First-Generation Low-Income

October 26th, 2018 | Vol. 1 Issue 4

Imposter Syndrome

(Happy Halloween & Feliz Día de Muertos!)

Happy Monday everyone! We hope you had a great weekend and are ready for a **SPOOKY** week! Great news, the last poll winner for the mask creative deadline is **Ashley Ortiz**! Ashley, please DM us your mailing address so we can send you your prize! Speaking of masks, we can't wait for Halloween, but it wouldn't be the same with out a Halloween or Día de los Muertos! Check out our Instagram or Facebook to stay up to date on what we are up to!

There's an ever-present, or at least intermittent, fear that plays out every Monday in our meetings. It's the fear that we don't belong, that we don't deserve to be here, that we don't have what it takes to succeed. Imposter Syndrome is a phenomenon that affects people who are successful, or seem successful, but feel that they don't deserve their success. It is a feeling that we are not as smart as our peers think we are, that we don't have the skills we need to succeed, that we don't belong. Imposter Syndrome affects people of all genders, race, class, and sexual orientation. It can be a feeling that we don't belong in our classes, our majors, our jobs, our relationships, our communities. It can be a feeling that we don't belong at Yale. Imposter Syndrome affects people of all genders, race, class, and sexual orientation. It can be a feeling that we don't belong in our classes, our majors, our jobs, our relationships, our communities. It can be a feeling that we don't belong at Yale.

Our Executive, Mentor, and Leadership teams are all aware of this feeling and are working on ways to overcome it. Nonetheless, it can be hard at some point and some of us may feel it at some point. We want you to know that you belong here, that we want you to be here, that we want to hear your voice, that we want to see your strengths. Yale's diverse student community has many talents and strengths. Yale's diverse student community has many talents and strengths. Yale's diverse student community has many talents and strengths. Yale's diverse student community has many talents and strengths.

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So Case You Missed It...

Words of Wisdom from Dr. Dena Simmons!

SafetyNet

UNDERSTATED FINANCIAL HARDSHIP SUPPORT | Yale College

SafetyNet is a student-run effort to provide support to students who are experiencing financial hardship. Our goal is to make sure that students are able to focus on their academics and not be distracted by financial hardship, or have to do so in such a way. Every quarter through SafetyNet staff can use unrestricted expenses that students, staff, and faculty members have identified as potentially beneficial.

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Student Ambassador Office Hours

Do you need help picking a major, a class, a pre-requisite, a professor, or just need to talk about how to navigate academics and the academic world? Our Student Ambassadors are here!

Wendy D'Souza - Sociology Major | 2 **(**Pronouns: She/Her/Hers)
wendy.dsouza@yale.edu

Alexandra Wisser - Psychology Major | 3 **(**Pronouns: She/Her/Hers)
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Jaime Pineda - Neuroscience Major | 3 **(**Pronouns: He/Him/His)
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Marlaya Bonnette - Ethnicity, Race, and Migration Major | 3 **(**Pronouns: Her/Hers)
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Henry Pineda - Sociology Major | 3 **(**Pronouns: He/Him/His)
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Diana Lopez - Ethnicity, Race, and Migration Major | 3 **(**Pronouns: She/Her/Hers)
diana.lopez@yale.edu

Fabiola Chaughan - Sociology Major | 3 **(**Pronouns: She/Her/Hers)
fabiola.chaughan@yale.edu

Tuesday/Thursday 1:30-2:PM
Wednesday 3:30-4:PM
Friday 10:30-11:AM

Not if she doesn't greet a friend in Trivia!