5 SKILLS EVERY GRAD STUDENT NEEDS

DR. JOY HARDEN BRADFORD
Ability to challenge imposter syndrome

- Feeling as if you don’t belong
- Feeling like you’re not smart enough to be here
- Feeling like the selection committee made a mistake and any day now someone will call you into the office to tell you it’s time to go

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Recognition of symptoms

- Depression – Feelings of sadness, changes in appetite and/or sleep, loss of interest in pleasurable activities, thoughts of suicide, loss of motivation or concentration

- Anxiety - thoughts racing, constant worrying, panic symptoms, overthinking

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A real self care plan

• What are you doing to really take care of yourself?
Strong support system

• Group of other students who really get what you’re experiencing
• People outside of academia to help you stay grounded
• In person as well as online
• Campus organizations
Awareness of departmental politics

• Try to avoid the quicksand!
QUESTIONS?

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