

March Mentor Connection

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Council of State and Territorial Epidemiologists

March 2020 Mentor Connection

Happy March Mentors and Mentees! It's hard to believe we're halfway through the program. We hope you have really gotten to know your mentor/mentee(s) over the past few months and have started making progress towards your identified program goals.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Seattle, Washington on **June 28-July 2, 2020**.
 - The theme is “**Think outside the box—cross train your brain**”. Registration is now open!
- The [2020 Jeffrey P. Davis Student Scholarship](#) application is currently open. Named in honor of longtime Wisconsin State Epidemiologist and CSTE Past President Jeff Davis, the [CSTEF](#) Student Scholarship provides opportunities for public health students to network and learn from applied epidemiologists at CSTE's Annual Conference.
 - [Click here](#) to apply by the deadline of **March 12, 2020**. Applicants will be notified **April 27, 2020**.

Basecamp

- We encourage you to continue to use Basecamp to engage with others beyond your assigned mentor/mentee(s). Feel free to send direct messages through the “Pings” feature or use the “Message Board” to post announcements and spark discussions.
- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to slyons@cste.org if you are unable to join the group.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together.

- [Values exercise](#) (Due at the end of April)
 - Optional tasks:
 - Mindtools: [What's your leadership style? Learn about the strengths and weaknesses of the way you like to lead.](#)
 - George, B., Sims, P., McLean, A. & Mayer, D. (2007). [Discovering your authentic leadership.](#) *Harvard Business Review*.

CSTE Webinar Library

Did you know CSTE records and archives webinars on the [CSTE Webinar Library](#)? Follow the link to the webinar library and then use the search bar to find webinars that might be of interest to you. Here are a few webinar titles you might want to search for:

- Epidemiology in Different Sectors: A Roundtable for Early-Career Professionals;
- Is This Really What I Want to Be When I Grow Up? Mentoring, job changes and the joys of a serpentine career;
- Learning to Love Your Logic Model;
- Applying for Epidemiology Jobs;
- "Is a PhD Right for You?" Series.

Suggested Discussion Topics

Mentors and mentees should be communicating regularly, at least once a month throughout the program. These meetings can happen via video or phone call, email, or instant messenger- whatever works for you!

We will be providing some general discussion topics in each monthly Mentor Connection that can help guide your conversations. See the list below for some ideas for this month.

- What best practices do you use for time management and maintaining a work/life balance?
 - What does work/life balance mean to you?
 - What is the role of your work in your identity?
 - How do you navigate achieving professional goals during personal challenges?
 - What boundaries can you set to avoid being stretched too thin?

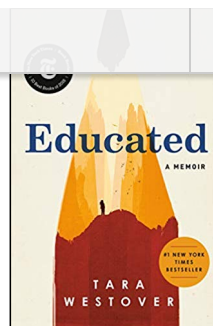
What Are You Reading?

What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique to slyons@cste.org, and we'll take it from there.

This month's recommendation is [Educated](#) by Tara Westover.

From Amazon: Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the

another brother got himself into college, Tara decided to try a new kind of life.



Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

Note: While CSTE recommends these books for casual reading, the themes and ideas contained are those of the author, and CSTE does not necessarily endorse or promote them as part of the organizational mission/vision.

Get Inspired!

What inspires you? We will use this section to share motivational and thought-provoking content relevant to public health, professional growth, or other topics that you find meaningful to your work. Submit your favorite online articles, videos, podcast episodes or series, etc. to slyons@cste.org to be featured in the next Mentor Connection.

Public Health Institute's Rise Up:

PHI's Rise Up activates girls, youth, and women to transform their lives, families, and communities for a more just and equitable world by strengthening leadership, investing in local solutions, and building movements. Rise Up began in 2009 as a small team with a big vision to create change—and for the past decade, they've been inspiring girls, youth, and women to transform their lives, families and communities for a more and just equitable world.

Today, they've grown into a powerful global network with over 640 Rise Up Leaders in 17 countries, and together have advocated for 120 laws and policies impacting 135 million people in Africa, Latin America, South Asia, and the U.S. Read more about PHI's Rise Up program on their [website](https://www.riseup.org/).

Training Opportunities

CSTE will be highlighting training opportunities each month. Email Shelby Lyons at slyons@cste.org if there is a training opportunity you would like us to highlight. You can also post any trainings to the Basecamp message board.

This month, we are highlighting the Epidemic Intelligence Service (EIS).

*EIS application period is open **March 1-May 22, 2020**. Click [here](#) to apply.*

EIS is a long-standing, globally-recognized fellowship program, renowned for its investigative and emergency response efforts. Eligible applicants are:

- Physicians (e.g., MD, DO, MBBS)

- Allied healthcare professionals (e.g., DDS, DMD, PA, PharmD)
- Doctoral-level scientists (e.g., PhD, DrPH, ScD)

Learn more about requesting EIS Services at your agency [here](#).

PHF Webinar: Cross-Sector Collaboration: Making Partnerships Work for Your Community

*Webinar Date: **Tuesday, April 14, 2020 from 1-2pm EDT.***

In this webinar, cross-sector collaboration experts from the Public Health Foundation (PHF) will discuss:

- Why many organizations are partnering now to achieve shared objectives
- Tools you can use to build and sustain a cross-sector collaboration
- Examples of cross-sector collaborations and their impact on the community
- Resources to help you address common community health challenges

You can register and find more information about the webinar [here](#).



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CSTE Conference