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Implicit Bias Mask: What Makes the "Perfect" Medical Student

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What Makes the “Perfect” Medical Student

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Learning Community: Yellow 45





REFLECTION: having participated in this project.

The outside of the mask:

- Open communications are important for building trust and working well with others. Both are important qualities for a medical student to have so they can better help their community. By being an open communicator, a med student can be a helpful part of the healthcare team on rounds and a better peer to their fellow med students in the classroom.
- My role is defined by societal expectations and how I am viewed within a certain framework. Within each role I have certain expectations in how I should act and what qualities I must hold. My role as a medical student has different expectations than my role as a sibling. As a medical student I am expected to act with honesty and integrity and to be empathetic and a self learner.
- Exploring characteristics about myself and attitudes that I wish to confidently embrace. The outside of the mask reflects how I believe others see me as well as how I wish others perceived me. Being conscious of these two perspectives ensures that my ultimate goal is to show the world who I truly am.

The inside of the mask:

- Implicit bias that we each carry has to be first identified and acknowledged through independent reflection. Then, we must all consciously adjust and improve our actions, body language, and words to treat people equally and with respect.
- Conscious attitudes will ensure that we are aware of our strengths and shortcomings. This will help us improve ourselves as we progress through our careers and our lives. This means that we must not be afraid to both congratulate and critique ourselves and one another.
- My Professional identity Formation will develop as I continue to immerse myself into experiences that challenge me. Encountering individuals of varying backgrounds, and learning to tackle ethical issues while staying true to my core values will advance the formation of my professional identity. I will persevere in the face of these challenges and utilize external resources and mentors to continue improving throughout my career.

