

The confidence mindset

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Edge of Space Academy at Iowa

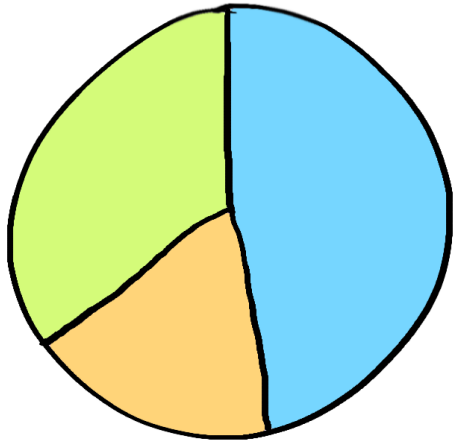


Be a lighthouse

Shine your passion for everyone to see



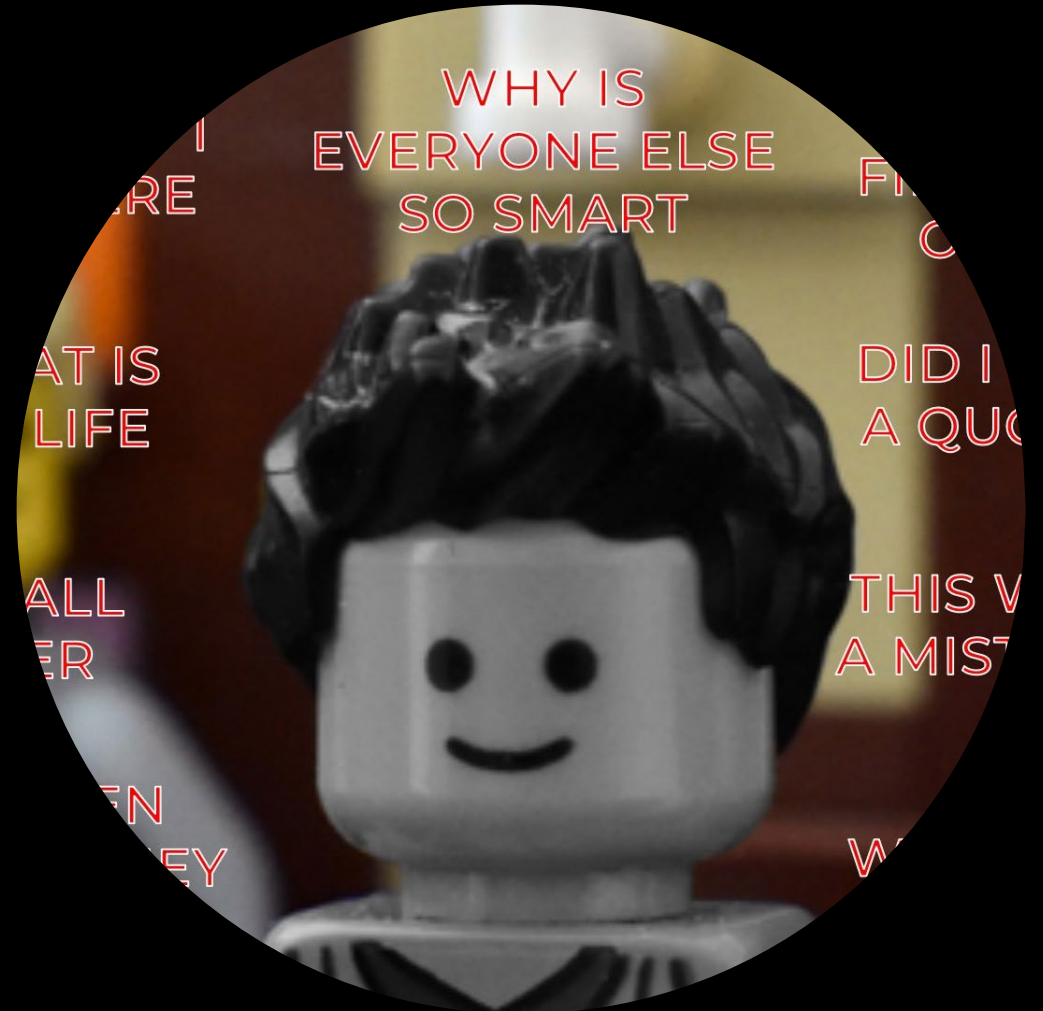
Combat imposter syndrome



- PEOPLE WHO GET IMPOSTER SYNDROME
- OTHER PEOPLE WHO GET IMPOSTER SYNDROME
- LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

EVERYONE FEELS LIKE AN IMPOSTER
SOMETIMES, AND THAT'S OKAY

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IOWA WOMEN⁺ IN PHYSICS



*How I feel
connected
and
empowered...*



Build resilience



Comprehensive
mentoring

Maintenance
mentoring

Transitional
mentoring

Aspirational
mentoring

Cultivate a mentor network

al you submitted to the LCAS 2022 solicitation **must be declined**.
otification from NRESS in order to allow you the maximum time
citation. In a few days, you will receive the evaluation of your p

Thank you for the submission of your proposal to the Heliophysics Supporting Research (H-SR) Program, in response to NASA Research Announcement (NRA) NNH20ZDA001N-HSR for Research Opportunities in Space and Earth Science – 2020 (ROSES-2020). We have finished the review of the scientific and technical merit of the submitted proposals and we regret to inform you that your proposal **has not been selected for funding**.

ce AZALEAS was **not selected to move forward this round**.
II – “well-conceived, meritorious, and feasible, but lower price
😊 I should get a more in-depth debrief soon (depending on
figure out a plan forward after that. I wanted to thank everyone
proposal, it was a pleasure working with you all on it, and hope

ALL GRADE

	Excellent	E/V G	Very Good	VG/ G	Good	G/F	Fair	F/L
					X			

Embrace failure and loss

be appropriate, because higher-order terms in the Focker-Planck expansion can sometime non-negligible. Additionally, no specific plan is described for how advection coefficients from MHD simulations of specific events will be made generally useful for other events v such MHD simulations. Finally, the method for analyzing the modeling outputs to compute advection coefficients is not appropriate. Therefore, the proposal **will make only limited progress**.

ely, I have to inform you that your manuscript "Substorm Driven Chorus Waves: Decay and Implications for Pulsating Aurora" **cannot be accepted for publication** in Frontiers in and Space Sciences, section Space Physics.

	Organization	PI	Submitted	Status
	THE JOHNS HOPKINS UNIVERSITY	Kollmann, Peter	08/05/2021	Declined
	REGENTS OF THE UNIVERSITY OF COLORADO, THE	Harid, Vijay	01/25/2022	Declined
	THE UNIVERSITY OF IOWA	Filwett, Rachael J	01/26/2022	Declined
	THE UNIVERSITY OF IOWA	Jaynes, Allison N	02/10/2022	Declined
	UNIVERSITY OF MARYLAND, COLLEGE PARK	Shumko, Mykhaylo S	10/18/2022	Declined
	THE REGENTS OF THE UNIVERSITY OF COLORADO	Elkington, Scot R	11/22/2022	Declined
	THE REGENTS OF THE UNIVERSITY OF COLORADO	Blum, Lauren	12/08/2022	Declined
	THE UNIVERSITY OF IOWA	Jaynes, Allison N	01/19/2023	Declined
	THE UNIVERSITY OF IOWA	Jaynes, Allison N	02/21/2023	Declined
	MONTANA STATE UNIVERSITY	Filwett, Rachael J	06/21/2023	Declined

- Work on reframing failure, criticism and anxiety
 - *Anxiety is neurologically and physiologically indistinguishable from excitement*
- Distance yourself from confidence-damaging elements (sometimes people)
- Class, gender and race all play enormous roles in confidence levels
 - *Some of these reframing techniques may be more difficult for some than for others*
 - *Separate the personal from the systemic/endemic context*
- Be compassionate and kind to yourself



Communities create
confidence