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Implicit Bias Mask: Living Up to the Hype

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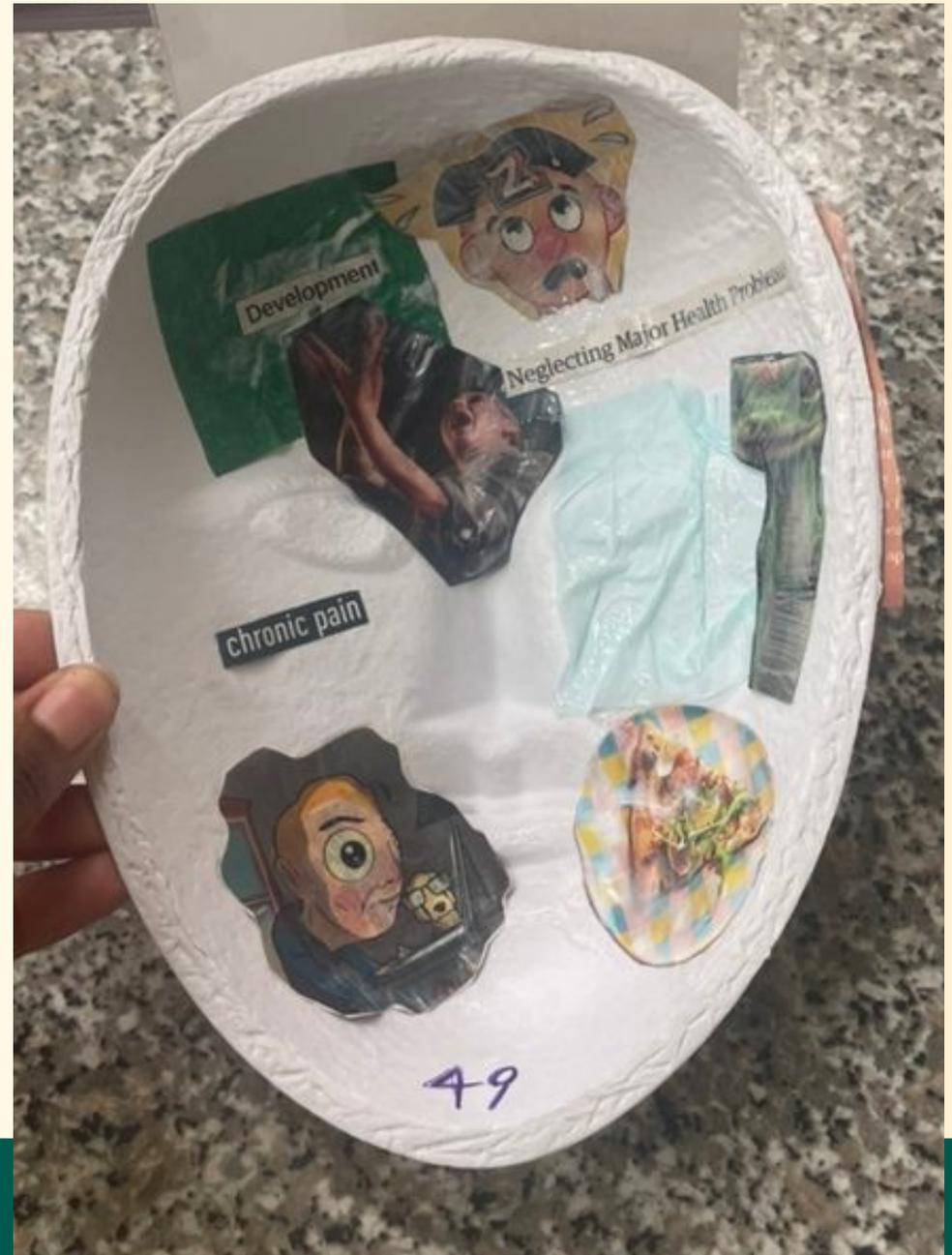
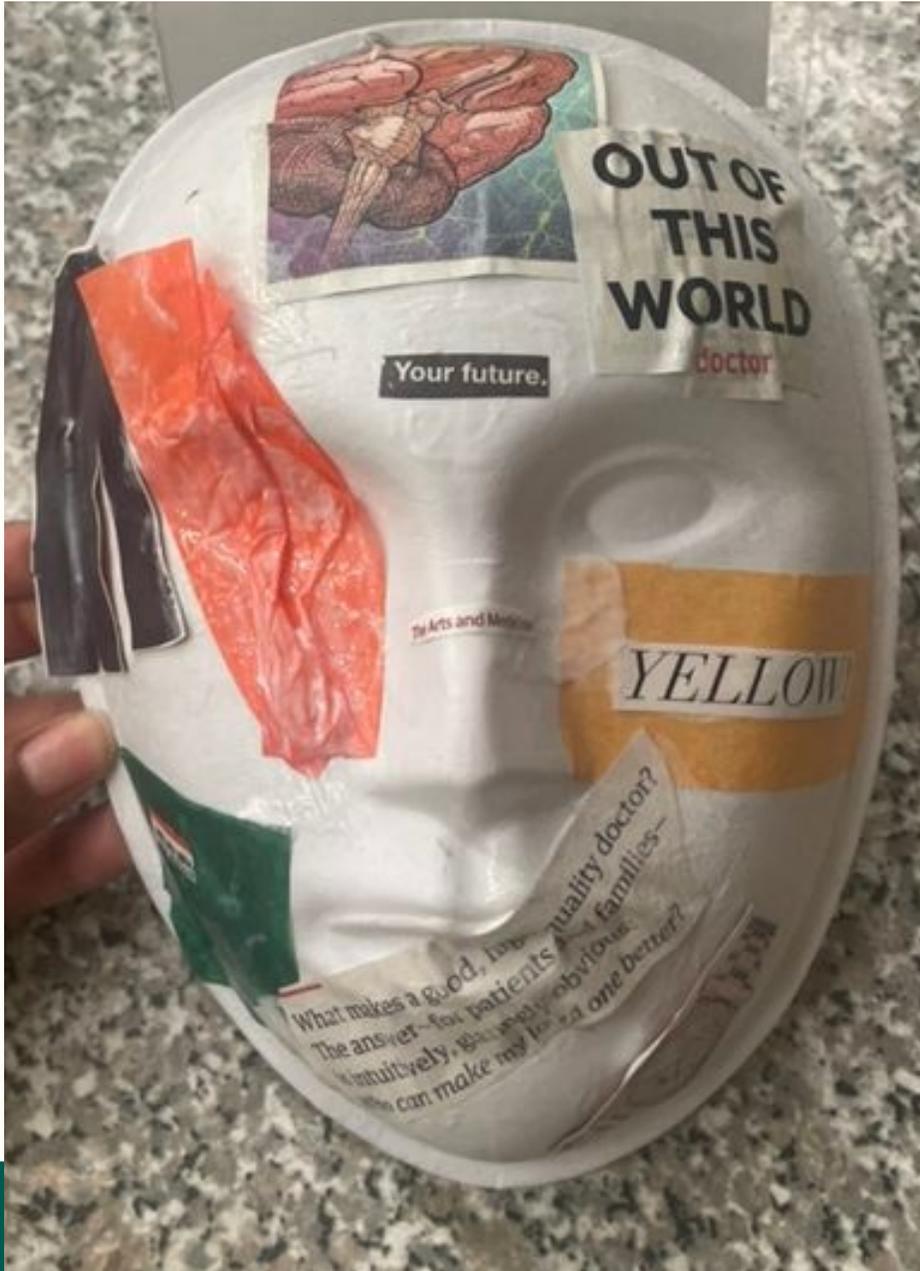
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Living Up to the Hype

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Learning Community: Yellow 49





REFLECTION: having participated in this project.

The outside of the mask:

- **My role is defined by** the expectation of success. There is no room for failure when everyone in your life expects you to be an “out of this world doctor”
- **Open Communications** about the “mask” we put on pretending to know what our future holds and what it means to be a good doctor
- **Exploring** how expectations can shape our confidence and the version of ourselves we project to others



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The inside of the mask:

- **Implicit bias** is something that we will all always hold inside but we will consciously work against to be a compassionate provider
- **Conscious attitudes will** consistently shape the way we carry ourselves as physicians. We will only succeed if we choose to have an open mind and push ourselves to continue to learn throughout our career
- **My professional identity formation** is a combination of who we want to be and who we believe we should be in order to succeed professionally



Questions

What are the characteristic intentions this group is trying to express?

- We attempted to express the effects that external pressures have on our lives and how we combat that by being true to ourselves

What did you learn about the internal and external IDENTITIES of this group? what surprised you about the revelations?

- To an extent we are all pushing to be the kind of person we believe we should be but still feel the stress and pain caused by this pressure

Did you perceive any conflicting characteristics between internal and external IDENTITIES?

- We often find that the confidence we exude is accompanied by questions of our own self worth

Using a growth mindset how did the group integrate conflicts, biases, or inconsistencies with the group's internal and external IDENTITIES?

- We find that biases surround all aspects of our lives but how we choose to grow and learn from these biases makes us stronger

Research shows we all have biases, what IMPLICIT BIASES emerged from this group's project?

- One bias we find ourselves falling victim to is conformity bias. Balancing who others want us to be and who we truly are

