

## Workshop

### 1) Imposter Syndrome (30 mins)

Talking Points for Students from article  
Want them to think about:

- Have you felt imposter syndrome?
- Discuss article - does it surprise you?

Start off talking:

- Own experiences of imposter syndrome
  - see if girls agree they've felt it
- Reasons why we feel it
  - stereotype threat?
  - ~~more~~ unrealistic expectations
- What are reasonable expectations?
  - reason the 8hr day was adopted
  - people who say they work more - aren't (mostly about reviews June 2011)
  - ~~can~~ work harder when presented with this situation
- Coping Mechanisms
  - What is your downtime?

## 2) Sexual Harassment

Whilst reading want students to think about:

### • Impact of this article

→ do any points shock/scare you?

→ hearing these stories does it put you off physics?

→ how much should the uni take responsibility

### Talking Points

• Discuss article, find out if the girls are put off and if anything, problem of physics

• Do they think the uni's punishment was enough?

• If you saw harassment would you

→ know what it was

→ know the appropriate channels to report it?

• Ways of dealing with this behaviour

→ Astronomy Allies (AA5)

→ Reporting it - don't stay quiet

### 3) Role Models

Things to think about whilst reading

- Who your role models are? Are they only women?
- What makes a good role model? Characteristics
- When have you needed a role model

Discussion Points

- Talk about our role models
- Characteristics you seek
- Need for women role models
  - what role do they play for men + women
- Point out we all can be good role models
  - for different levels
  - peer mentoring
  - mentoring schemes
  - actively placing yourself in a path of other like minded people / talk a senior person to yourself who is similar
- Role models will change as your aspirations change