

February 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

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As we enter the shortest month of the year, there is still plenty of time to work towards our personal professional development goals and many engaging opportunities listed in this month's newsletter!

CSTE Announcements

- The 2022 **CSTE Annual Conference** is currently planned to be a hybrid event with virtual sessions offered in addition to the in-person conference in Louisville, Kentucky on **June 19-23, 2022**. The theme is Unbridled Spirit of Public Health. [Registration is now open](#).
- The **CSTE Mentorship Program Speed Networking Event** will be **Friday, February 11 from 2:00 – 3:00 pm EST** via Zoom. This session will be an opportunity to network across the 2021-2022 mentorship program cohort in a fast, fun environment. It will also be a great chance to meet colleagues across the country, exchange information and expand your network. [Registration](#) is required for this event.
- Applications are now open for multiple CSTE fellowship opportunities listed below. We encourage those interested and eligible to apply, and also share with colleagues.
 - [Applied Public Health Informatics Fellowship](#) - An opportunity to build informatics, data science, and laboratory capacity at state and local health departments while training recent masters or doctoral graduates in applied public health practice. The goals of the two-year fellowship program are to provide a high-quality training

• [Applied Epidemiology Fellowship](#) - Participating fellows will receive two years of on-the-job training at a state or local health agency under the guidance of an experienced mentor. The goal of the Fellowship is to provide a high-quality training experience and to secure long-term career placement for Fellows at the state or local level.

- Applications to become a [fellow](#) are due on **February 15, 2022**.
- Applications to become a [host site](#) are due on **February 28, 2022**.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to Sarah Auer (sauer@cste.org) if you are unable to join or have any questions.
- Check out the message board feature on Basecamp! We encourage you all to start your own discussion thread on a professional development topic that interests you.
- If your agency has blocked access to Basecamp, please consider using the mobile app or using a personal email address. Please reach out to Sarah Auer (sauer@cste.org) if you encounter any login issues.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together. You can set separate internal deadlines for each task or have a longer conversation about both at once. The activities have been posted on Basecamp.

- [GPSR exercise](#) (Due **February 28**) Located in “Docs & Files” on Basecamp.
 - The GPSR exercise is intended to have the mentor and mentee consider future career goals, support systems, career development, and self-reflection.

Optional Activities

- [NACCHO Developing the Governmental Health Workforce Pipeline with Health Career Connection](#) on **Tuesday, February 15 at 3:00 pm EST**.
 - With epic levels of burnout and turnover triggered in the governmental public health workforce by chronic underinvestment and the COVID-19 pandemic, it has become more critical than ever to build a sustainable, diverse, and prepared public health workforce. Health Career Connection (HCC) is a part of the health workforce pipeline solution by connecting diverse students to internship opportunities, connecting qualified alumni to governmental public health positions, and contributing to the national movement to sustain and invest in the health workforce. We are ready to partner and support your health agencies as you continue your efforts to recruit and retain talent at your agencies. Please join this webinar to learn about opportunities to partner! [Registration](#) required.
- [APHA \(American Public Health Association\) Early-Career Professionals Webinar: "Networking: A Vital Key to Career Advancement"](#) on **Wednesday, February 16 at 2:00 pm EST**.
 - Webinar speaker: Marian Levy (Interim Dean, University of Memphis School of Public Health)

This webinar will explore how networking can help you advance your public health career. An interactive discussion will share networking opportunities as well as effective strategies. Objectives: Attendees will identify prime locations/formats for networking, describe behavioral strategies for initiating discussion, summarize follow-up techniques to enhance effectiveness. [Registration](#) required.

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 to help guide your conversations. Some ideas for this month include:

- The self-assessment and goal-setting exercise results
- Networking strategies and go-to tips

- How to effectively job search

Tips for Personal Growth

In this section, we will share tips and tricks for enhancing your professional growth and leadership skills.

- [The Transformative Effects of Mindful Self-Compassion](#) by Kristin Neff and Christopher Germer

Valentine's Day is coming up within the month of February and although it is stereotypically celebrated with discounted chocolate or reserved for a significant other, we often forget to celebrate who we are as individuals. So, for this month's tips, we will be focusing on self-compassion and ways we can show up for ourselves and be gentle. "Leading experts on mindful self-compassion Drs. Kristin Neff and Christopher Germer share how self-kindness, recognition of our humanity, and mindfulness give us the strength to thrive."

1. **Mindfulness or Self-Compassion? Actually, Both:** mindfulness focuses on being aware of our emotions and feelings and together with self-compassion, allow us to live with less resistance and engage in different perspectives of our stressors rather than ruminating on our distress.
2. **Fear vs. Truth:** there are many myths of what self-compassion can look like but learning how it can be present and/or practiced in our lives can help us to engage in healthier wellness behaviors and habits – especially for the new start of the year!
3. **Practicing Imperfection:** by asking ourselves the question, "What do I need now?" or "How can I show up for myself?" can transform our way of thinking from being self-critical to self-compassionate.

Citation: Neff, K., & Germer, C. (2019, January 29). The transformative effects of mindful self-compassion. Mindful: Healthy Mind, Healthy Living. Retrieved February 1, 2022, from <https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>

What Are You Reading?

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

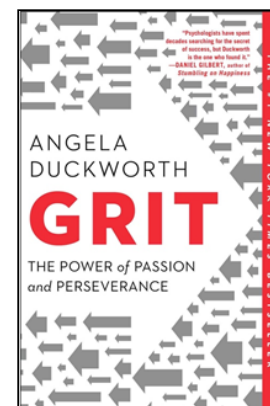
This month's recommendation is [Grit: The Power of Passion and Perseverance](#) by Angela Duckworth

From Amazon:

In this must-listen book for anyone striving to succeed, pioneering psychologist Angela Duckworth shows parents, educators, students, and business people - both seasoned and new - that the secret to outstanding achievement is not talent but a focused persistence called "grit".

Why do some people succeed and others fail? Sharing new insights from her landmark research on grit, MacArthur "genius" Angela Duckworth explains why talent is hardly a guarantor of success. Rather, other factors can be even more crucial, such as identifying our passions and following through on our commitments.

Drawing on her own powerful story as the daughter of a scientist who frequently bemoaned her lack of smarts, Duckworth describes her winding path through teaching, business consulting, and neuroscience, which led to the hypothesis that what really drives success is not genius but a special blend of passion and long-term perseverance. As a professor at the University of Pennsylvania, Duckworth



Here, she takes listeners into the field to visit teachers working in some of the toughest schools, cadets struggling through their first days at West Point, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers - from J.P. Morgan CEO Jamie Dimon to the cartoon editor of The New Yorker to Seattle Seahawks coach Pete Carroll.

Winningly personal, insightful, and even life changing, *Grit* is a book about what goes through your head when you fall down and how that - not talent or luck - makes all the difference.

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

- [UC Davis “Future-Proof Your Career” Webinar Series](#)
- [Spotify Asian Boss Girl “Episode 131: Our Go-To Productivity Tips”](#)

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