



Council of State and Territorial Epidemiologists

March 2021 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.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to srichardson@cste.org if you are unable to join the group.
- Feel free to utilize the [message board](#) to add your own announcements or discussion topics.
 - Join the discussion thread about the COVID-19 vaccine rollout [here](#)!
- Explore and add to the “Articles to Share” folder.

CSTE Announcements

- The 2021 CSTE Annual Conference is going virtual! Due to the ongoing ramifications of COVID-19, CSTE will transition the 2021 Conference, June 13-17, to our first-ever Virtual Conference. For more information or to register, click [here](#). The Early Bird Registration deadline is Friday, April 30.
- The [2021 Jeffrey P. Davis Student Scholarship](#) application is now open. Click [here](#) to apply by the deadline of **March 15, 2021**. Applicants can anticipate

being notified by mid-April.

- Call recordings for the mentor and mentee halfway check-in will be available upon request.
 - Please reach out to srichardson@cste.org for your respective check-in call recording
- The [Alzheimer's Association Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) is an immersive, no-cost opportunity for early career researchers in psychosocial care and public health to launch a career in dementia science and accelerate breakthroughs in the field. During the five-day program, experts will offer diverse perspectives on groundbreaking research through group sessions and individual mentoring. Applications are due **April 8, 2021**. Twenty four applicants will be selected for this exclusive experience. Click [here](#) for information on how to apply.

Upcoming Tasks

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

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- [Values exercise](#) (Due at the end of April) *Located in "Docs & Files" on Basecamp.*
 - This values exercise provides an opportunity to reflect on important values that guide you and your work.

Optional Activities

- [Enhance Your Public Health Searching Skills](#) - March 10, 2021 at 2:00 pm EST
Eligible for Continuing Education Credit (CHES CECH)
 - From NIH: Public health practice depends on quality information but there isn't a lot of time for busy practitioners to find what they need and

there isn't a lot of time for busy practitioners to find what they need and put it to use. This webinar will share resources and strategies from three public health-trained librarians to help you optimize the time you spend searching so you can focus on sharing what you find with your clients and colleagues. Through examples of diverse questions, we will suggest efficient and quality health information sources, as well as strategies to address technical challenges with terminology, a lack of useful evidence, and limitations to access to journal articles and other content for professional audiences.

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

This month's recommendation is [Sweetness #9](#) by **Stephan Eirik Clark**.

It's 1973, and David Leveraux has landed his dream job as a Flavorist-in-Training, working in the secretive industry where chemists create the flavors for everything from the cherry in your can of soda to the butter on your popcorn. While testing a new artificial sweetener -- "Sweetness #9" -- he notices unusual side-effects in the laboratory rats and monkeys: anxiety, obesity, mutism, and a generalized dissatisfaction with life. David tries to blow the whistle, but he swallows it instead.



Years later, Sweetness #9 is America's most popular sweetener -- and David's family is changing. His wife is gaining weight, his son has stopped using verbs, and his daughter suffers from a generalized dissatisfaction with life. Is Sweetness #9 to blame, along with David's failure to stop it? Or are these just symptoms of the American condition?

David's search for an answer unfolds in this expansive novel that is at once a comic satire, a family story, and a profound exploration of our deepest cultural anxieties. Wickedly funny and wildly imaginative, Sweetness #9 questions whether what we eat truly makes us who we are.

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.

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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 srichardson@cste.org to be featured in the next Mentor Connection.

- [Restoring Trust and Confidence in Public Health](#) – Public Health Review, Episode 48 (podcast)
- [Calling an Audible](#) – Osterholm Update: COVID-19, Episode 42 (podcast)

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