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Implicit Bias Mask: “Inside Out”

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Authors

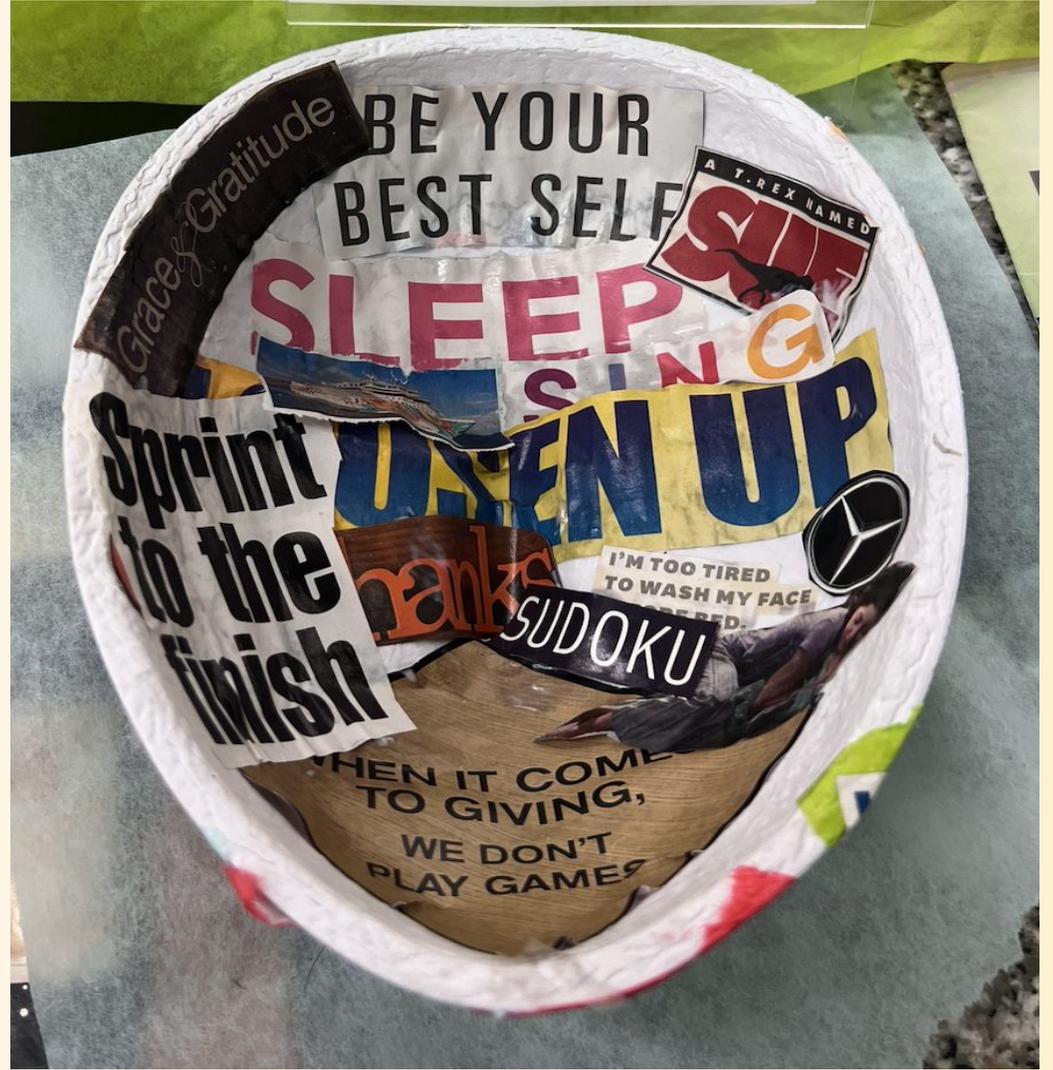
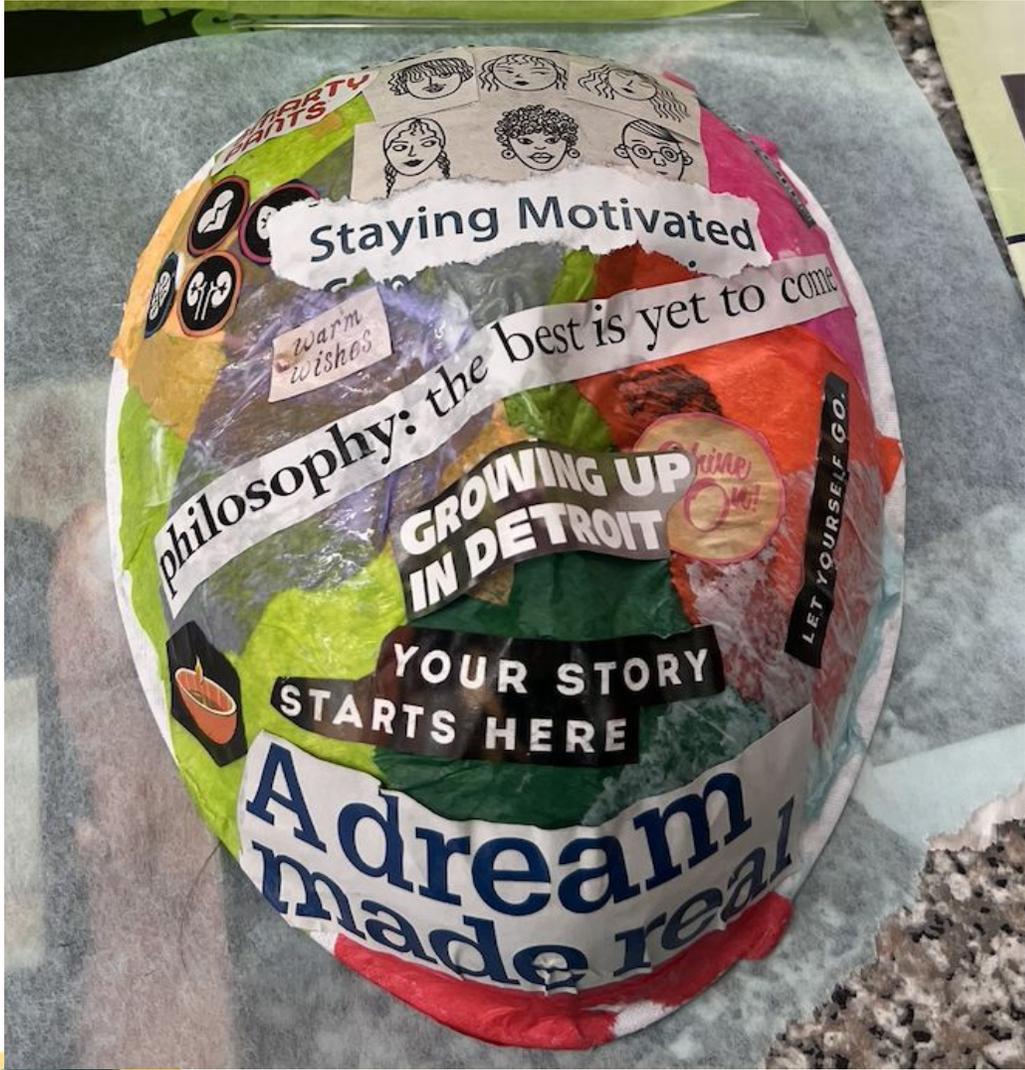
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“Inside Out”

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Learning Community: Green 25





REFLECTION: having participated in this project.

The outside of the mask:

- Open communications requires that we be open about our goals—and how to align those goals with those of our colleagues and patients. Opening ourselves to the world allows us to receive the most help from others while lending our strengths to help patients and colleagues.
- Our role is defined by the way people perceive us—and the expectations that are placed upon us. We have an image to maintain in medical school and depending on the context, we can put on many hats to fit the “vibe” (environment).
- Exploring the world around us and new activities is a great way to find out about ourselves and how we interact best with other people. We can find out where we truly fit in—and grow as humans—to become more compassionate for our patients and the general population.



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The inside of the mask:

- Implicit bias affects the way we perceive others and our interactions with them. Implicit biases can affect the way that we make decisions and judgements about others, even when we are trying not to stereotype a group of people. It is important to be aware of these mindsets during our medical career.
- Conscious attitudes will affect the way we interact with people and the way that people interact with us.
- My Professional Identity Formation relies on continued reflection, and searching for opportunities to grow. The experiences that we have in medical school, and in life, allow us to be empathetic providers of care. Our personal identity can also somewhat be incorporated into our professional identity. We would like to find a balance between our professional identity and our personal identity when it comes to our profession.

