

Dr. Valerie Young
Impostor Syndrome Workshop
January 27, 2011

Attendance

21 individuals attended and 21 completed evaluations.

- 21 individuals reported being faculty members.
- 21 individuals learned about the lecture from an email announcement.

Quantitative Results from the Evaluation Form

I will be able to use the information that I learned today in my work at NDSU.

	Frequency	Percent	Cumulative Percent
Valid Agree	4	19.0	19.0
Strongly Agree	17	81.0	100.0
Total	21	100.0	

I feel I have acquired new skills, information or understanding about the effects of "impostor syndrome."

	Frequency	Percent	Cumulative Percent
Valid Disagree	1	4.8	4.8
Agree	5	23.8	28.6
Strongly Agree	15	71.4	100.0
Total	21	100.0	

I will be able to implement new strategies for dealing with my own feelings of being an "impostor" as a result of my attendance at this workshop.

	Frequency	Percent	Cumulative Percent
Valid Agree	5	23.8	23.8
Strongly Agree	16	76.2	100.0
Total	21	100.0	

Participating in this workshop has had a positive impact on my perception of the climate here at NDSU.

	Frequency	Percent	Cumulative Percent
Valid Agree	10	47.6	47.6
Strongly Agree	11	52.4	100.0
Total	21	100.0	

I would recommend this workshop to others.

	Frequency	Percent	Cumulative Percent
Valid 2.50	1	4.8	4.8
Agree	2	9.5	14.3
Strongly Agree	18	85.7	100.0
Total	21	100.0	

How would you rate the overall quality of this workshop?

	Frequency	Percent	Cumulative Percent
Valid Average	1	4.8	4.8
Above Average	4	19.0	23.8
Excellent	16	76.2	100.0
Total	21	100.0	

Qualitative Results from the Evaluation Form

1. What questions do you still have after attending this workshop? Please list any areas that you would like to receive additional information about or that need further clarification.
 - Many—I will look for more from this author/speaker.
 - None—well done for goals!

2. What do you think were the most helpful or valuable aspects of the workshop you attended today?
 - Dr. Young’s professional but casual demeanor.
 - A plan (trumpet).
 - Great examples.
 - Writing about our personal experience/challenge. It’s different when you have to commit and actually write it down.
 - The practical ways to address imposter feelings.
 - Trumpet process activity/ chatting with other colleagues.
 - Realize the price of being a role model.
 - Trumpet strategy is helpful for self-reflection.

3. How could this workshop be improved to be more beneficial to you?
 - All day!
 - Have a handout that I could share with others about how to do the “trumpet exercise.”
 - More chatter & group input.
 - Content was great! Coffee would have been nice (room was cold).

4. Please provide any additional comments you have about today’s workshop and/or the FORWARD program in general below or on the back of this page.
 - Excellent!
 - Well done!