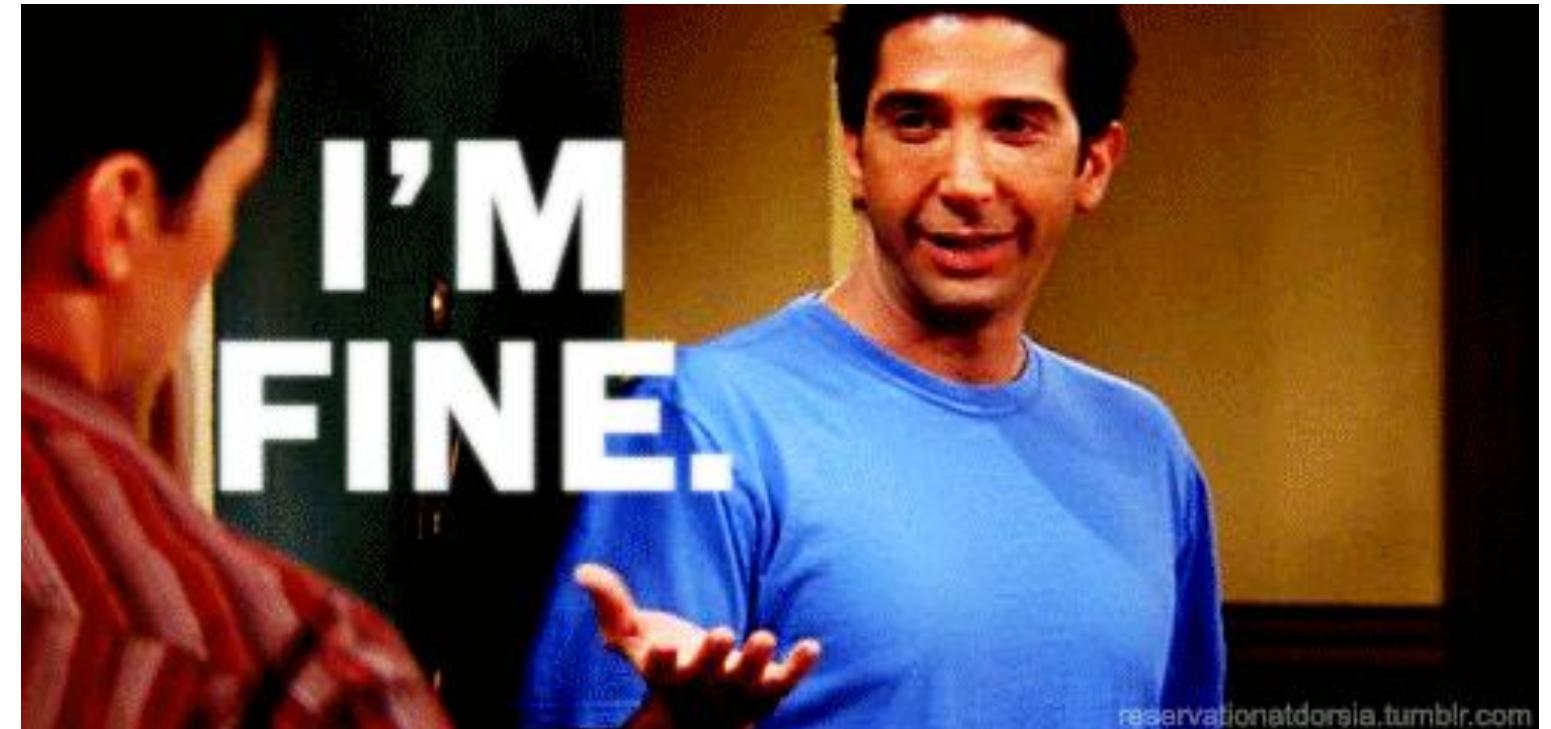
How many of you start your day like this?



Or like this?



It might be  
more like  
this....





**As a  
graduate  
student,  
it could  
be this....**



# Objectives:



What is imposter syndrome?

What are the challenges with imposter syndrome?

What are possible mental health challenges that could exist with imposter syndrome?

What can we do about it?

We will also talk about work/life/school balance in graduate school & introduce the Wellness Wheel



## What is imposter syndrome?

Holden et al. (2024) suggested imposter syndrome is experienced when someone “is high achieving, yet fails to recognize their success as being earned, but rather attributes their success/attributes to external factors such as networking, luck, timing, lowering standards or even charm.”

Synonyms: Imposter phenomenon, fraud syndrome, or imposter experience





Menard and Chittle (2022) suggested imposter phenomenon also includes:

- Fear of being judged, discovered or outed as a fraud
- Not able to accept or believe positive feedback
- Difficulty accepting praise or complements
- Disappointment in accomplishments (not good enough)
- Unrealistic evaluation of personal competence

# Contributing factors:

Perfectionistic tendencies

High expectations

Comparison to others

Low self-esteem

Pressure to succeed (international students, first-generation college students might even be higher)

High achievers

New environments

Social anxiety



# *One student's experience...*

Fitriah (2022) shared her experience with imposter syndrome as she started her doctoral journey moving from Indonesia to a college in England. She...

- \* felt others were ahead of her
- \* feared that English as her second language would impact her negatively and impede her success
- \* felt the pressure to publish
- \* compared herself to others
- \* doubted her competence

A very wise supervisor encouraged her not to “suffer in silence.” She took her advice and got plugged into the student networking meetings (that she had been avoiding because of how she was feeling). She noticed her symptoms improved.





When do we know  
it has become a  
bigger problem?

# Mental Health Challenges

- Depression
- Anxiety
- Panic attacks
- Adjustment disorders
- Relationship difficulties
- Sleep
- Appetite
- Academic success

What steps can we take to improve imposter syndrome and improve self-worth, bolster self-confidence, and decrease self-doubt?

Azab (2023) suggested the following:

1. Gather accomplishment evidence –
2. Replace negative thoughts with better ones (challenge thoughts)
3. Define success and tangibly (smart goals)
4. What does good enough look like?
5. Seek additional support (mentor, coach, counselor, social/group, networking group)
6. Mindfulness strategies
7. Increase social support
8. Identify core beliefs



***“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”***

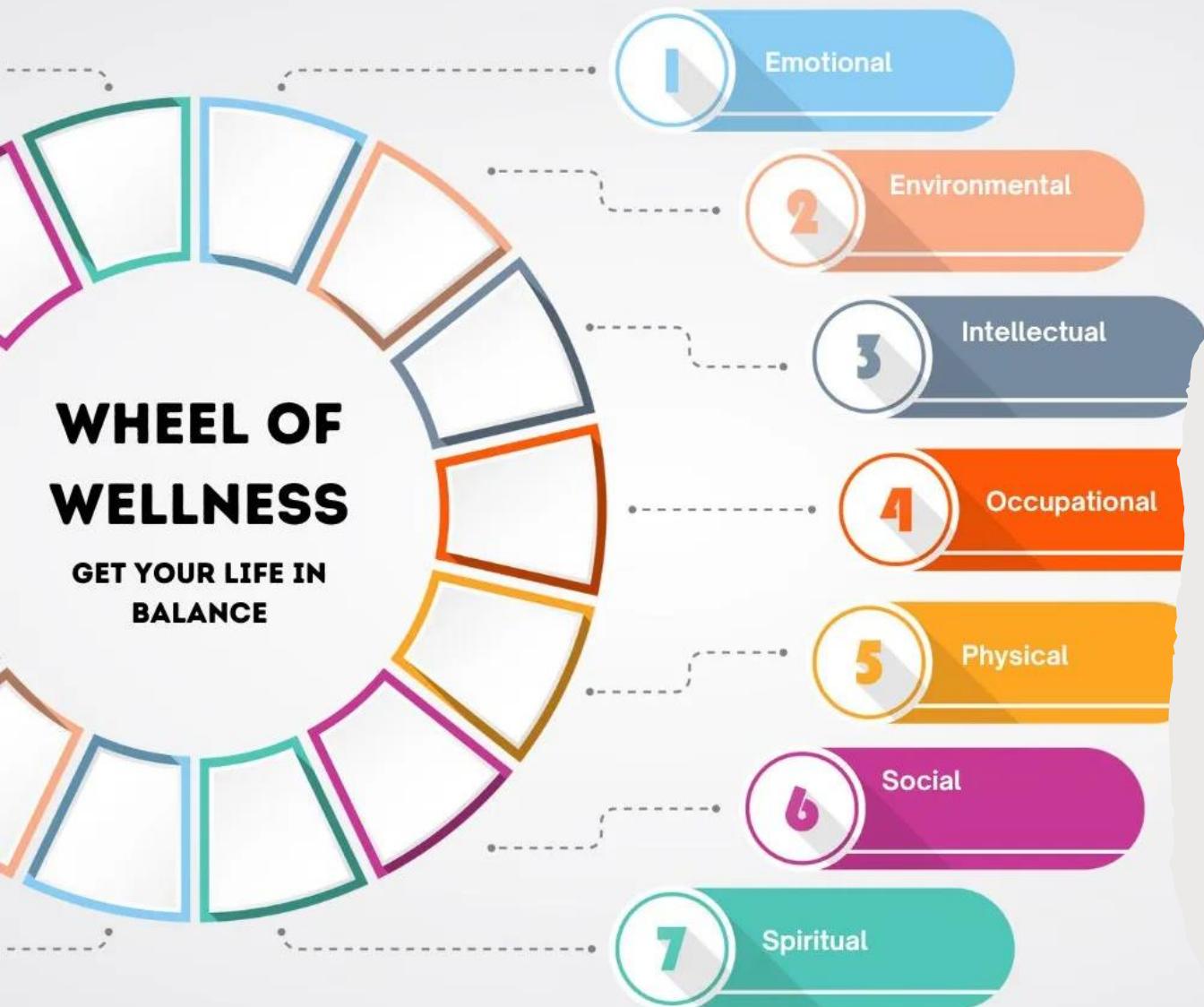
***- National Wellness Institute***



# What isn't working?

The last thing  
I want to  
leave you with  
is this...





- How balanced is your wellness wheel right now? Where can you make some adjustments to improve overall well-being? What resources are available on campus to support those needs/adjustments/improvements?

# References

- Azab, M. (2023). Overcoming imposter syndrome: 6 evidence-based strategies: Strategies for increasing self-validation, confidence, and worth. *Psychology Today*.
- Fitriyah, S. (2022). Surviving imposter syndrome: Navigating through the mental roller coaster of a doctoral sojourn. *Journal of International Students*, 12(2), 550-555. <https://dpo:10.32674/jis.v12i2.3274>
- Holden, C., Wright, L., Herring, A., & Sims, P. (2024). Imposter Syndrome among first-and-continuing generation college students: The roles of perfectionism and stress. *Journal of College Student Retention: Research, Theory, and Practice*, 25(4), 726-740. <https://doi.org/10.1177/15210251211019379>
- Menard, D. & Chittle, L. (2022). The imposter phenomenon in post-secondary students: A review of the literature. *Review of Education*, 11, 1-32. <https://doi.org/10.1002/rev3.3399>



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- [\*\*Ombuds Services - Graduate & Professional School | Texas A&M University \(tamu.edu\)\*\*](http://ombuds.tamu.edu)



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## MISSION

Dedicated to empowering our diverse student body through integrated care that supports their physical and mental health. We are committed to partnerships that support student health.

## VISION

Leaders in university healthcare through innovation, transformation, and impact.



# OUR SERVICES

- Primary Care and Specialty Medical Care
- Counseling and Mental Health Care
- Emergency Medical Services
- Prevention and Population Health
- Physical Therapy, Nutrition Services, Laboratory, Radiology & Pharmacy
- After Hours Support and Care Options

# OUR LOCATIONS

Student Services Building, 4th Floor



A.P. Beutel Health Center





**We have embedded counselors across campus! Angie McDonald, LPC is the embedded counselor for the College of ArtSci. Her office is conveniently located in the Academic Building.**

**A list of the embedded counselors can be found on the website at <https://caps.tamu.edu/about/meet-our-staff/>**



# UHS Services

- Group counseling
- Workshops
- Short-term Individual and Couples counseling
- Campus outreach & engagement
- Suicide awareness & prevention
- Diversity & inclusion programs
- Limited Psychiatric services
- Crisis Support
- Alcohol and Other Drug assessments
- Learning Disability and ADD/ADHD screenings
- Community referral assistance



# What is counseling?

Counseling is....

- \* A professional relationship that empowers diverse individuals and groups to accomplish mental health, wellness, education, and career goals

- \* Confidential

- \* Interpersonal

- \* Goal Oriented



- \* UHS provides a short-term counseling model to assist students in their mental health needs



# Real Talk



Counseling is not...

- Advice
- A place to just talk or vent
- For “people with problems”
- A quick fix



## Additional services and programs: Group Counseling

- **Worthiness/ self-worth**
- **Understanding self and others**
- **Managing anxiety**
- **International students**
- **How do I adult?**
- **Women of color**
- **LGBTQ+**
- **Thesis/dissertation support**
- **\* Groups may change each semester**



# OUTREACH PROGRAM

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- UHS values and celebrates the diversity of our students.
- Let's Talk provides a space where LGBTQ+ students, students of color, 1st Gen students, and international students can share and process their experiences as multicultural beings with various intersecting identities.
- <https://caps.tamu.edu/diversity-inclusion/lets-talk-program/>



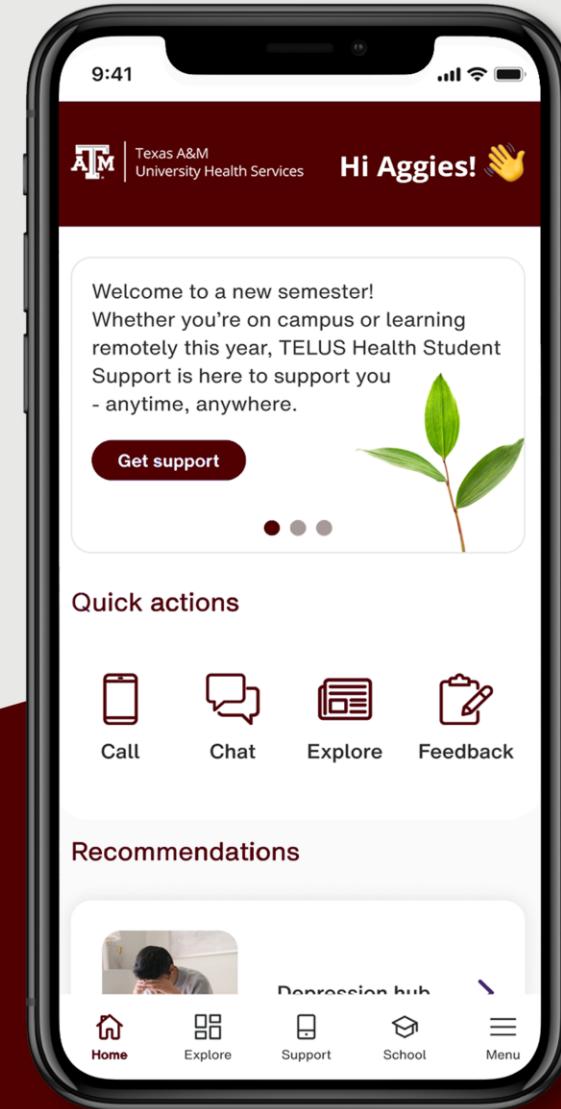


# TAKE CARE OF YOUR MENTAL HEALTH

STUDENT SUPPORT APP



Download the TELUS Health  
Student Support app for 24/7 access  
to professional counseling by phone  
or chat in multiple languages.



SCAN HERE!

VIRTUAL CARE PROVIDED BY  
**TELUS® Health**



979-845-2700  
*HelpLine*

The HelpLine provides information, support, referrals, and crisis intervention by phone. HelpLine is available from 4 p.m. to 8 a.m. weekdays and 24 hours a day on weekends when school is in session.

# Crisis Resources

**If you are in need of urgent, crisis-related services, you may:**

- 1. Come to UHS SSB to meet with a crisis counselor, M-F 8:00 AM-4:00 PM**
- 2. Visit UHS' Emergency Resources webpage:**

<https://caps.tamu.edu/emergency-resources/>



**979-845-2700**  
**HelpLine**

For after hours support:

Weekdays, 4pm-8am

Weekends, 24 hours

(979) 845-2700

On back of student ID



## ACCESSING CARE

Appointment scheduling: [uhs.tamu.edu](http://uhs.tamu.edu)

- On-site and telehealth appointments
- Appointments may be available same-day depending on presenting concern

## AFTER-HOURS SUPPORT AND CARE

- 24/7 Professional Counseling (by phone or app)
- Dial-a-Nurse: **979.458.8379**
- Mental Health HelpLine: **979.845.2700**
- EMS: **911**

Bryan-College Station has several options for walk-in and emergency after-hours care.



Texas A&M  
University Health Services

Believe Students Parents  
Kind Behavior Intervention  
Group Individual Encourage  
Advocate Teachers Relationships  
Counselor Confidential Plan  
Problem-Solve Resource Academics  
Differences Support Career Collaboration  
Listen Empower Caring College  
Ask Helpful Discuss Classroom Tools

# HOWDY EXCELLENCE RESEARCH LOYALTY INTEGRITY RESPECT UNIVERSITY HEALTH SERVICES LEADERSHIP EXCELLENCE SELFLESS SERVICE PATIENT CARE EDUCATION INTEGRITY EXCELLENCE RESEARCH INNOVATION

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# THE TRAUMA STEWARDSHIP INSTITUTE's take on DECISION FATIGUE & COGNITIVE OVERLOAD

## SPACIOUS BRAIN

Solid executive functioning

Understands cause & effect

Can access humility & grace

Efficient  
Present

Focused

Patient  
Regulated

Can compromise  
Productive

Glass half full  
Easy connections

Doesn't see  
implications  
loses the thread

divided attention

paired executive  
functioning

More irritated,  
more hostile



Glass half empty



Grrrr...

Forgetful  
Not present

Rigid or impulsive

Distracted

Experiences everything more intensely

**DEPLETED ENERGY BRAIN**  
Won't yield or compromise

Consider Trying:

# Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

## PROTECT YOUR MORNINGS

[or whenever you wake up]

less cortisol, more intentionality.



## GO OUTSIDE

[or look outside]

perspective, context + something larger than this.



## BE ACTIVE

[avoid stagnation]

in body, mind, spirit.

## CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

## NURTURE GRATITUDE

what is one thing, right now, that is going well?



## DETOK

if navigating addictions, be wise + safe

limit news + social media.

## SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



## METABOLIZE YOUR EXPERIENCING

re-regulate your nervous system.



## SIMPLIFY

[less is more]

be aware of decision

fatigue + cognitive overload.



## ADMIRE ART

the gift of feeling transported.



## LAUGH

pure humor = a sustaining force.

## FOSTER HUMILITY & EXTEND GRACE

self-righteousness + hubris = unhelpful.



## SLEEP

to cleanse + repair brain + body.

## CLARIFY INTENTIONS

how can i refrain from causing harm, how can i contribute meaningfully?

## BE REALISTIC + COMPASSIONATE

[with yourself]

be mindful of the quality of your presence. it means so much to others.



HOWDY EXCELLENCE  
RESEARCH SELFLESS SERVICE  
LOYALTY INTEGRITY RESPECT  
INNOVATION

UNIVERSITY HEALTH SERVICES

LEADERSHIP EXCELLENCE SELFLESS SERVICE  
PATIENT CARE EDUCATION INTEGRITY  
EXCELLENCE RESEARCH INNOVATION

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