Making Confident Career Decisions: Imposter Syndrome Workshop

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Opening remarks

Expectations:
- Confidentiality
- Judgment free and respectful atmosphere
- Wellness services

You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.
You’re on your own.
And you know what you know.
And YOU are the one who’ll decide where to go...

- Dr. Seuss
**Decision Quality vs. Outcome**

The most fundamental distinction in decision making is that between the quality of the decision and the quality of the outcome.

We can imagine 4 possible scenarios.

Although it is not guaranteed, the more you focus on making better informed decisions, the more likely you will be exposed to better outcomes.

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**3 Types of Decisions:**

**Big life-shaping decisions**
- Choosing a major
- Deciding what career to pursue
- Taking a year off in between bachelors and masters degree
- Joining the military
- What would you add?

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Significant decisions
- Networking with Employers
- Deciding extracurricular activities
- Choosing courses for next semester
- What would you add?

In-the-moment decisions
- What to say in an interview
- What to wear tomorrow
- What to order at a restaurant
- What would you add?
7-word life motto

EXERCISE: 3 mins

**STEP 1:** Circle 7 words from the inspiration list. Make sure that the words inspire, motivate, and encourage you to be your best every day.

**STEP 2:** Construct your life motto. Come up with seven words that describe how you want to see your life in 10 years. What will inspire you when you get out of bed in the morning? When you’re feeling down, these will be the words that will inspire you to move forward.

**STEP 3:** Share your motto.

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**Takeaways:**

- Your Seven-Word Life Motto bridges your authentic and professional identity (elevator pitch, networking, “tell me about yourself”) vs identifying as an imposter.
- Define, see, and understand your core values and identity in your personal manifesto.
- Keep it close as an inspiring-motivator when making decisions big and small.

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**5 Types**

1. Perfectionist
2. Expert
3. Select
4. Natural Genius
5. Superhuman

The type(s) we resonate with can give us insight into how or why we make decisions?
Thank You!

Thank you for attending the presentation. We hope that it has encouraged and empowered you in your career journey as you continue reflecting on your own professional development and assisting others.

UTSA Wellness Services: studentwellness.utsa.edu
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