

1-27-2023

## Implicit Bias Mask: The Path to Achieving Our Goals

Cyra Kharas

Wayne State University School of Medicine, fv5305@wayne.edu

Robert Leone

Wayne State University School of Medicine, gf9097@wayne.edu

Mihika Sridhar

Wayne State University School of Medicine, hl8096@wayne.edu

Sophia Gandarillas

Wayne State University School of Medicine, hl8234@wayne.edu

Paul Villa

Wayne State University School of Medicine, hl9226@wayne.edu

Follow this and additional works at: [https://digitalcommons.wayne.edu/pat\\_edu\\_proj](https://digitalcommons.wayne.edu/pat_edu_proj)



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

---

### Recommended Citation

Kharas, Cyra; Leone, Robert; Sridhar, Mihika; Gandarillas, Sophia; and Villa, Paul, "Implicit Bias Mask: The Path to Achieving Our Goals" (2023). *Patient Education Projects*. 548.

[https://digitalcommons.wayne.edu/pat\\_edu\\_proj/548](https://digitalcommons.wayne.edu/pat_edu_proj/548)

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

# The Path to Achieving our Goals

**Authors:** Gandarillas, S., Kharas, C., Sridhar, M., Villa, P., Leone, R.

**Learning Community:** Purple 36





# REFLECTION:

## **The outside of the mask:**

- Gender roles we are held to
- Expectations placed on us by society
- Hobbies that we try to keep up along with our career and academic pursuits

## **The inside of the mask:**

- Intrinsic thoughts that we don't share usually
- Challenges that can weigh us down and make us doubt ourselves
- Trials and tribulations that can't be dealt with alone

We are going to connect with our peers to share our experiences and gain a support system. We will rely on healthy ways to cope with stressors like exercise, healthy food, and outlets for fun like hobbies. We'll reflect on our progress and what we can change as time progresses. Peer mentors can be a good resource as well as our class counselor. It will be helpful to remain humble and open to new ideas since we will always have more to learn in this field.

