



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.



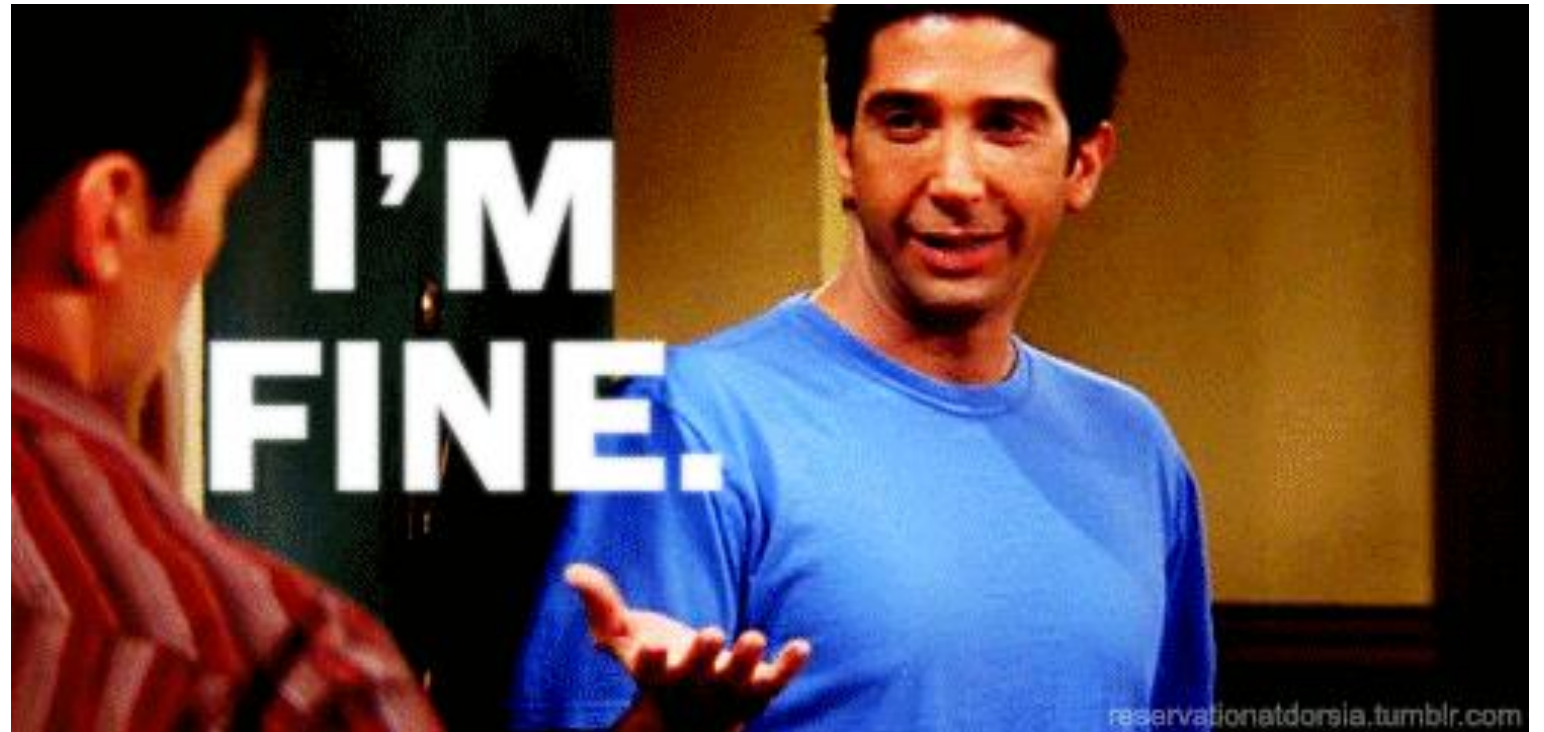
How many of you start your day like this?



Or like this?

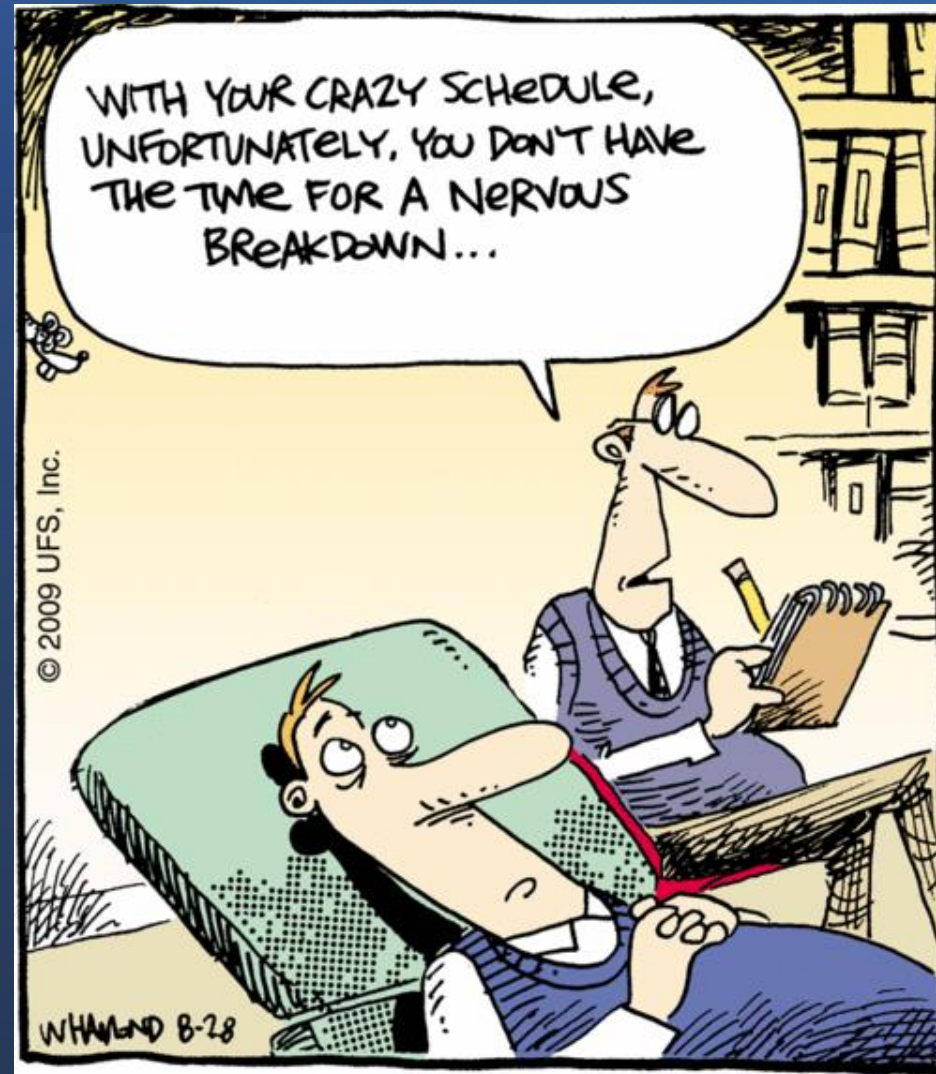


It might be
more like
this....





**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.”

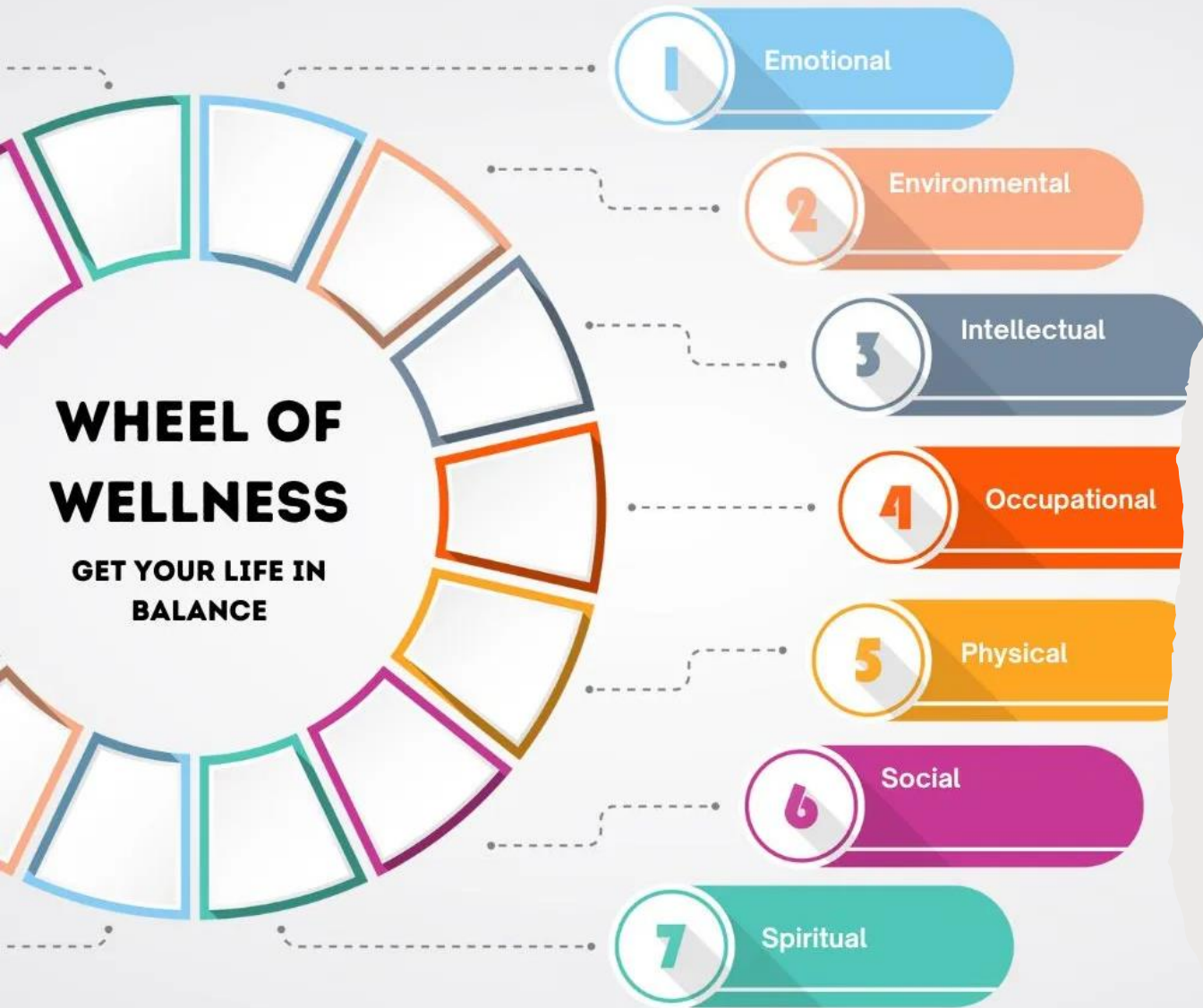
- National Wellness Institute



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.v.12i2.3274>
- 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 imposer 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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uhs.tamu.edu
- ***ombuds@tamu.edu or 979-845-3631***
- ***[Ombuds Services - Graduate & Professional School | Texas A&M University \(tamu.edu\)](https://ombuds.tamu.edu)***



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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

- 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/>





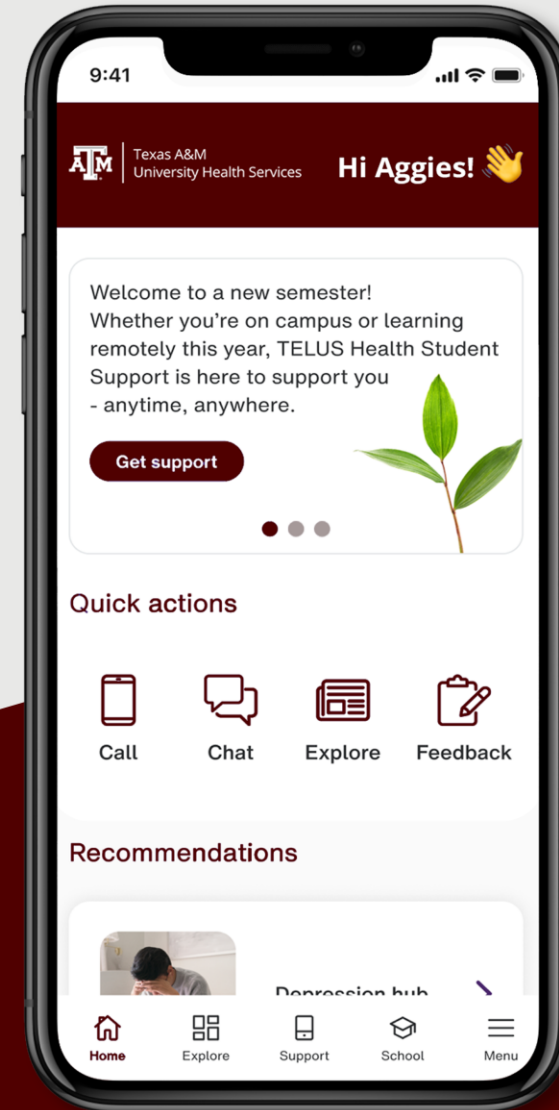
TAKE CARE OF YOUR MENTAL HEALTH

STUDENT SUPPORT APP



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

VIRTUAL CARE PROVIDED BY



SCAN HERE!



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

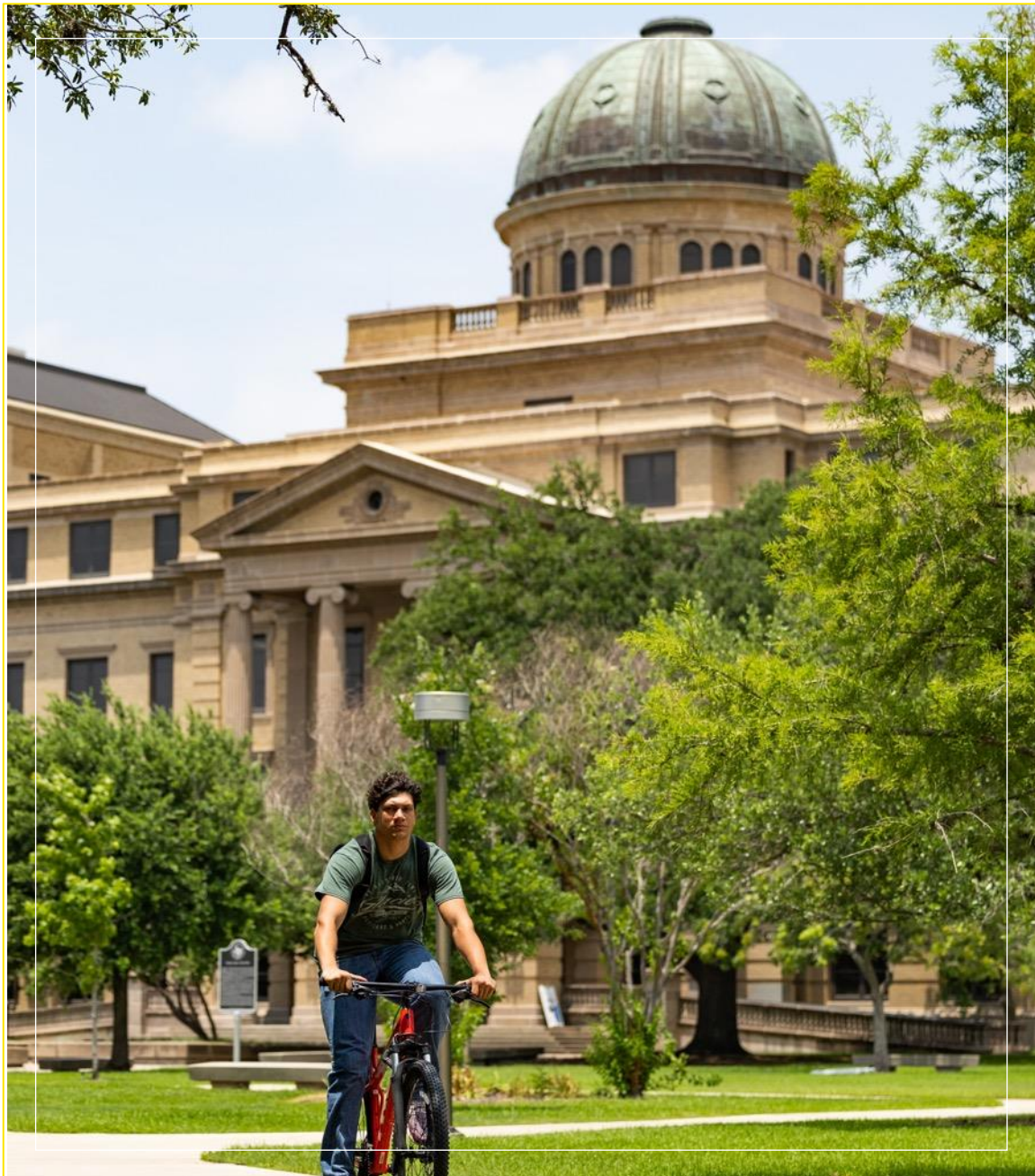
Appointment scheduling: **uhs.tamu.edu**

- 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 Compassion Reinforcement
Group Individual Advocate Teachers Relationships
Encourage Honesty Smile Plan Positive
Counselor Confidential Resource Academics
Problem-Solve Career Empower Collaboration
Differences Listen Support Classroom Caring College
Ask Helpful Discuss Tools

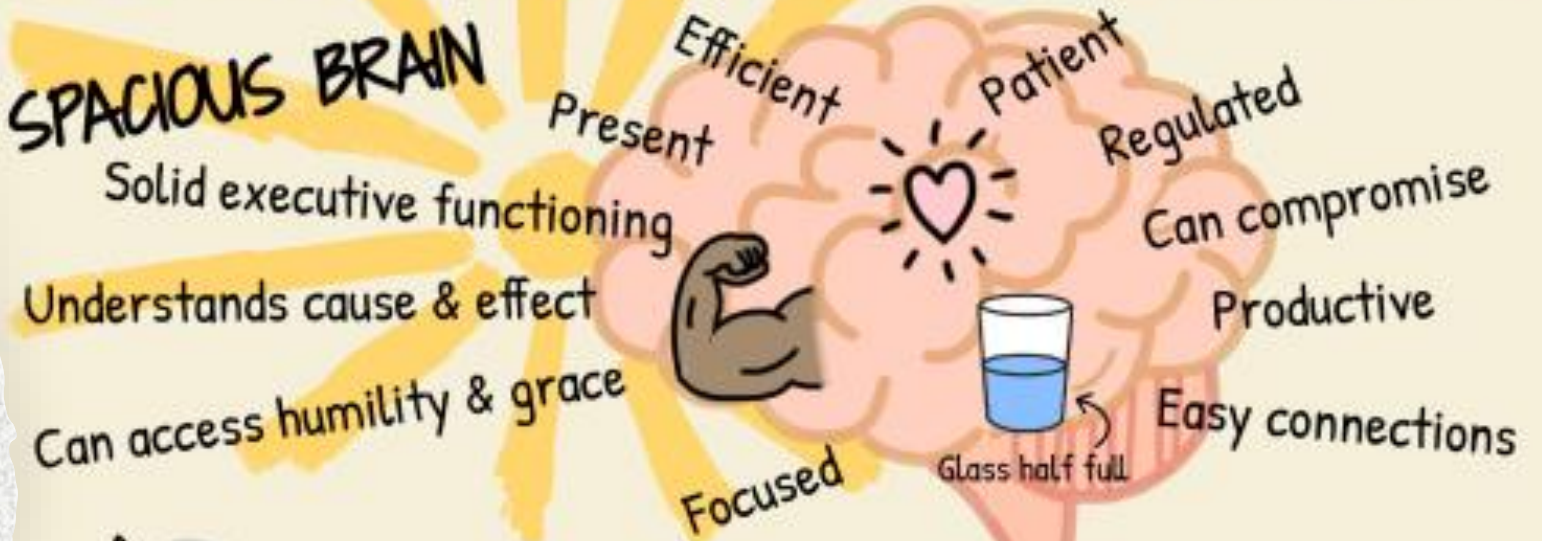
HOWDY EXCELLENCE
SELFLESS SERVICE
RESEARCH INTEGRITY RESPECT
LOYALTY INNOVATION
UNIVERSITY HEALTH SERVICES
LEADERSHIP EXCELLENCE SELFLESS SERVICE
PATIENT CARE EDUCATION EXCELLENCE RESEARCH INTEGRITY INNOVATION

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uhs.tamu.edu

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

SPACIOUS BRAIN



Doesn't see implications
loses the thread

Divided attention

Impaired executive functioning

More irritated, more hostile



Glass half empty



Grrrr...

Forgetful

Not present

Rigid or impulsive

Distracted

Experiences everything more intensely

DEPLETED MENTAL ENERGY BRAIN

Consider Trying:

Tiny THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

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?



DETOX

if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



METABOLIZE ALL YOU ARE 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
SELFLESS SERVICE
RESEARCH INTEGRITY RESPECT
LOYALTY INNOVATION
UNIVERSITY HEALTH SERVICES
LEADERSHIP EXCELLENCE SELFLESS SERVICE
PATIENT CARE EDUCATION EXCELLENCE RESEARCH INTEGRITY INNOVATION

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