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## Implicit Bias Mask: A Journey to Find Balance

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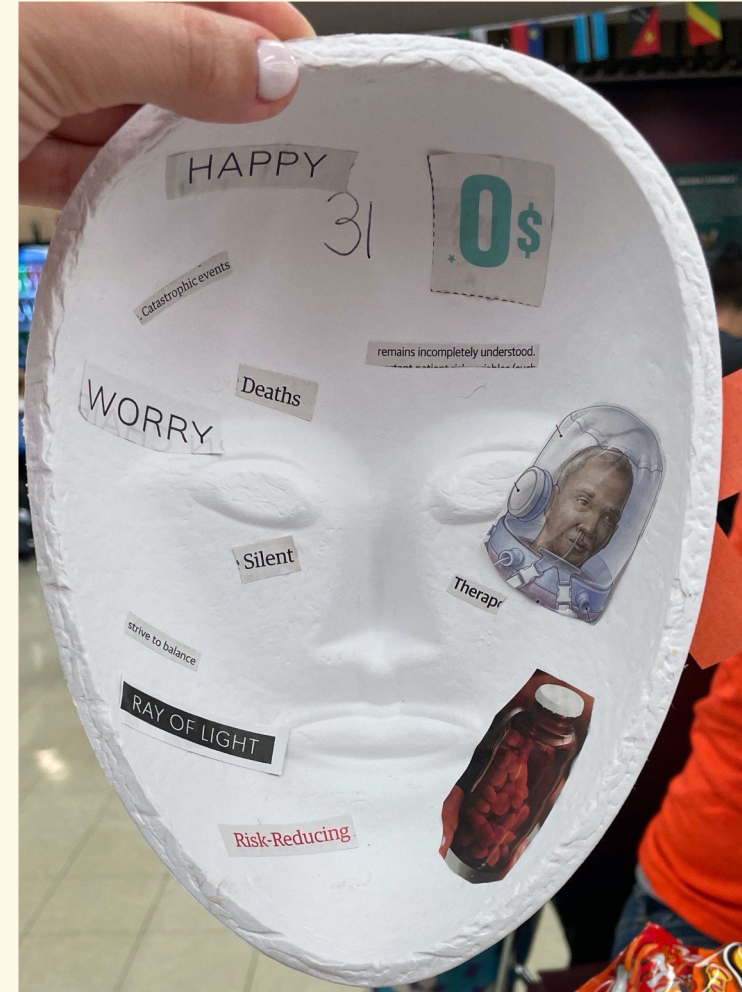
# A Journey to Find Balance

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**Learning Community:** Orange 31



Please add pictures of the front and inside of the Mask no need to include the table number as it should be listed on the 1<sup>st</sup> slide thanks



# REFLECTION: having participated in this project.

## The outside of the mask:

- As medical students we are deeply connected, both online and in-person, to our peers and even patients. We see ourselves as collaborators forging friendships that will support our professional self and our more personal “inside” self.
- Our role is defined by displaying power and confidence in ourselves, in our learning and in interactions with peers and patients. This helps us remain resilient throughout the often overwhelming nature of the curriculum we engage with.
- Material interests can be used to mask certain insecurities we may wish to keep concealed to preserve this confidence.

## The inside of the mask:

- The inside of our mask illustrates our desire to maintain balance and happiness in the face of external stressors (including but not limited to: money, events out of our control, etc).
- Conscious attitudes from the “outside” (e.g. displaying confidence, forming new relationships) can create internal stress - we may feel stuck “in a bubble” where we feel we don’t have control, and though we may feel misunderstood or want to be silent, it contributes to an implicit bias that those who do feel this way are less able to succeed in the face of stress, since we of course want to be successful.
- In our Professional identity Formation, we will attempt to balance self-care for our own worries (and assurance that these feelings are okay) with proper confidence building, in order to eliminate this bias and better support both peers and patients.

