

Artist Statement

A Body Sometimes Filled with Doubt attempts to encapsulate the feeling of self-doubt and imposter syndrome, incited by academic pressure and a lack of self-efficacy. Often, success or failure is already determined by what an individual *believes* they can do, underscoring the importance of believing in their capabilities as a student. In higher education institutions, there is often less diversity and representation, which can send implicit messages such as “you are incapable” or “you do not belong here.” This collage represents how I feel when imposter syndrome sets in, and doubt takes over. For me, the process of moving past that feeling often sits within me, requiring a moment to pause and acknowledge all that I have worked on to get to where I am now. Initially, I wanted to entitle the piece *I Pray, To What God, I Do Not Know*, representing the ways in which doubt can appear in so many facets of existence, even in the processes of healing. However, *A Body Sometimes Filled with Doubt* felt more fitting, as I am referring to academic and social doubts. As I have spent more time here at Vanderbilt, I have realized that doubt can be used to propel me, to put out the best work possible by holding myself accountable, *or* it has the potential to cultivate stagnation, and it is up to me.