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Implicit Bias Mask 2023: Predicting Implicit Biases Fosters Growth Mindset

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Predicting Implicit Biases Fosters Growth Mindset

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Learning Community Group: Red 40



List at least 6 biases

- Addiction, lifestyle, non-compliance
- Women in medicine
- Homeless
- Tunnel vision
- Behavioral Attributions
- Education



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

- Make a conscious effort to understand that a person is more than their life choices, and those “choices” may not actually be in their control but rather due to systemic challenges (e.g. food deserts) outside of their control.
- Women in medicine are strong and resilient. Women deserve equal opportunity as their male counterparts in all aspects of life including medicine.
- Some homeless people may have a drug addiction or mental health condition that prevents them from achieving a stable job, living situation, etc.
- Accepting other viewpoints, learning to be comfortable with alternatives to own opinions and feelings.
- Understanding that a scenario may be due to situational factors rather than personal attributions for that person.
- Conscious effort to communicate and “talk with” instead of “talk down.”



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

- Actively listening to a patient's barriers to their compliance.
- Fostering a comfortable environment for patients to discuss sensitive topics.
- Cultivating a comfortable, safe, and professional environment for all medical professionals.
- Connecting individuals to the necessary resources they need.
- Making a conscious effort to listen to colleagues, value their input, and work together as a team to solve problems.
- Avoiding behavioral attributions and understanding situational challenges may be present.
- Demonstrate respect and understanding to all patients, regardless of education, background, or experience.



Reflection on the Project (40 words)

- Biases may be explicit or implicit. However, having a conscious awareness of our explicit biases and predicting possible implicit biases can allow us to foster a growth mindset.
- The activity allowed us to see our own and partners' biases, how they overlap, and how we are all working to address them in our future careers.

