

Connecting with your inner upstander during medical education and research

September 21, 2026

2:30- 4:00 PM

Location: HAS 022

Overall Learning Objectives:

By the end of this program, participants will be able to:

1. Identify how bias and discrimination may manifest from childhood through medical practice.
2. Analyze the connection between personal experience and patient-centered, decolonized healthcare outcomes.
3. Apply concrete language and strategies for intervening as an upstander, not a bystander.
4. Formulate one specific action you will carry back into your own clinical or academic setting.

2:30 - 2:35	Opening Remarks & Speaker Introduction
2:35 - 2:41	Present: Where identity, curiosity, and a sense of justice first took shape
2:41 - 2:46	Self Reflection: Menti- Word Cloud & Pair Discussion
2:46 – 2:52	Present: First encounters with bias in science and pre-med spaces
2:52 - 2:57	Pair Discussion
2:57 – 3:03	Present: Navigating academic and research culture as a woman in science
3:03 – 3:10	Small Group Discussion & Debrief with everyone
3:10 – 3:16	Present: Discrimination witnessed toward peers and patients
3:30 – 3:35	Small Group Discussion & Debrief with everyone
3:35 – 3:41	Present: Power, hierarchy, and finding her voice
3:41– 3:46	Poll: Menti Survey
	Present: How these experiences shaped a decolonized, patient-centered practice & Practical language you can use
3:46 – 3:50	Self-Reflection: Written Commitment & (Optional) Debrief with everyone
3:50 – 3:55	Question & Answer Period Completion of Evaluations
3:55 – 4:00	Closing Remarks & Speaker Name

25% of this program is dedicated to participant interaction.

Non-Financial Sponsorship Statement

This program has received no financial support.