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## Implicit Bias Mask: Stay Strong/Work Hard, Play Hard

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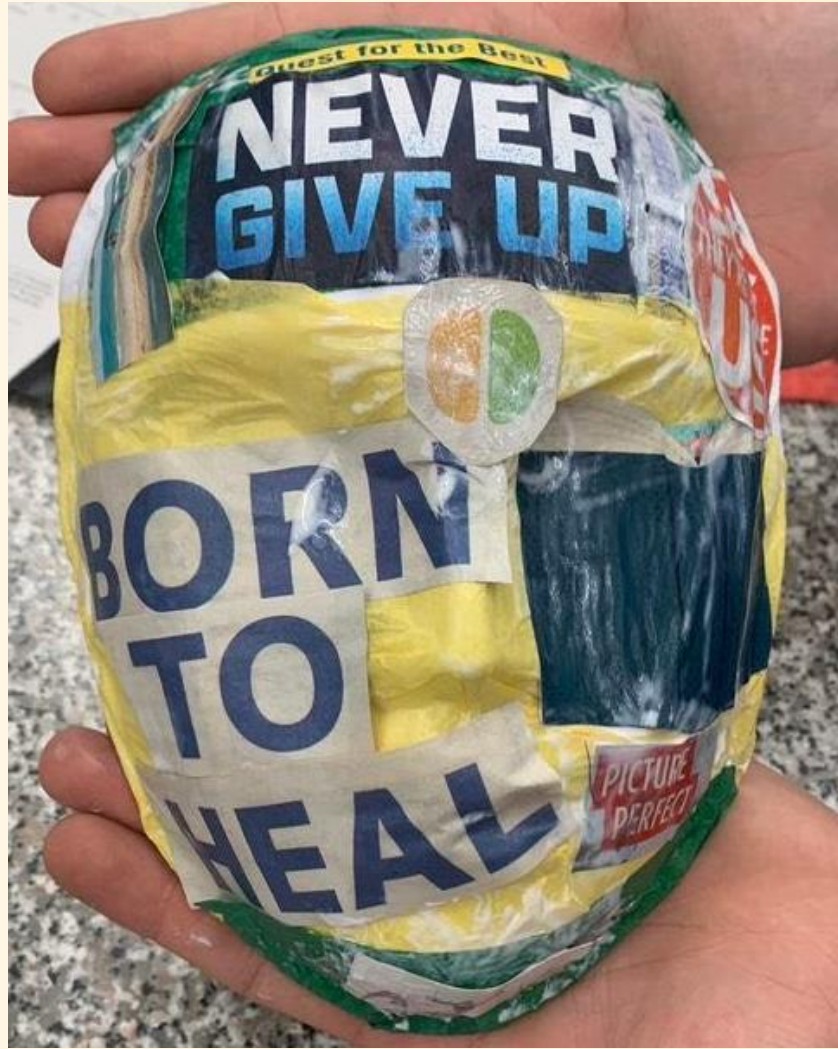
# Stay Strong/Work Hard, Play Hard

should reflect what you focused on, in creating your group mask  
example Perseverance in Medical School

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**Learning Community:** Blue 5





# REFLECTION: having participated in this project.

## The outside of the mask:

- **"Born to Heal"**
  - For many of us, becoming a physician feels like a calling – something we were born to do.
- **"Never Give Up"**
  - Our resiliency, determination, and "grit" has allowed to us to persevere and get this far in such a difficult career path.
- **Big book, little person**
  - The amount of information and knowledge we are responsible is enormous, but we still grapple and stick with it every day.
  - As future physicians, we are lifelong learners that are continuously cultivating our craft and looking to always improve.
- **Brain**
  - Front and center, our intellect is both our greatest tool and most remarkable trait. We hope to use it to help those around us.
- **"Picture Perfect" and "Quest for the Best"**
  - Both our ambitions and the requirements of this career have led us to chasing ideals adjacent to perfectionism. We express and carry these ideals with us everywhere, which can lead many of those around us to make positive assumptions about us.
- **Beach + Exercise**
  - As student physicians, we understand the meaning of "mens sana in corpore sano" - or in English - sound mind in sound body. We regularly exercise/meditate, and project a state of zen and relaxation outwards – as reflected by the beach.



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## The inside of the mask:

- **"Things you don't know about me"**
  - This in part reflects all our implicit biases – thoughts and behaviors we may not be aware of or proud of. As physicians, we will try our best to always treat everyone with respect, care, and decency.
  - This also in part reflects our internal struggles that we don't express outwards – feelings of doubt or confusion for example.
- **"Your mental health matters"**
  - In such a difficult field, we are vulnerable to burnout and various other mental syndromes/struggles. While suffering is difficult, it can be equally difficult to ask for help. We hope to become physicians that can not only ask for help when it is needed, but also empower those around us to do the same.
- **"Little Learner"**
  - Sometimes, despite how far we have come, we run into difficulties academically or professionally. This can make us feel small, or even in some cases, stupid or unqualified. We must grow to understand however that we are lifelong learners – we can only know so much at a given point in time, and it is okay to say "I don't know" on occasion.
- **"Choose to fight"**
  - Even though we are physicians in training and our lives at times, can feel as if they are entirely consumed by medicine, we are still humans who have their own internal battles and struggles.
- **Kanye West**
  - Kanye here represents the ego. There are very few individuals in our position, and we have overcome many hardships to get so far. This can potentially lead to feelings of narcissism, self-centeredness, and a general air of conceit. As physicians, we ought to remain humble, and be grateful for our blessings and gifts.
- **Bacon, Escape**
  - While some view physicians as superhumans – they are flesh and blood, just like everyone else. As physicians in training, the responsibilities can often get to be too much. We often need to escape or detach. We all hope to grow into physicians that understand this need, and can do so in a professional and respectable manner.

