

May Mentor Connection

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Council of State and Territorial Epidemiologists

## May 2020 Mentor Connection

*Happy May Mentors and Mentees! We hope everyone is staying safe and healthy. Over the next month, we hope you are able to reflect on your growth and how your public health practice has improved over the last eight months in the program as well as consider how you can continue this professional growth moving forward.*

### 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.
- 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.

### CSTE Annual Conference Cancellation

In light of the latest COVID-19 developments, the Council of State and Territorial Epidemiologists (CSTE) has cancelled its Annual Conference, scheduled for June 28-July 2, 2020, in Seattle, Washington, and all affiliated events.

This decision was made with full acknowledgment of the World Health Organization's pandemic declaration, the President's National Emergency declaration, the White House and CDC guidelines recommending the cancellation of gathering of more than 50 people, jurisdictional travel restrictions, and state and local restrictions regarding shelter in place and size of gatherings, with the approval of the CSTE Executive Board.

For more information, please visit CSTE's [conference website](#).

## Upcoming Tasks

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

*Click the link to views and download – specific instructions are included within the document.*

- [Implementation Intention Exercise](#)
  - **Due at the end of June.**
  - The purpose of this exercise is to help you re-examine goals set during the goal setting exercise at the beginning of the program and convert lessons learned into actions. Participants should spend approximately 1-1.5 hours on the activity and then discuss with your mentor/mentee(s).
  - Optional additional exercises:
    1. New England Public Health Training Center. (2018). [Introduction to Systems Thinking](#). (1 hour: course)
    2. Productivity Game. (2017). [Made to Stick by Chip Heath and Dan Heath](#). (9 minutes: video)
    3. Frameworks Institute. (2015). [The Storytelling Power of Numbers](#).

## Suggested Discussion Topics

*CSTE recognizes your work schedule and environment may have changed. We hope that you are still able to connect with your mentor/mentee this month. These meetings can happen via video or phone call, email, or instant messenger-whatever works for you.*

- Networking
  - What professional associations and networking groups are most beneficial in your career?
  - Explore possible opportunities to help one another build connections by sharing contacts or setting up informational interviews with colleagues.
- [Ten work-life balance tips during the pandemic](#)
  - How are you balancing work-life?
  - What other tricks or tips have helped you create a balance?
- COVID-19 and remote work
  - How has your work changed during the pandemic?
  - What resources would assist you in managing any changes?

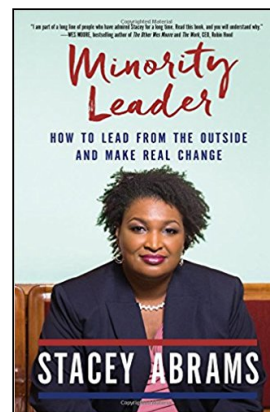
What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique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

This month's recommendation is [Minority Leader](#) by **Stacey Abrams**.

**From Amazon:** Leadership is hard.

Convincing others—and often yourself—that you possess the answers and are capable of world-affecting change requires confidence, insight, and sheer bravado.

*Minority Leader* is the handbook for outsiders, written with the awareness of the experiences and challenges that hinder anyone who exists beyond the structure of traditional white male power—women, people of color, members of the LGBTQ community, and millennials ready to make a difference.



In *Minority Leader*, Stacey Abrams argues that knowing your own passion is the key to success, regardless of the scale or target. From launching a company, to starting a day care center for homeless teen moms, to running a successful political campaign, finding what you want to fight for is as critical as knowing how to turn thought into action. Stacey uses her experience and hard-won insights to break down how ambition, fear, money, and failure function in leadership, while offering personal stories that illuminate practical strategies.

Stacey includes exercises to help you hone your skills and realize your aspirations. She discusses candidly what she has learned over the course of her impressive career: that differences in race, gender, and class are surmountable. With direction and dedication, being in the minority actually provides unique and vital strength, which we can employ to rise to the top and make real change.

*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.*

*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. Submit your favorite online articles, videos, podcast episodes or series, etc. to Shelby Lyons at [slyons@cste.org](mailto:slyons@cste.org) to be featured in the next Mentor Connection.*

- Check out this blog entitled, “[45 Awesome Podcasts for Public Health Students & Professionals](#)” and let us know if you listen to any of these podcasts. Feel free to share your recommendations on Basecamp. We want to hear from you!

## Training Opportunities

*CSTE will be highlighting training opportunities each month. Email Shelby Lyons at [slyons@cste.org](mailto: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.*

Public Health Informatics Institute’s [Informatics Academy](#) offers free trainings through their website. Some of the featured courses include Critical Success Factors for Informatics Projects, Fundamentals of IIS, and The Stakes Are High: Stakeholder Engagement for Public Health. Find more information on PHII’s [website](#).

Tableau is also now offering free eLearning courses for anyone for 90 days. Visit their [website](#) to learn more.



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