Implicit Bias Mask: Internalizing the Medical Student Identity

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Internalizing the Medical Student Identity

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Learning Community: Red 43
The Outside of the Mask:
- Being productive members of the community
- Striving for competence
- Projecting confidence
- Diverse group of students learning from each other and developing our professional identities

The Inside of the Mask:
- Our inner insecurities and vulnerability
- The fears we have entering medical school
- Traits we are afraid of sharing or presenting to others
Reflection Questions

What are the characteristic intentions this group is trying to express?
Our group has similar fears starting med school, but our passions and goals are helping us persevere.

What did you learn about the internal and external IDENTITIES of this group? What surprised you about the revelations?
It was surprising to learn even if certain external identities amongst ourselves appeared similar, they came from different internal motivations.

Did you perceive any conflicting characteristics between internal and external IDENTITIES?
Yes. We tend to present our best selves externally and internalize more negative or difficult identities, hiding them from others.

Using a growth mindset how did the group integrate conflicts, biases, or inconsistencies with the group's internal and external IDENTITIES?
Our group struggled with navigating medical school, but learned that failure doesn’t define us and is actually a learning opportunity.

Research shows we all have biases, what IMPLICIT BIASES emerged from this group's project?
The implicit bias that everyone’s internal “mask” - their struggles and what they shelter from others - is similar to my own.