

## Utilizing an Educational Workshop to Help Pharmacy Students Manage Imposter Syndrome

### Abstract:

Imposter syndrome has been a growing concern in the field of pharmacy, notably involving pharmacy students. Imposter syndromes afflicts pharmacy students at alarming rates with little being data shown how to address this issue. A hybrid online/in-person workshop was developed to help students identify and overcome feelings of imposter syndrome. The workshop consisted of enhancing imposter syndrome awareness and provide useful strategies for students to manage imposter syndrome. 78% of the students had at least frequent imposter phenomenon experiences. The students who attended the workshop all stated they had a better understanding of imposter syndrome and ways to help manage it, with 75% of students stating they were likely or very likely to implement at least one change. This was the first workshop of its kind preformed at this school of pharmacy but given the outcome and feedback the students would benefit from it being an annual event.