It’s Dangerous to Go Alone
Battling the Invisible Monsters in Tech

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PyCon2014
CODING
Ways to Improve

- Testing
- Design patterns
- Software craftsmanship
- Tools
- more...
We're missing something
CODING
CODING
CODING
These issues create hurdles to success
What we do is communal
We need to talk about this.

Ignoring it makes it worse.
adult version of the
monsters
under the bed
1. ISSUES
2. TOOLS
Impostor Syndrome
“A psychological phenomenon in which people are unable to internalize their accomplishments.”
coding involves regular failure
Average Person

failure    success
Impostor Syndrome

failure  success
Impostor Syndrome

failure

success
Victories diminish in importance.

Failures loom large.
Impostor Syndrome can impact anyone
I was just lucky
I'm not that smart
I’m not a good programmer
I'm a FRAUD
Average Person

![Graph showing insecurity over career progression](chart.png)
Average Person

INSECURITY vs. CAREER

new job
Impostor Syndrome
people with impostor syndrome hold themselves back
Do not share knowledge
Do not collaborate
Do not help with OSS

❤❤❤❤❤
Do not apply for jobs
You shouldn’t feel like you have to slay a dragon to get a job.
Start small.
Remain small.
End up small.
Impostor Syndrome
Dunning-Kruger Effect
Dunning-Kruger Effect

“A cognitive bias in which unskilled individuals suffer from illusory superiority, mistakenly rating their ability much higher than average.”
Dunning-Kruger Effect

Impostor Syndrome

Perceived Ability vs. Actual Ability
people with impostor syndrome
push themselves too hard
ALL THE THINGS!
Burnout
“Long-term exhaustion and diminished interest in work.”
CODING
GAME OVER
GAME OVER
1. ISSUES
2. TOOLS
IT’S DANGEROUS TO GO ALONE! TAKE THESE.
Build a Party
Track Measurable Progress
Look for Positives
Look for Positives
help others find positives
Avoid Negatives
Avoid Negatives
avoid creating negative spaces

No feigning surprise
No feigning surprise
No well-actually’s

No feigning surprise
No well-actually’s
No backseat-driving

No feigning surprise
No well-actually’s
No backseat-driving
No subtle sexism
(or racism, homophobia, etc.)
Help Others
Kill Your Heroes
Kill Your Heroes

not literally
Aaron
Patterson
Aaron Patterson

A wild Tenderlove appears!
Aaron Patterson

A wild Tenderlove appears!
Aaron Patterson

A wild Tenderlove appears!
I get insanely nervous when I give presentations.
Fake It ‘til You Make It
The secret to life is pretending you know what you’re doing.
Talk about it
Help yourself
❤️❤️❤️❤️❤️
Help others
Enjoy coding

❤️❤️❤️❤️❤️
Join our online support group

bit.ly/impostor-syndrome-support

❤️
Feedback, please!

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References


• Aaron Patterson at SCRC12 - http://www.confreaks.com/videos/1137-scrc2012-open-source-how-to-give-back
Attribution

- Road barrier from the noun project - http://thenounproject.com/noun/road-barrier/#icon-No4357
- Conversation designed by Anna Weiss from The Noun Project - http://thenounproject.com/noun/conversation/#icon-No1680
- Ghost designed by Emily Haasch from The Noun Project - http://thenounproject.com/noun/ghost/#icon-No9345
- Bed from noun project - http://thenounproject.com/noun/bed/#icon-No12395
- Group designed by Benny Forsberg from The Noun Project - http://thenounproject.com/noun/group/#icon-No14947
- Handshake designed by Marc Nadue from The Noun Project - http://thenounproject.com/noun/handshake/#icon-No10714
- Scale designed by Stephanie Wauters from The Noun Project - http://thenounproject.com/noun/scale/#icon-No10409
Additional Resources


- Overcoming Impostor Syndrome - https://medium.com/tech-talk/bdae04e46ec5