

Do You Deserve a Ph.D.?

Do you have Ph.D. impostor syndrome? Many people feel undeserving of an advanced degree, but are not aware of their attitude. This can impact your ability to perform at your best. Check out this assessment to find out if you have this problem. And don't forget to subscribe to my newsletter! (See box at left.)

Do You Deserve a Ph.D.? Do you feel worthy of having a Ph.D.? You may not feel you deserve it, yet be unaware of your own attitude. Take this assessment so that you can be aware of any negative attitudes that you hold in this regard.

I set extremely high standards for myself. Less True - 1 2 3 4 5 - More True I tend to discount compliments (e.g. "he's just being nice.") Less True - 1 2 3 4 5 - More True It was really luck that got me to this stage of my schooling/career. Less True - 1 2 3 4 5 - More True I should really catch on to things more quickly. Less True - 1 2 3 4 5 - More True Others seem more "on the ball" than I am. Less True - 1 2 3 4 5 - More True I believe that if you ask for help, everyone will think you are weak. Less True - 1 2 3 4 5 - More True It's only a matter of time until people figure out I don't belong here. Less True - 1 2 3 4 5 - More True If someone criticizes my work, I take it as a personal attack on me and my abilities. Less True - 1 2 3 4 5 - More True In order to feel competent in a field, I have to be an expert. Less True - 1 2 3 4 5 - More True In order to feel like an expert in a field, I must be able to answer any question on the subject. Less True - 1 2 3 4 5 - More True If I do a project and receive any help, then it really doesn't count as an accomplishment. Less True - 1 2 3 4 5 - More True Making a mistake feels like a total catastrophe. Less True - 1 2 3 4 5 - More True I remember my failures more than my successes. Less True - 1 2 3 4 5 - More True Any success I have I attribute to luck, good timing or something else external to me. Less True - 1 2 3 4 5 - More True I do much more work than I have to, just to make sure it's good enough. Less True - 1 2 3 4 5 - More True I hesitate letting others know my thoughts until they're fully formed – they might see that I'm not as smart as they thought. Less True - 1 2 3 4 5 - More True I procrastinate, partly due to my high standards that make the task seem impossible. Less True - 1 2 3 4 5 - More True I think I might occasionally sabotage my own success. Less True - 1 2 3 4 5 - More True I would be interested in a workbook on this subject. Less True - 1 2 3 4 5 - More True I would be interested in a teleclass on this subject. Less True - 1 2 3 4 5 - More True To help me with future offerings, please answer this question: What is one aspect of this subject that you would most welcome some advice, information or help on? Any other thoughts on this topic?

Simply enter your name and primary email below, and you will receive your results by email. You will also receive our biweekly newsletter filled with hints and tips that will help you write your dissertation. Make sure you check out our Academic Writing Club -- the secret ingredient for completing the Ph.D.! (Link will open in new window, so you don't lose your results.)

Your Name:

Your Email: