



Council of State and Territorial Epidemiologists

May 2021 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 course of 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 making connections between other mentor and mentees.

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 deadline to register for the CSTE Annual Conference is Monday, May 24.

Upcoming Tasks

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

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

- [Implementation Intention Exercise](#) (Due at the end of June) - *Located in Docs & Files on Basecamp*
 - 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 Activities

- CSTE Virtual Mentor Panel
 - Stay tuned for more information about the Virtual Mentor Panel hosted on Basecamp! We will post select mentor's answers to common questions about leadership, day-to-day responsibilities and gaps in the field of public health. Mentees will then have the opportunity to ask any additional questions on the Basecamp thread.
- [Public Health Triumphs and Challenges Amidst a Pandemic with Dr. Allison Arwady](#) *Institute for Public Health and Medicine (IPHAM) at Northwestern University* – May 5, 2021 at 12:00pm EDT
 - The IPHAM Population Health Forum Seminar will be an interactive discussion with Chicago Department of Public Health Commissioner, Dr. Allison Arwady. We will discuss the past, present, and near future of public health action amidst the pandemic.
- [Dismantling Disparities in Communities: Resources and Tools to Advance Systems Change](#) *Mathematica* – May 19, 2021 at 1:00pm EDT

- Researchers from [Mathematica](#) and [Equal Measure](#) will share a suite of new [tools and resources](#) that distill practical lessons from a vast body of research on place-based systems change. We developed these tools and resources as the evaluation and learning partners for the P-16 Community Investment initiative, a three-year learning engagement funded by the Bill & Melinda Gates Foundation across five communities (Buffalo, New York; Chattanooga, Tennessee; Dallas, Texas; the Rio Grande Valley, Texas; and Tacoma, Washington). Participants will learn how these materials can help them strengthen their organization's capacity to more effectively partner and co-create with communities to address disparities in education, health, and economic opportunity.
- [Emerging Lessons from COVID Response: Action Towards Equity](#) *National Network of Public Health Institutes* – May 19, 2021 from 1:00pm – 5:00pm EDT
 - Join NNPHI for Part III of our COVID-19 lessons learned series, where we will share practical strategies for taking Action Towards Equity. Learn more about the science surrounding the COVID vaccine, vaccine hesitancy, and how we can address vaccine equity in the next stages of the pandemic response with Dr. Carlos Del Rio (invited). We are excited to welcome back The Rev. Canon Ronald David, MD. Plan to be inspired and encouraged as you hear Ron share his philosophies related to his interdisciplinary study of relationality, narratology, and the science and theology of “health.”

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!

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- What professional associations and networking groups are most beneficial in your career?
- What are networking tips for virtual conferences and meetings?
- Explore possible opportunities to help one another build connections by sharing contacts or setting up informational interviews with colleagues.

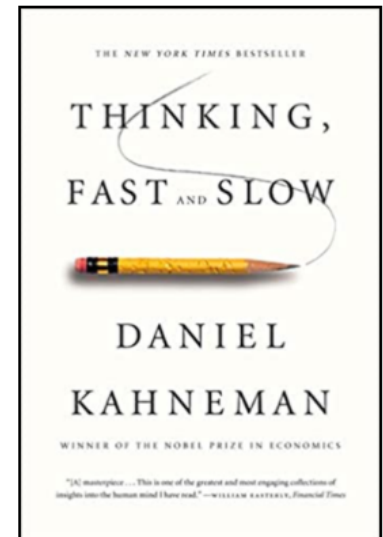
What Are You Reading?

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 srichardson@cste.org and we'll take it from there.

This month's recommendation by Julie Cleaton is [Thinking Fast and Slow](#) by Daniel Kahneman.

From Amazon:

In the international bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions.



Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, *Thinking, Fast and Slow* is destined to be a classic

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

- [How to Increase Job Satisfaction: 6 Tips for a Fulfilling Career](#) – Positive Psychology (article)
- [Intersection of Health and Politics, Interview with Anna Ryu](#)– Public Health Epidemiology Careers (podcast)
- [Updating Health Literacy for Healthy People 2030](#) – Public Health Perspectives (podcast)

