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## Implicit Bias Mask 2023: Breaking Down Bias

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# Breaking Down Bias

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**Learning Community Group:** Gray 18



# List at least 6 biases

- Cultural Bias
- Gender Bias
- Political Bias
- Age Bias
- Religious Bias
- Geographical Bias



# List at least 6 sentences describing how the growth mindset will help your group

- Be open to learn about different cultures and their practices.
- Do not assume hobbies, interests, and perceived gender.
- Dissociate someone's political views from their character when treating them.
- Do not assume someone's capabilities and motivation to improve their health based on their age.
- Try to find alternatives when treating patients from different religious backgrounds.
- Keep an open mind and don't assume that your geographical area is better than someone else's.



List at least 6 aspects of professional identity that will help your group as a physician in training

- Patience
- Inclusivity
- Willingness to learn
- Inquisitive
- Empathy
- Humility



# Reflection on the Project (40 words)

- The project allowed us to talk about our biases in a nonjudgmental way. We were able to challenge our own beliefs that we have against other people. As future physicians it is critical to be aware of these biases to improve the care we provide our patients.

