Imposters Unmasked

SEMINAR ON “IMPOSTER SYNDROME” DRAWS HUNDREDS SEEKING TO OVERCOME SELF-DOUBT AND BUILD CONFIDENCE BY BARI WALSH

EVER SUSPECTED THAT YOUR HARVARD ADMISSION wasn’t entirely legit? That maybe the admissions committee had just been served a big lunch and its members were feeling replete and beneficent? Or that they’d noticed your volunteer tutoring at an inner-city high school and felt you deserved a reward? Or that your name was the same as a better-qualified candidate, and they’d gotten confused?

If so, you’re not alone. Almost 400 of your Harvard peers — mostly GSAS students but also postdocs, faculty, and staff — attended a seminar on January 14 with the aim of defeating the “imposter syndrome,” a condition that, perhaps surprisingly, affects actual smart and talented people in high number. The workshop, entitled “How to Feel As Bright and Capable As Everyone Seems to Think You Are,” was led by Valerie Young, EdD, a life and career coach who has become a national leader in helping people overcome feelings of self-doubt and incompetence that lead many to write off their accomplishments as flukes, lucky breaks, “no big deal,” or even frauds they’re perpetrating on unsuspecting colleagues.

Young, who has led similar workshops at peer universities and for executives at companies including Boeing, Intel, and Proctor

continued on page 11
Changing Your Official Information

The FAS Registrar’s Office and the GSAS Dean’s Office are very concerned about maintaining accurate biographical information for students. All requests for name, address, and other changes should be made at www.registrar.fas.harvard.edu. International students must also report any change of address to the Harvard International Office within 10 days of moving to a new residence.

Additionally, international students must notify the HIO of any change to their immigration status since their last registration, so that the office can update the information in SEVIS. They must present proof of their new status (e.g. H-1B approval notice, “green card” or form I-551) in person at the HIO.

International Students: Bok Center Resources

The Derek Bok Center for Teaching and Learning offers special help for international teaching fellows (TFs) at Harvard. TFs who want to improve their oral communication skills can get coaching in small-group sessions or one-on-one consultations throughout the year. This spring, the Bok Center will offer workshops and courses on pronunciation, public speaking, and classroom communication skills for international graduate students.

TFs or any graduate students who are concerned about their English are urged to come to the Bok Center early in their Harvard careers and build their skills. Make an appointment with Virginia Maurer (vmaurer@fas.harvard.edu) or visit bokcenter.fas.harvard.edu.

International Students: Tax Season is Here


Secondary Fields in PhD Studies

PhD candidates may elect a secondary field of study from a growing number of departments or committees. A secondary field consists of four or five graduate courses in a discipline, interdisciplinary area, or intellectually coherent subfield. The program offering the secondary field provides an intellectual rationale and outlines the package of courses required. For list of fields see www.gsas.harvard.edu and click on “Programs of Study.”

February Calendar

February 6. Last day to cancel registration for spring term without payment of tuition.

February 28. Spring deadline for waiving health insurance, if eligible. (See www.huhs.harvard.edu for waiver information, eligibility requirements, and forms.)

Need Support?

Help Is at Hand

Do you have an academic or personal concern that you think is too small to be discussed? … or one that feels too big to be resolved?

If you answered “yes” to either or both of these questions, I invite you to make an appointment to talk with me. In my role as director of student services, I provide ongoing, confidential support and make referrals to other resources if necessary. Whatever the issue, I am here to help.

Contact Ellen Fox

Director of GSAS Student Services
efox@fas.harvard.edu
617-495-5005
A Reminder to First-Year Students
Now that you have completed your first term at GSAS, you are probably ready to become more acquainted with our fellowship services. Here are the highlights.

Counseling on Writing Fellowship Proposals
A principal service offered by the director of fellowships is counseling on fellowship proposals and other related aspects of professional development. Make an appointment with Cynthia Verba by calling 495-1814.

Fellowship Publications
The following publications are available to assist you with your fellowship needs: Graduate Guide to Grants, Harvard Guide to Postdoctoral Fellowships, Harvard Fellowships, and Scholarly Pursuits: A Guide to Professional Development During the Graduate Years. All of these publications are available online at the GSAS web site (www.gsas.harvard.edu/current_students/fellowships_office.php).

Professional Development Series
Each issue of the GSAS Bulletin includes a calendar with events in this series. Upcoming events include: Fulbright Orientation, Tuesday, April 27 at 4 p.m., Dudley House; Grantsmanship Seminar, Thursday, April 29, at 4 p.m., Dudley House; and Applying for Postdoctoral Fellowships, Wednesday, May 5, at 4 p.m., Dudley House.

Reporting on “Surviving the Dissertation”
On December 4, a standing-room-only audience filled Dudley’s Common Room for a panel discussion called “Surviving the Dissertation: Strategies for Getting from Beginning to End of the Process.” The speakers were Professor Gary King, Government, and advanced graduate students Mark Gidal, Music, and Daniel Pollack-Pelzner, English.

Here are some perspectives from Mark Gidal. On selecting a topic:

- Don't just find a good dissertation topic, find a topic that is a good fit for you, balancing personal interest vs. strategic selection.
- Strategic means: first to market or best in market, finding a niche, or finding an angle on a familiar topic, or giving the most comprehensive treatment on a familiar topic, or juxtaposing a few approaches and topics to make your research more broadly marketable or possibly unique.
- A good fit for you means: building on your strengths and avoiding your weaknesses, pushing yourself and avoiding boring yourself with material you are tired of, finding something new and interesting.

On writing and editing:
- Your first chapter should present your best example, your main points, your main contributions to the field and your theoretical framework and interventions; then all the other chapters will follow as elaborations on points made in the first chapter.
- Take a similar approach in each of the subsequent chapters: start with your juiciest examples and ask what chapter-length points each of them could introduce and support; similarly, don't start the chapter with background information; provide background only when necessary and only as much as is needed, otherwise you'll spend years writing background information and never get to the point.
- Write first, edit later: start with just bullet points to outline chapters, then return to each point and write it out in prose; this is an easy way to jump into writing when you only have a couple of hours or don't know what to do.

Daniel Pelzner-Pollack shared a somewhat different perspective, taking a more psychological approach:

- In choosing a topic, follow your passion even if it doesn't fit comfortably into a field; you might actually be opening up professional opportunities. In any case, it's impossible to predict what the external world will favor in the future; in his case, he fell in love with two topics: the Victorian novel, and Shakespeare. He ended up doing Shakespeare in the Victorian novel; he used final papers in seminars to test the approach, and even got a paper published.

- Don't fall into the trap of putting off meeting with advisors until you have something to share.

- Establish deadlines, such as the dissertation completion application deadline. (The two-chapter requirement for applicants is about quantity, not quality.) Join a writing group.

Gary King offered valuable tips from his experiences as a student and a dissertation advisor. The text for his talk is here: http://gking.harvard.edu/files/diss.pdf.

- Everyone thinks in terms of 250 pages for the dissertation; that's irrelevant.

- What is relevant and needed is to re-orient your life, make a transition from being a student to an active professional and an expert in your field.

- Never shoot for the immediate goal; aim for the one after that. Instead of focusing on the prospectus, do research and write the first chapter. Instead of thinking of a dissertation, think of a book or a series of articles.

- The goal of the dissertation is to answer one question: “Whose mind are you going to change, and about what?”

- Recognize that for those who love scholarship, this can be more exciting than anything else you do, that it’s a privilege to participate in discovery and learning.
Dudley House
The Graduate Student Center

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HOURS Monday-Friday 9am-11pm
Saturday-Sunday 4-10pm

Lunch on Us
Invite a faculty member or GSAS administrator to the Dudley Café, on us. One free ticket per term will be available for graduate students seeking to bring a faculty member (instructor or assistant, associate, or full professor; no teaching fellows or postdocs, please) or administrator to lunch. To pick up tickets for you and your guest, visit the Dudley House Office on the third floor. (Several students may bring the same guest.)

THEATRE OUTINGS

Dreamgirls
Thursday, February 4, 7:30 p.m. Full of onstage joy and backstage drama, Dreamgirls tells the rags-to-riches story of a 1960s Motown girl group. Check Dudley office for ticket availability. Dudley House members may bring a guest.

The Lion King
Wednesday, March 3, 7:30 p.m. Experience the spectacle and unforgettable score of Disney’s modern classic. Tickets available at the Dudley House Office in February. Dudley House members may bring a guest.

Brought to you by your Dudley Outings Fellows: Tina Lin (tinalin@fas.harvard.edu) and Cara Takakjian (etakakj@fas.harvard.edu).

INTELLECTUAL/CULTURAL EVENTS

Senior Common Room Dinner
Monday, February 1, 5:30 p.m. reception (Dudley Graduate Student Lounge); 6 p.m. dinner (Dudley Common Room). Join us for an evening with Ambassador Nicholas Burns, professor of the practice of diplomacy and international politics at the Harvard Kennedy School. Ambassador Burns was Under Secretary of State for Political Affairs from 2005 to 2008, the State Department’s third-ranking official, when he led negotiations on the U.S.-India Civil Nuclear Agreement, a long-term military assistance agreement with Israel, and served as lead U.S. negotiator on Iran’s nuclear program. Sign up at Dudley for free tickets. Contact Sahand Hormoz (hormoz@fas.harvard.edu).

Brought to you by your Dudley IC Fellows:
Apply to be a Dudley Fellow
Join Team Dudley as one of our Dudley Fellows next year! Applications are available now in the House Office and on the Dudley website www.fas.harvard.edu/~dudley. Applications are due Friday, February 5; interviews for applicants will be held in February.

Salsa Lessons
Interested in salsa dancing? This is the best place to check it out. Our free lessons are targeted toward beginners, but all skill levels are welcome. No partner needed. Contact Katie (kmrose@fas.harvard.edu) for information about dates and times.

Dudley Knitting Group
Wednesdays, 7:30-10 p.m., Café Gato Rojo. Come join other knitters, crocheters, and crafters for our informal knitting circle. All are welcome, and we have materials and instruction for beginners who want to learn. Contact Katie (kmrose@fas.harvard.edu).

Brought to you by your Dudley Arts Fellows: Charlie Marcrum (marcrum@fas.harvard.edu) and Katie Rose (kmrose@fas.harvard.edu).

DUDLEY ARTS

Tour of Harvard Semitic Museum
Sunday, February 7, 2 p.m., 6 Divinity Ave. Come enjoy a guided tour of these often overlooked collections. Housing artifacts from Israel, Jordan, Iraq, Egypt, and more, the exhibits explore everyday life in the Ancient Near East. Admission is free. RSVP to marcrum@fas.harvard.edu. Meet at Dudley House at 1:45 p.m.

New Life (La Vie Nouvelle)
Sunday, February 21, 7 p.m., Harvard Film Archive, 24 Quincy St. Philippe Grandrieux’s work plunges us into every kind of obscurity: moral ambiguity, narrative enigma, literal darkness. La Vie Nouvelle presents four characters in a severely depressed Sarajevo who are caught in a mysterious web: the feckless American Seymour, his mysterious companion Roscoe, the demonic Mafioso Boyan, and the prostitute-showgirl who is the exchange-token in all their relationships. French with English subtitles. Free with student ID. Meet at Dudley House at 6:45 p.m.

MUSIC AT DUDLEY
Interested in performing? Join one of Dudley’s music ensembles: the Dudley Orchestra, the Dudley Chorus, the World Music Ensemble, and the Dudley Jazz Band. Information about the Dudley music program is available on the Dudley House website (www.fas.harvard.edu/~dudley), or call the Dudley Music Line, 617 495-4162.
The Dudley House Orchestra  
Sundays, 6:30 p.m., Main Dining Room. The Dudley House Orchestra has started up this term with rehearsals for the spring concert. If you play an instrument, we’d love to hear from you and encourage you to join in the fun. Contact Bert (vanherck@fas.harvard.edu).

Dudley Music Fellows Festival  
Thursday, March 4, 8 p.m., Common Room.  
Find out more about the Dudley Music Fellows! While all of us are working with a specific Dudley ensemble, we are also working together as Dudley Music Fellows. Each of us is composing a song on the same text (by Robert Frost). Please come and listen to the results: world premieres in Dudley House with music by Behtash Babadi, Jean-François Charles, Gabriele Vanoni, and Bert Van Herck.

The Dudley House Choral Program  
Tuesdays, 7 p.m. This year we will have a concert of fun tunes from around the world (Germany, the U.S., and Mexico, among others) and a concert of sacred music from Eastern Europe and Russia (Stravinsky, Janacek, and Rachmaninov, among others). Contact Gabriele (gvanoni@fas.harvard.edu).

Brought to you by your Dudley Music Fellows:  
Behtash Babadi (babadi@fas.harvard.edu), Jean-François Charles (jcharles@fas.harvard.edu), Bert Van Herck (vanherck@fas.harvard.edu), and Gabriele Vanoni (gvanoni@fas.harvard.edu).

DUDLEY PUBLIC SERVICE

Homeless Meals Kickoff  
February 4, 6:15 p.m. Start off the new semester by joining us to help serve dinner to the homeless. We’ll meet at Dudley House and head over to the church at 0 Garden Street.

Postcard Writing  
February 11, Thursday 11:30 a.m.-1:30 p.m.  
Children in rural China, many of whom won’t ever go abroad, are eager to meet the outside world, and a postcard would make them very happy. If you have two minutes and
Fabulous Fellows February Film Festival

MOVIES WILL BE SHOWN IN THE GRADUATE STUDENT LOUNGE UNLESS OTHERWISE NOTED. EVERYONE IS WELCOME.

Tuesday, February 2, 7 p.m.
Keith Stone and Jonathan Bruno present: An Evening with Sherlock Holmes. Join us for the follow-up to January’s book club discussion of Sir Arthur Conan Doyle’s memorable English detective. We’ll watch a selection of televised versions and have all the necessary equipment (including real sherry) on hand.

Thursday, February 4, 7 p.m.

Friday, February 5, 6 p.m.
Susan Zawalich presents: The Music Man. The 1962 film version of one of the Great American Musicals. Wonderful music and performances Robert Preston and Shirley Jones make this a delightful experience. We’ll have our own little Ice Cream Sociable to celebrate.

Tuesday, February 9, 7 p.m.
DDoug McClure presents: Miracle. Based on the true story of one of the greatest moments in sports history, the U.S. Olympic hockey team’s unlikely gold medal in the 1980 Games.

Thursday, February 11, 7 p.m.
Katie Rose presents: Amélie. Nominated for five Oscars, this warm and charming film from French director Jean-Pierre Jeunet tells the story of a shy waitress in a Montmartre café who embarks on a quest to touch the lives of others in her own mischievous manner. French with English subtitles.

Friday, February 12, 6 p.m.
Jean-François Charles presents: Michael Jackson’s This Is It. Directed by Kenny Ortega. If you’re a fan, you’ll enjoy seeing this 2009 movie again. If you haven’t seen it yet, discover yet another facet of this unique artist.

Saturday, February 13, 1 p.m.–6 p.m.
Chad Conlan presents: Pride and Prejudice. This is the 1995 BBC mini series starring Colin Firth (Mr. Darcy) and Jennifer Ehle (Elizabeth Bennet). Bring your lunch and join us to relive the romance and drama of Andrew Davies’ lavish adaptation of Jane Austen’s classic novel. Refreshments will be served.

Tuesday, February 16, 7:30 p.m.
Zhunan Chen presents: Her Sey Çok Gülzel Olacak. A small-time crook digs himself deeper into trouble the harder he tries to get out of it in this comedy from Turkey.

Wednesday, February 17, 7 p.m.
Dinyal Patel presents: Pyaar Ke Side Effects. A Bollywood triumph!

Thursday, February 18, 7:30 p.m.
Mary Ruth Windham presents: Julie and Julia. Based on two true stories, the film intertwines the lives of Julie Powell and Julia Child who, though separated by time and space, are both at loose ends...until they discover the joy of cooking.

Friday, February 19, 7 p.m.
Esra Sahin presents: Young Yakuza. Filmed by Jean Pierre Limosin over an 18-month period, Young Yakuza explores the Japanese crime underworld, through the eyes of a new recruit of the Kumagai crime organization and his boss, confronted by new social trends that are gradually edging out the yakuza gangsters.

Tuesday, February 23, 7 p.m.
Mehmet Akcakaya presents: Her Sey Çok Gülül Özlük. A small-time crook digs himself deeper into trouble the harder he tries to get out of it in this comedy from Turkey.

Wednesday, February 24, 7 p.m.
Charles Marcrum presents: Lost in Translation. Two lost souls — a young, neglected wife (Scarlett Johansson) and a washed-up movie star (Bill Murray, in an Oscar-nominated role) — visit Tokyo and connect.
Wireless Dudley

Dudley House has wireless capability, allowing you to connect to the Internet from your laptop in any of the public areas of the House.

a few words to write, please stop by our public service table outside Dudley Café. Postcards provided.

Deadline for COOP Public Service Grants

February 28: Have any ideas for how to help the community? Tell us about it and possibly receive funding to implement your idea. (See our website for more details).

Tutoring Opportunities in Cambridge Schools

Ongoing. Contact Public Service Fellows for information.

Food Drive

Donate nonperishable food items in the box in the Dudley House foyer. Donations go to a local food pantry.

Brought to you by your Dudley Public Service Fellows: Enoch Lambert (lambert4@fas.harvard.edu) and Zhunan Chen (zachen86@yahoo.com).

DUDDLEY LITERARY PROGRAM

Sherlock Holmes Movie Night

Thursday, February 2, 7 p.m., Graduate Student Lounge. Join us for the follow-up to January’s book club discussion of Sir Arthur Conan Doyle’s memorable English detective. We’ll watch selected episodes from televised versions. Door prizes will be awarded, and we’ll have all the necessary equipment (including real sherry) on hand!

Dudley Book Club

Thursday, February 11, 7 p.m., Fireside Room. If you enjoy reading good novels and also love sharing and discussing your ideas with a congenial group, the Book Club is for you. Sign up (and pick up February’s book) at the Dudley Library (3rd floor).

Writing Boot Camp

Saturday and Sunday, February 13–14, 9 a.m.–4 p.m., Common Room; and Saturday and Sunday, February 27–28, 9 a.m.–4 p.m., Graduate Student Lounge. Having trouble just setting aside some time to write? Join us for the weekend—we will provide a quiet setting, breakfast and lunch, caffeine, and some guidance from the GSAS writing tutor. Students from all disciplines and at any stage of writing are welcome. Cost is $20, plus a $20 deposit that will be returned at the end of the weekend. Information at www.fas.harvard.edu/~dudley/fellows/lit/bootcamp.html.

Writer’s Workshop

Sunday Afternoons, Dudley Library. If the phrase “academic prose” does not encompass your literary aspirations, check out this workshop. Bring in whatever you’re currently working on (poetry, essay, fiction, memoir, drama . . . ), or feel free to simply join the discussion and the in-session writing. Information at www.fas.harvard.edu/~dudley/fellows/lit/writing.html.

Brought to you by your Dudley Literary Fellows, Jonathan Bruno and Keith Stone (dudley_literary@yahoo.com).

INTRAMURAL ATHLETICS

Super Bowl Party

Sunday, February 7. Join us for pizza, drinks, snacks, and Super Bowl XLIV—the biggest American sporting event of the year. If you’re not into football, come for the $3-million-apiece TV ads, the extravagant halftime show featuring The Who, and the free food!

Winter Olympics Viewing Reminder

The Winter Olympics will be starting up soon in Vancouver. When the Game Room and Graduate Student Lounge are not booked with other activities, you are welcome to catch the action on the big-screen TVs.

Introduction to Crew

Thursday, February 11, 8 p.m. Come learn more about intramural crew and find out why you should row for one of the Dudley teams! All levels (including no previous rowing experience) are welcome. We want to field A and B boats for both men and women since we are
**February 2010**

1 **Monday**
Senior Common Room Dinner
Reception: 5:30 p.m.
Graduate Student Lounge Dinner: 6 p.m. Common Room
2 **Tuesday**
World Music Ensemble Rehearsal
Fireside Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
3 **Wednesday**
Graduate Student Council Open Meeting
Graduate Student Lounge 6:30 p.m.
Dudley Knitting Group Café Gato Rojo 7:30 p.m.
Dudley Jazz Group Rehearsals Common Room 6 p.m.
4 **Thursday**
Fellows Film: *A Man For All Seasons*
Graduate Student Lounge 7 p.m.
5 **Friday**
Fellows Film: *The Music Man*
Graduate Student Lounge 6 p.m.
7 **Sunday**
Super Bowl Party
Graduate Student Lounge 6 p.m.
Dudley Orchestra Rehearsal
Main Dining Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
8 **Monday**
World Music Ensemble Rehearsal
Fireside Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
9 **Tuesday**
Writing Bootcamp Common Room 9 a.m.–4 p.m.
Dudley Orchestra Rehearsal Main Dining Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
10 **Wednesday**
Dudley Knitting Group Café Gato Rojo 7:30 p.m.
Dudley Jazz Group Rehearsals Common Room 6 p.m.
11 **Thursday**
Fellows Film: *Amélie*
Graduate Student Lounge 7 p.m.
Book Club Fireside Room 7 p.m.
Dudley Crew Information Meeting Game Room 8 p.m.
12 **Friday**
Fellows Film: *This Is It*
Graduate Student Lounge 6 p.m.
13 **Saturday**
Writing Bootcamp Common Room 9 a.m.–4 p.m.
Fellows Film: *BBC’s Pride and Prejudice*
Graduate Student Lounge 1–6 p.m.
14 **Sunday**
Writing Bootcamp Common Room 9 a.m.–4 p.m.
Dudley Orchestra Rehearsal Main Dining Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
15 **Monday**
Presidents’ Day Holiday
Dudley House Closed
16 **Tuesday**
World Music Ensemble Rehearsal
Fireside Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
17 **Wednesday**
Dudley Knitting Group Café Gato Rojo 7:30 p.m.
Dudley Jazz Group Rehearsals Common Room 6 p.m.
Fellows Film: *Miracle*
Graduate Student Lounge 7 p.m.
18 **Thursday**
Fellows Film: *For a Few Dollars More*
Graduate Student Lounge 7 p.m.
19 **Friday**
Fellows Film: *Young Yakuza*
Graduate Student Lounge 7 p.m.
20 **Saturday**
Social Event
Common Room 8 p.m.
21 **Sunday**
Dudley Orchestra Rehearsal
Main Dining Room 6:30 p.m.
22 **Tuesday**
World Music Ensemble Rehearsal
Fireside Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
Fellows Film: *Her Sey Cok Guzel Olacak*
Graduate Student Lounge 7 p.m.
24 **Wednesday**
Dudley Knitting Group Café Gato Rojo 7:30 p.m.
Dudley Jazz Group Rehearsals Common Room 6 p.m.
Fellows Film: *Pyaar Ke Side Effects*
Graduate Student Lounge 7 p.m.
25 **Thursday**
Fellows Film: *Julie and Julia*
Graduate Student Lounge 7:30 p.m.
26 **Friday**
Fellows Film: *The Lives of Others*
Graduate Student Lounge 8 p.m.
27 **Saturday**
Writing Bootcamp
Graduate Student Lounge 9 a.m.–4 p.m.
Fellows Film: *Lost in Translation*
Graduate Student Lounge 7 p.m.
28 **Sunday**
Dudley Orchestra Rehearsal
Main Dining Room 6:30 p.m.
29 **Monday**
Writing Bootcamp
Graduate Student Lounge 9 a.m.–4 p.m.
Fellows Film: *The Music Man*
Graduate Student Lounge 7 p.m.
30 **Tuesday**
World Music Ensemble Rehearsal
Fireside Room 6:30 p.m.
Dudley Chorus Rehearsal Common Room 7 p.m.
Fellows Film: *Her Sey Cok Guzel Olacak*
Graduate Student Lounge 7 p.m.
31 **Wednesday**
Dudley Knitting Group Café Gato Rojo 7:30 p.m.
Dudley Jazz Group Rehearsals Common Room 6 p.m.
Fellows Film: *Pyaar Ke Side Effects*
Graduate Student Lounge 7 p.m.

For the latest information, check Dudley House e-mail listings.
Harvard Graduate Women in Science and Engineering

HGWISE is a GSAS organization of graduate students dedicated to the personal, academic, and professional development of women in science and engineering at Harvard. Subscribe to our e-mail list by e-mailing hgwise@hcs.harvard.edu.

Networking Etiquette
MONDAY, FEBRUARY 8, 4:30–6:30 P.M.
DUDLEY HOUSE COMMON ROOM
We all know that networking is important, but what does it really mean in practice? GSAS Dean Margot Gill and Amy Sanford from the Office of Career Services will help demystify networking and review critical skills for success, as well as share their own personal techniques. This interactive workshop will include activities to practice these skills in a relaxed, fun environment. Come develop your schmoozing skills!

Valentine’s Day Cookie Decorating
WEDNESDAY, FEBRUARY 10, 6–8 P.M.
DUDLEY HOUSE GRADUATE STUDENT LOUNGE
Join HGWISE for some frosting, sprinkles, and tasty cookies. They don’t even have to be science-related — just come take a sugar break! RSVP to emorris@fas.harvard.edu.

A Social Media Splash for GSAS
Want easy access to the latest news, deadline announcements, pictures, and invitations from Harvard’s Graduate School of Arts and Sciences?

Follow us on Twitter
www.twitter.com/harvardgsas

.... and become a fan on Facebook!

We’re posting all sorts of interesting things about the life of the Graduate School every day.

And you can always find in-depth information about programs and requirements at www.gsas.harvard.edu.

See you online!
& Gamble, was disarming and humorous as she recounted her first awareness of what she would later term the imposter syndrome. She was in a graduate seminar at the University of Massachusetts Amherst, listening to a fellow student give a presentation on a study called The Imposter Phenomenon Among High-Achieving Women, by psychologists Pauline Clance and Suzanne Imes. “I said, Oh my God, that’s me!,” Young told the standing-room-only audience at the University Museum’s Geological Lecture Hall.

Clance and Imes had found that many of their female clients seemed unable to internalize their accomplishments, and that proof of those accomplishments didn’t change their feelings of inadequacy, leading to a dissonance that caused considerable anxiety — what Young called “the fear of being found out.” Later research determined that the condition was “more or less gender neutral,” Young said, though men and women can experience different triggers and different manifestations of the syndrome.

“Think about all the tangible proofs of competence,” Young urged the audience, soliciting examples. “Grades, promotions, grants, awards. These are all factual evidence. But when you identify with the imposter syndrome, you say, ‘Well, that’s all very interesting, but I can explain that.’” As her audience laughed and nodded in recognition, Young rattled off some of the explanations she’s heard for why success is undeserved or not meaningful: “Luck. Timing. It was a team effort. People must have felt sorry for me. Harvard can’t be all that if they let me in. Their first choice turned them down. I was well dressed. I was funny, and I charmed them.

“You have to appreciate the creativity that goes into making this stuff up,” Young continued, drawing laughs. “But if we’re constantly pushing away success, minimizing it, then it becomes emotionally unclear how you get there. There’s a growing disconnect between you and your accomplishments.” And the consequences can be serious, professionally and emotionally.

For people who live in fear of being revealed as frauds, Young says, there are a variety of tried-and-true coping mechanisms, all of which come at a price. One person might work compulsively (to make up for her perceived ineptness, believing it comes easier for everyone else); another might hold back from participating, experimenting, or finishing; and another might use charm or perceptiveness to gear his work toward his adviser’s agenda as a way to win acclaim, secretly believing that if he did it his way, he wouldn’t be considered as bright or talented.

Young’s insights elicited laughs and playful banter from the audience, creating an unexpected sense of community in the large hall. “At Harvard, where everyone is so smart and capable, it’s very helpful to see that you’re not alone,” said Erin Boyd, co-chair of the Harvard Graduate Women in Science and Engineering, which sponsored the event along with the Office of Career Services, Graduate Student Council, the Office for Postdoctoral Affairs, and the Office for Faculty Development and Diversity.

Seeing 400 heads nodding as Young detailed the risk factors for developing the syndrome — parental expectations too high or too low, being the “first or only” of anything (only woman in the lab, first in your family to get a graduate degree) — was powerful. “One of the reasons we wanted to organize this was to promote the realization that it’s not just you,” says Emily Gardel, the other HGWISE co-chair. “I saw people here I wouldn’t have expected to see here.”

The first step to overcoming the imposter syndrome, Young said, is to “normalize it, not pathologize it.” Begin to think about how you define competence. Do you define it as knowing the right way to do things (and believing there’s only one right way)? Do you believe you have to do everything by yourself in order to prove competence? Do you believe you'll only be competent once you know everything there is to know about a subject? Are you driven to be brilliant at everything, not just academics but housekeeping, fashion, entertaining?

Young asked her audience to consider what would happen if they redefined competence in a way that allowed them to meet the standard. She urged them to grapple honestly with fears that might then be unleashed — fears of success, legitimate and not, and fears of failure. She told them to reward themselves, to build a tangible connection between their lives and their success. She provided tips for overcoming the related predilections toward perfectionism and procrastination, both of which distance us from our real aspirations and accomplishments. Finally, she preached the merits of “acting as if.”

“Don’t wait until you feel confident to start acting confident,” she said. “Do it now.”
OCS has an exciting array of special programs and workshops planned for the spring term. Whether you are planning to continue on the academic career path or considering nonacademic options, take an active role in your career development! For more details on our spring schedule, visit www.ocs.harvard.edu.

**UPCOMING OCS PROGRAMS**

**Networking Etiquette, Monday, February 8, 4:30-6:30 p.m.**, in the Dudley House Common Room. We all know that networking is important, but what does it really mean in practice? GSAS Dean Margot Gill and Amy Sanford from OCS will help demystify networking and review critical skills for success, as well as share their own personal techniques. This interactive workshop will include activities to practice these skills in a relaxed, fun environment. Bring your questions about networking and come develop your schmoozing skills!

**Business Management Study Group, three Wednesdays, February 10-24, 3–5 p.m.**, at Harvard Business School. A long-standing GSAS tradition, this annual series introduces participants to key issues, vocabulary, and cases in various fields, as well as to practical advice about making the transition to business. Participants will have the opportunity to try out their analytical abilities on global issues and real cases and to test interest in various aspects of the business world. Taught by Harvard Business School faculty, this series requires a three-week commitment.

**Eligibility:** GSAS master’s and PhD students and GSAS alumni. A number of spots are also made available to other Harvard University graduate students, coordinated through their career offices.

**Requirements:** Participants must attend all three sessions, actively participate in discussions and analysis, and carefully prepare before each lecture. Participants will also need to purchase relevant cases online for a fee of no more than $30.

**Registration:** E-mail asanford@fas.harvard.edu.

**Professional Development Series for Life Scientists:** In collaboration with HILS, DMS, and the Office for Postdoctoral Affairs, we will offer a series of professional development workshops geared toward scientists, to be held throughout the spring term at the Longwood Medical Area. Events in February include:

- **Just for Scientists: CV, Resume, or Something In-Between? Wednesday February 10, 12:30-2:00pm.** Goldenson 122. Learn how best to organize and present your background and experience for academic postdoctoral or faculty positions, as well as for a variety of PhD-level nonacademic jobs.

- **Drop-in CV and Resume Reviews at Longwood, Wednesday, February 17, 10 a.m. – 1 p.m.** DMS Lounge, TMEC 442. Drop by for a 10-minute review of your job search materials, or use the time to briefly discuss career-related questions. Find out what the Office of Career Services can do to help you land the academic or nonacademic position you desire.

Visit the GSAS calendar on the OCS website (www.ocs.fas.harvard.edu) for details on these and other events.

**Save the Date**

Career Options Day, Friday, April 30 at Dudley House. Come hear from and network with GSAS alumni as they describe their experiences in a variety of high-level nonacademic careers.

**Career Information Listservs**

To stay informed about job opportunities, career workshops, job fairs, and other events, subscribe to our academic and nonacademic GSAS-focused listservs. Go to www.ocs.fas.harvard.edu and click on “For Students,” then “Join a Listserv.”
**Open Meeting: Wednesday, February 3**
All are encouraged to attend the Graduate Student Council’s third open meeting of the year on 6:30 p.m. in the Dudley House Graduate Student Lounge. The February meeting will feature representatives from University Health Services and Harvard Real Estate Services (as well as free pizza!).

Looking to get involved? We will be holding mid-year elections for the following GSC board positions: Vice President, Secretary, At-Large Representative: Humanities, Social Coordinator, as well as a GSAS representative to the Harvard Graduate Council. Hope to see you there!

The next meeting of the semester is set for **March 3.**

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**Call for Nominations: 2010 Excellence in Mentoring Awards**
Do you have an exemplary mentor? Nominate him or her for the GSC’s Everett Mendelsohn Excellence in Mentoring Award! These awards honor faculty for their efforts in supporting, encouraging, and promoting their graduate students’ research, education, professional and personal development, and career plans.

**Nominations are due February 5 at 5 p.m.** All materials must be submitted online. Group nominations are encouraged! Contact GSC Vice President Cherie Ramirez (cramirez@fas.harvard.edu) with any questions.

**Funding for GSAS Student Groups**
The GSC provides funding for recognized GSAS student organizations and special events sponsored by GSAS groups. Guidelines, applications and deadlines are available at [www.harvardgsc.com](http://www.harvardgsc.com). To be eligible for funding, group representatives must be present for at least two open meetings per semester including the meeting at which funding requests are considered.

The next application deadline is February 10 (Winter Conference Grants). Completed applications must be received by 5 p.m. and are only accepted electronically. For a complete list of deadlines, guidelines, attendance records, and application materials, please visit our website [www.harvardgsc.com](http://www.harvardgsc.com) or contact GSC Secretary Lauren Eby (leby@fas.harvard.edu).

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**Call for Nominations: 2010 Commencement Marshals**
Each year, eight graduating students (four PhD recipients and two AM recipients from GSAS and two AM recipients from SEAS) are chosen as Commencement marshals. These marshals, who play a highly visible role in leading graduating students into Harvard Yard during the ceremony, are chosen by a committee of fellow graduate students on the basis of their accomplishments and service on behalf of GSAS and the graduate student community. The selected students will have opportunities to stay in touch with GSAS after Commencement, serving as ambassadors to their peers about alumni issues and events.

Students wishing to be considered, or departments wishing to nominate students, should upload the following material to the GSC website (www.harvardgsc.com): the nominee’s CV; a letter of nomination from the department administrator, chair, or director of graduate studies; and any letters of recommendation the nominee wishes the committee to consider. **The deadline for nomination is March 10 at 5 p.m.**

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**Stay Connected**
Subscribe to our mailing list or join our Facebook page. Go to the GSC website (www.harvardgsc.com) to find out how.
Domesticated

The Harvard Museum of Natural History is presenting *Domesticated: Modern Dioramas of Our New Natural History*, an exhibition of photographs by Amy Stein. The works explore the tenuous relationship between humans and animals through staged scenes inspired by true events in rural Pennsylvania. The New York–based Stein was named one of the top fifteen emerging photographers in the world by *American Photo* magazine. Her work has been exhibited at the ClampArt gallery, New York; Robert Koch Gallery, San Francisco; Pool Gallery, Berlin; and the Paul Kopeikin Gallery, Los Angeles. On view through April 18.

Harvard Museum of Natural History
Food for Thought
The Museum of Natural History is presenting three programs that address the past, present and future of our relationship to food. Each program will include a conversation and question period with Noel Michele Holbrook, Professor of Biology and Forestry at Harvard. Visit [www.hmnh.harvard.edu](http://www.hmnh.harvard.edu) for more information.

- **Lecture and book signing** with Richard Wrangham, **Wednesday, January 27, 6 p.m.** In his latest book, *From Cooking Food to Cooking the Planet: Growing Constraints to Food Production*, lecture by Samuel Myers, **Tuesday, February 23, 2 p.m.** To keep up with the world’s food demand, it is estimated that we will need to double agricultural production by year 2050. Dr. Samuel Myers, Instructor of Medicine at Harvard Medical School and a practicing physician, will discuss troubling trends that may stand in our way: rising temperatures, increasing water scarcity, changes in pests and pathogens, increases in natural disasters, loss of arable land, and many others.

- **Where Our Food Comes From: The Origins of Agriculture**, lecture by Bruce Smith, **Thursday, February 11, 6 p.m.** The transition from hunting and gathering to food production was a seismic shift in human history. With it, we transformed the world. But how and when did this happen, and why is it important to understanding our current human condition? Dr. Bruce Smith, Curator of North American Archaeology at the Smithsonian National Museum of Natural History, will discuss his research on agricultural origins and how the story is more complicated than you’d expect.

- **From Cooking Food to Cooking the Planet: Growing Constraints to Food Production**, lecture by Samuel Myers, **Tuesday, February 23, 2 p.m.** To keep up with the world’s food demand, it is estimated that we will need to double agricultural production by year 2050. Dr. Samuel Myers, Instructor of Medicine at Harvard Medical School and a practicing physician, will discuss troubling trends that may stand in our way: rising temperatures, increasing water scarcity, changes in pests and pathogens, increases in natural disasters, loss of arable land, and many others.

GSAS Housing Services
Looking for Housing This Spring?
Several rooms in the GSAS Residence Halls have become available for spring 2010 occupancy. If you are interested in living in a Residence Hall for the remainder of the academic year, contact gsashous@fas.harvard.edu.

Bureau of Study Counsel
The Bureau of Study Counsel serves students in many capacities, including academic and personal counseling, tutoring, groups and workshops, and the Reading Course. All groups and workshops are confidential. Call 617-495-2581 or visit bsc.harvard.edu or 5 Linden Street.

Harvard Course in Reading and Study Strategies
Through readings, films, and classroom exercises, students learn to read more purposefully, selectively, and with greater speed and comprehension. A 14-day course, for one hour a day over a period of a few weeks. Cost: $25 for GSAS degree candidates. The spring sessions will be held:
February 8–March 12, Monday, Wednesday, Friday, 8 a.m. and
February 16–March 5, Monday–Friday, 4 p.m. To register, stop
by the Bureau or call 617-495-2581.

Insanely Busy: What Would Happen If I Slowed Down?
Offered upon request to depart-
ments, Houses, or student groups:
typically 1.5 hours. This workshop
offers an opportunity for students
to talk about their strivings and
about realistic possibilities for
living a life that honors their values
and goals but isn’t always on “fast
forward.” To schedule a workshop,
e-mail Sheila Reindl (sreindl@bsc.
harvard.edu) or Ariel Phillips
(aphillips@bsc.harvard.edu).

ADD Group
Eight weekly meetings: Mondays,
4–5 p.m., beginning in early Febru-
ary. Provides a supportive space
to talk with other students with
Attention Deficit Disorder and
to learn coping skills. To register,
e-mail Jennifer Page (jpage@bsc.
harvard.edu).

What Are You Doing with
Your Life?
Weekly meetings: Friday morn-
ings, beginning in Feb. Provides
opportunities to explore purpose,
passion, and potential. Limited
to graduate students. Pre-group
consultation required.

Dissertation Writers’ Support
Group
Six weekly meetings: Thursdays,
1-2:30 p.m., beginning in February.
GSAS, GSE and hKS students are
directed to discuss their disserta-
tion work in a group context and
gain emotional and intellectual
encouragement from others strug-
gling with the process. Pre-group
consultation required.

Mindfulness, Balance, and
Academic Life
One session: 2 hours, date and
time to be determined, beginning
mid-February or March. To register,
e-mail Ghazi Kaddouh (gkaddouh@bsc.harvard.edu).

Public Speaking
One session: 2 hours, date and
time to be determined, beginning mid-
February or March. This workshop
provides opportunities for students
to learn practical skills and strategies
for becoming more confident, clear
and effective at public speaking.
To register, e-mail Ghazi Kaddouh
(gkaddouh@bsc.harvard.edu).

Procrastination Group
Three sessions: Tuesdays, Febru-
ary 23, March 2 and 9, 3:30–5 p.m.
Through discussion and practical
exercises, this group works on
understanding the experience of
procrastination and on freeing one-
self when feeling resistant, blocked
or paralyzed. Pre-group consulta-
tion required.

Speaking Up in Class
Three sessions: Wednesdays,
February 24, March 3 and 10,
1-2:30 p.m. Provides strategies for
students who wish to have more of
a voice, increasing self-confidence
and managing anxiety. Pre-group
consultation required.

Time Management
One session: Friday, February 26,
1-2:30 p.m. or Wednesday, March
3, 4-5:30 p.m. Develop time
management strategies and work
wards understanding priorities.
To register, e-mail Claire Shindler
(cshindler@bsc.harvard.edu).

Perfectionism: A Double-Edged
Sword
One session: Friday, February
26, 9:30-11 a.m. or Wednesday,
March 3, 1-2:30 p.m. Distinguish
motivation for healthy achievement
from perfectionism and overcome
some of the pitfalls of perfection-
ism. To register, e-mail Jennifer Page
(jpage@bsc.harvard.edu).

Harvard Art Museum
In-Sight: Looking Deeper and
Differently
Wednesday, February 17, 6:30
p.m. Harvard Art Museum/
Arthur M. Sackler Museum, 485
Broadway. Twins When They
Began to Take Modified Milk is
a compelling photograph of
a mother and her twins, and in
this lecture series it forms the basis
for a larger discussion of Harvard’s
Social Museum, a compilation of
photographs and graphic material
established in 1903 to collect the
social experience of the world as
material for university teaching.
The image prompts an exploration
of the early use of photography as
a social document and its role in
educating students about social
problems and the solutions—such
as the provision of pasteurized
milk—developed to amelio-
rate them. Lecture by Michelle
Lamunière, John R. and Barbara
Robinson Family Assistant Curator
of Photography, Harvard Art
Museum/Fogg Museum. Free for
Harvard students w/ valid ID.

The Machinery of Modernity
Two-Point Perspective Gallery
Talk, Wednesday, February 24,
3:30 p.m. Harvard Art Museum/
Arthur M. Sackler Museum, 485
Broadway. How did 20th-century
artists respond to the rapid in-
dustrialization and technological
innovation of their time? What
can we learn about modern life
from works that celebrate the
machine age? Informal talks by Ray
Williams, director of education,
Harvard Art Museum, and adjunct
lecturer in public humanities,
Brown University; and Steve Lubar,
director, John Nicholas Brown
Center for Public Humanities and
Cultural Heritage, and professor,
American civilization and history,
Brown University.

Carpenter Center for the
Visual Arts
Frame by Frame: Animated at
Harvard
Exhibition showcases historic and
recent films from Harvard’s long
engagement with the practice of
animation. The Sert Gallery will
host rarely-seen films on loan from
the Harvard Film Archive, works
by world-renowned animation
faculty, and a survey of films by
current and former students of
the department. Artists include
Caroline Leaf, Eli Noyes, Jan
Lenica, Suzan Pitt, Frank Moursi,
Yen-ting Cho, Maya Erderly, Tessa
Johung, Tim Reckart, David Rice,
Christen McDuffee, and Katharine
harvard.edu/framebyframe.html.

Humanities Center
Under the Hammer: Iconoclasm
and the Enlightenment
A talk by James Simpson, Donald P.
and Katherine B. Loker Professor
of English. Tuesday, Feb. 16, 6 p.m.,
Barker Center 110, 12 Quincy Street

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GSAS ONLINE
“The general perception about crime is that it can happen at any time, anywhere, to anyone. Were finding that’s really not true,” says David Hureau, a second-year student in sociology and social policy and a research associate in the Harvard Kennedy School’s Program in Criminal Justice Policy and Management.

Working alongside Kennedy School senior research associate Anthony Braga (a longtime leader in strategic crime prevention in Boston and elsewhere) and Andrew Papachristos of the University of Massachusetts Amherst, Hureau geocoded a rich set of data from the Boston Police Department to show that over the past 30 years, about 4.5 percent of Boston’s 28,000-plus street segments (corners and blocks) produced 75 percent of the city’s shootings. About 88.5 percent of the city’s street segments didn’t experience a single shooting in that period. “Even for us as researchers, who are aware of the concentration of crime, that was pretty staggering,” Hureau says.

He likes that his work marries the academy to the application—that it tries to answer questions of policy and of theory. “For policymakers who are planning deployment of police officers and street workers, the message is that the field you’re playing on is much smaller than you might have considered,” Hureau says. “Then the theoretical questions are, does this durability in violent crime coexist with durability of other social variables like poverty and single-family households? What’s the directionality of the causal arrow?”

Got a story? bulletin@fas.harvard.edu