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Implicit Bias Mask: Building Our Resolve

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Building our Resolve

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Learning Community: Orange 26



REFLECTION:

This mask is a reflection of our sentiments towards medical school and the medical field thus far in our healthcare careers. The outside of the mask reflects what the outside world expects us to be, and the face we present to them in return. For example, "keep the momentum going" reflects the advice we get from every experienced individual we speak to, from professors to practicing doctors to senior students to our own parents and loved ones. "Honored to serve" is the face we present to the world, even when our studies are impacting our own health. The rosy cheeks add to this as we show our loved ones that we are doing well and thriving in the new environment we are in.

The inside of the mask, however, shows our true feelings toward medical school. "Poke them, prod them" shows that even though we are learning how to examine patients with experiences like Clinical Skills, we still feel like children playing at doctor, and wonder if we'll ever have the knowledge and experience needed to successfully treat our patients. "Naïve adults" and "don't let your next opportunity go unwasted" also reflect this sentiment, as we wonder how we will navigate this new phase of our lives. The drawing of palm trees in the background reflects how difficult it is to focus on what we're studying at times, while at the same time we try to take care of ourselves and avoid burnout and depression.

