

April Mentor Connection

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Council of State and Territorial Epidemiologists

April March 2020 Mentor Connection

Happy April, Mentors and Mentees! We have reached the halfway point in our program, thank you to those who filled out the halfway check-in questionnaire and participated in the check-in calls.

Basecamp Highlight

- 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.
- Check out this [discussion thread](#) on Basecamp regarding mentor and mentee highlights. Contribute to the discussion by sharing something you and your mentor have worked on together or a way your mentor has helped you.
- 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 – specific instructions are included within the document.

- [Values exercise](#) (Due at the end of April)
 - Optional additional exercises:
 1. Mindtools: [What’s your leadership style? Learn about the strengths and weaknesses of the way you like to lead.](#)

2. George, B., Sims, P., McLean, A. & Mayer, D. (2007). [Discovering your authentic leadership](#). *Harvard Business Review*.

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!

This month, we suggest discussing one or two of the articles posted in the Articles to Share folder on Basecamp. Below are a few suggested articles and discussion questions to guide your discussion:

- [“Mentoring Someone with Imposter Syndrome”](#) by **W. Brad Johnson** and **David G. Smith**.
 - Share examples of times you’ve experience the feeling of imposter syndrome. What in your career has helped alleviate this feeling?
 - Can confident people still experience imposter syndrome?
- [“How Leaders Can Open Up to Their Teams Without Oversharing”](#) by **Liz Fosslien** and **Mollie Duffy**.
 - How might these strategies benefit those without defined leadership roles?
 - Reflect on a time that you could have utilized these strategies in your work.
- [“How to Debate Ideas Productively at Work”](#) by **Shane Snow**.
 - Where do you think your agency or team typically falls? (Organizational silence and fear of conflict, unproductive debate, or productive debate leading to innovative solutions.)
 - How would you rate your intellectual humility on a scale of 1-10? If it is not at a 10, what steps could you take to improve?
- [“Better Storytelling for the Public Health Workforce”](#) by **Soledad O’Brien**.
 - What projects or presentations have you worked on where you were able to successfully implement some of these guidelines?
 - Are there any additional guidelines you think could help storytelling for public health?
- [“Making Mentorship a Team Effort”](#) by **Vineet Chopra**, **Justin B. Dimick**, and **Sanjay Saint**.
 - Reflect on a time that you could have utilized these strategies in your work.

- If not, what steps can you take to build and create one? If you are involved in one, which team would you consider yourself to be in? How can you continue moving forward?
- How could these teams help you achieve the goals you set for yourself? How can mentorship teams assist you in working on what you identified from the GPS•R exercise?

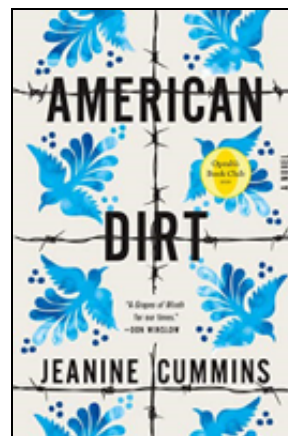
What Are You Reading?

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 [American Dirt](#) by **Jeanine Cummins**.

From Amazon: *También de este lado hay sueños.* On this side, too, there are dreams.

Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable.



Even though she knows they'll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes up to the register with a few books he would like to buy—two of them her favorites. Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the *jefe* of the newest drug cartel that has gruesomely taken over the city. When Lydia's husband's tell-all profile of Javier is published, none of their lives will ever be the same.

Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride *la bestia*—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. As they join the

countless people trying to reach *el norte*, Lydia soon sees that everyone is running from something. But what exactly are they running to?

American Dirt will leave readers utterly changed. It is a literary achievement filled with poignancy, drama, and humanity on every page. It is one of the most important books for our times. Already being hailed as "a *Grapes of Wrath* for our times" and "a new American classic," Jeanine Cummins's *American Dirt* is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

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.

Take a moment to read this Forbes article titled "[Coronavirus: How Artificial Intelligence, Data Science and Technology is Used to Fight the Pandemic](#)" where Bernard Marr touches on a few novel ways technology is being used in the COVID-19 pandemic, including increasing claims processing speed, delivering medical supplies, and more!

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 free self-paced trainings available online through the [CDC TRAIN](#) website. You can sign up for a free account, search for courses, and even get notifications when new trainings that follow your interests are posted!

Here are a couple available trainings outside of traditional applied epidemiology on [Systems Thinking: Habits for Addressing Public Health Challenges](#), [Implicit Bias:](#)

[The Influence of your Unconscious Mind](#), and [Prioritization and Time Management](#) that you might find interesting.



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