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## Implicit Bias Mask: Inner Beauty and Heroic Strength

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# ***Inner Beauty and Heroic Strength***

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**Learning Community:** Blue 6





Outside Mask



Inside Mask



# REFLECTION: having participated in this project.

## The outside of the mask:

- “Smile” - should have positive attitude towards everyone we interact with
- “Gratitude” - we are thankful for those around us (peers, faculty, and future patient population)
  - Our interactions with everyone mold us into the best person we could be
- “The Hero” - we want to hold our fellow physicians to high standards
- “Inclusive” - we want to create an environment around us to make everyone we meet feel welcomed and heard
- “better together” - we value teamwork and community highly both outside and inside healthcare
- Hair color - Implicit bias against people with unique hair colors, styles, and other

## The inside of the mask:

- “Stress/Fatigue” - being burnt out as a medical student, trying to manage our different roles in life
  - Bias: quality of care may be less if physicians are not rested
- “Waste” - don’t want to waste our potential, feel the need to make the most out of our experiences
- “Self-Care” - we care about paying attention to our bodies and prioritizing self-care
- “Inner beauty” - each person’s personality is beautiful and adds to the uniqueness of each individual
- “Connections” - worried about forming equal connections with all patients due to implicit biases
- “Purpose” - each interaction has a purpose and we need to keep these purposes in our mind (sometimes our implicit biases can blind us to the purpose of each interaction)



# Explanation

## The outside of the mask:

**Open communications** are facilitated by inclusivity, our mask opens dialogue on changing the face of medicine and making it more diverse.

My **role** is defined by my commitment to be aware of my implicit biases.

**Exploring** different ways to maintain a healthy work-life balance

## The inside of the mask:

**Implicit bias** must be searched internally so that it doesn't affect our interactions with our peers and patients

**Conscious attitudes** will carry how I present myself as a future physician to my patients.

My **Professional identity Formation** is influenced by my past experiences and mentors, such as working at a urology clinic.

