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## Implicit Bias Mask: Internalizing the Medical Student Identity

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**Authors**

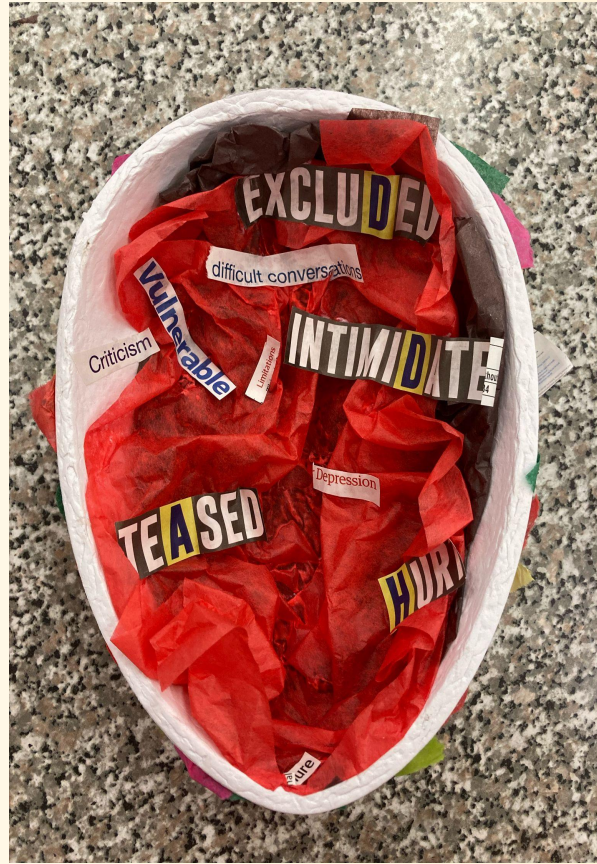
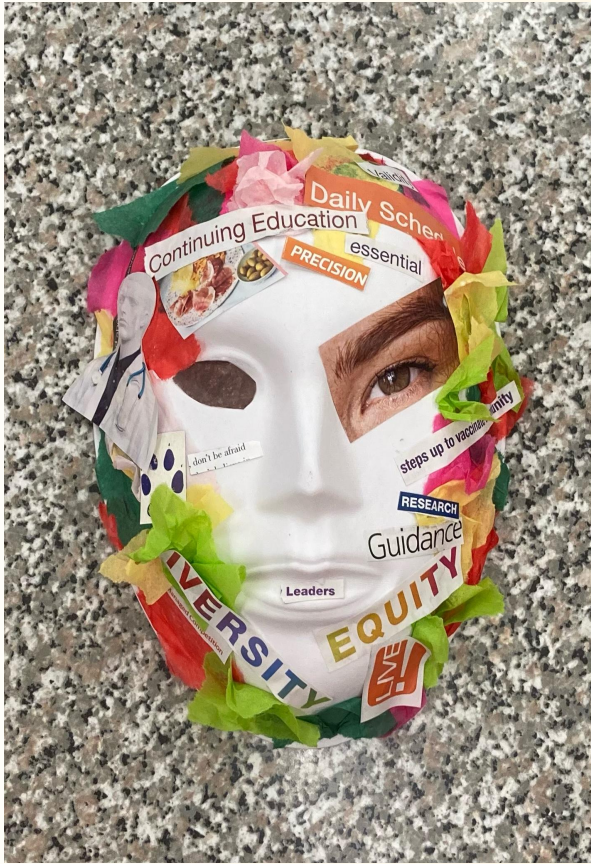
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# Internalizing the Medical Student Identity

**Authors:** Burrows, B., Cascio, G., Chu, T., Vinokurov, N., Odeesho, S., Saini, S.

**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.

