



Council of State and Territorial Epidemiologists

July 2021 Mentor Connection

Happy July, mentors and mentees! As we move into the last month of the program, we hope you have enjoyed the opportunity to connect and get to know your mentor/mentee(s).

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. Basecamp will remain open for you to connect with other participants after the end of the program.
- 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

- Please visit the [Message Board](#) to view our Virtual Mentor Panel and find mentor's answers to some of your pressing questions regarding the field of public health. Feel free to add a comment to any of the panelist's discussion threads to ask any additional questions.

Final Program Evaluation

The final program evaluation is your opportunity to provide feedback to CSTE, so that we can improve the program for future cohorts. You should have received an email from Sarah Auer via Qualtrics with a personalized link to complete your evaluation. This evaluation will be open through Friday, July 23, 2021. After you complete your evaluation, you will receive your certificate of program participation via email. Your feedback is invaluable as the evaluation data are used to improve programming and ensure the best content for upcoming cohorts.

Please email Sarah Auer at sauer@cste.org if you have questions regarding the evaluation or if you do not receive your personalized email.

Suggested Discussion Topics

Please use the following questions for your final official meeting discussion. Your final meeting can happen via video or phone call, email, or instant messenger - whatever works for you!

- What are your future goals for professional development?
- What was your biggest takeaway from the mentorship program?
- How do you plan to utilize what you learned in the program going forward?

What Are You Reading?

This month's recommendation is [The Unspoken Rules: Secrets to Starting your Career Off Right](#) by Gorick Ng.

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From Amazon:

 Right-click or tap and hold here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.

You've landed a job. Now what?

No one tells you how to navigate your first day in a new role. No one tells you how to take ownership, manage expectations, or handle workplace politics. No one tells you how to get promoted.

The answers to these professional unknowns lie in the *unspoken rules*—the certain ways of doing things that managers expect but don't explain and that top performers do but don't realize.

The problem is, these rules aren't taught in school. Instead, they get passed down over dinner or from mentor to mentee, making for an unlevel playing field, with the insiders getting ahead and the outsiders stumbling along

through trial and error. Until now.

In this practical guide, Gorick Ng, a first-generation college student and Harvard career adviser, demystifies the unspoken rules of work. Ng distills the wisdom he has gathered from over 500 interviews with professionals across industries and job types about the biggest mistakes people make at work. Loaded with frameworks, checklists, and talking points, the book provides concrete strategies you can apply immediately to your own situation and will help you navigate inevitable questions, such as:

- How do I manage my time in the face of conflicting priorities?
- How do I build relationships when I'm working remotely?
- How do I ask for help without looking incompetent or lazy?

The Unspoken Rules is the only book you need to perform your best, stand out from your peers, and set yourself up

for a fulfilling career.

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.

- [*The Global Cooperation that Accelerated the COVID-19 vaccines*](#) (Ted Talk)
- [*Brene Brown: On Gratitude, Vulnerability and Courage*](#) (The Good Life Project Podcast)