

**Patient Education Projects** 

**Patient Education** 

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### Implicit Bias Mask: Dreams and Nightmares

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## Dreams and Nightmares

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**Learning Community**: Blue 4









REFLECTION: having participated in this project.

### The outside of the mask:

- Anticipate to become more confident in our abilities, as the year continues, helping with professional identity
- Learning to be more compassionate

# The inside of the mask:

- Reflects workout out, which is key to self-care. It's important to take care of our well-being throughout medical school
- As a group, we focus on working together and supporting each other. In order for us to persevere through challenges, it's important to have outside support

