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Implicit Bias Mask 2023: Behind the Mask

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Behind the Mask

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Learning Community Group: Orange 27



List at least 6 biases

- BIAS
- 1) overall bias w/ homeless people
 - homeless bc drug abuse
 - distrust in how they use donations
 - 2) people w/ probs aren't trying hard enough to fix them
 - 3) people w/ obesity are lazy
 - 4) people who smoke don't care about their health
 - 5) convicts released from prison are still bad people
 - 6) mental illness is always easy to see



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

GROWTH

→ ask more questions,
address nuances,
meet them where they
are at

→ learned helplessness
is real, everyone's
threshold is diff

Explore genetics,
upbringing, social
determinants of health,
ect.

people may use them
as a mental health aid,
you don't know their
situation

desperate times can push
people to do things, people
can grow and change

LISTEN to people, keep an
(open mind
hear their stories



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

Professional Identity Formation

- Make sure to come in w/ an open mind and ask how they are & deduce through interviewing how they arrived there.
- Come in w/ an open mindset. Everyone's threshold is different. Do my best and ask how I can support and help.
- Come in unbiased and ask how we can correct the issues. Understanding there are many nuances that can potentially domino into obesity.
- Ask about mental health and any causes of stress at home. Ask if they have any hobbies and suggest healthy stress relief.
- Ask about living situation and lifestyle at home. Offer affordable health plan and integration back into normal life to support return to normalcy.
- Be receptive and offer resources to help.



Reflection on the Project (40 words)

- This was a truly insightful experience that forced us to reflect on and address our own implicit biases. Although they will always exist, we can counteract them through awareness and conscious effort. We were forced to think about how we treat others and how we wish to be treated.

