

March 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

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The season of spring is budding of flowers, life, and possibly, changes and new beginnings. This month's newsletter focuses on understanding our habits and values in our careers as we navigate another new season!

CSTE Announcements

- The **CSTE Annual Conference** will be held in Louisville, Kentucky on **June 19-23, 2022**. The theme is *Unbridled Spirit of Public Health*. [Registration](#) is now open.
- As a reminder, the [CSTE job board](#) is available and includes epidemiology positions nationwide and at the CSTE national office.
- Upcoming conferences:
 - The [NNPHI Annual Conference](#) will be held in New Orleans from **May 17-19, 2022**. [Registration](#) is now open.
 - [NACCHO 360 Annual Conference](#) will be held in Atlanta from **July 19-21, 2022**. The conference will be held virtually and in-person. [Registration](#) is now open.
 - [NACDD](#) will host the next [Chronic Disease Academy](#) in Chicago from **August 30-September 1, 2022**. For more information, contact the Academy at CDAcademy@chronicdisease.org.

Basecamp

- 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.

- [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

- [Human Resource Management for Public Health Leaders: Developing Your Organization’s Most Valuable Resource Workshop](#) on **Thursday, April 14 at 8:45 am – 12:00 pm EDT**
 - *In an environment where the stakes are high such as in public health, how leaders develop their teams makes all the difference in long-term success. Positive relationships between leaders, emerging leaders and team members can be transformational. The result is a team competent, confident, and optimistic about their potential and contribution to the vision and goals of an organization. Thus, leaders who employ strategic human resource management contribute to this transformation. Such practices can include but are not limited to strategic selection, appraisal, and development of team members. This collaborative learning experience is designed for new and experienced leaders to reflect on and recharge their leadership development skills for the mutual benefit of their most valuable resources and the organization. [Registration](#) required and seats are limited. Account is free to make to register for the workshop at no cost.*
- [R for Excel Users](#) resource guide and pilot workshop

additional software: RStudio and GitLab. These tools will help us develop good habits for working in a reproducible and collaborative way — critical attributes of the modern analyst.

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:

- Networking strategies and go-to tips
- Pathway to Epidemiology
- Resume/CV development and Cover letters
- 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.

- [Looking for a Job? Play Career Bingo by Laura Brown](#)

We may all have been there once, twice, or multiple times of job hunting or career pivoting. While this process is not a sprint, but a marathon, can sometimes feel overwhelming with so many job roles and opportunities in the market. Is this role the right fit for us? Are we underestimating or overestimating our skills? Laura Brown helps us to break down what we love about work, identify our transferrable skills, and figure out the gaps in which we need to fill before the next big step in our careers!

soft skills that make you a great employee and candidate. The more specific, the better.

2. **Write down what you want.** Afterwards, list out five to 10 traits you look for in a future hiring manager and five to 10 values, benefits, or qualities you look for in your future organization. Not only are you interviewed as the interviewee, but you are also the interviewer to get an idea if the work culture and environment suits what you want too.
3. **Play Bingo.** Now that your card is complete, refer to this as your guide on your job search. Ask yourself if the role and position of interest align with your values and qualities that you have listed on your board.

Citation: Brown, L. (2022, February 22). Looking for a job? play career bingo. Harvard Business Review. Retrieved March 8, 2022, from <https://hbr.org/2022/02/looking-for-a-job-play-career>.

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

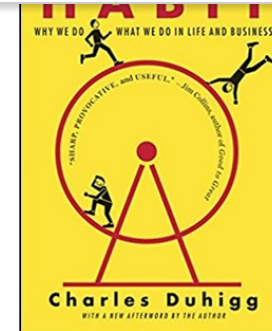
This month's recommendation is [The Power of Habit: Why We Do What We Do in Life and Business](#) by Charles Duhigg.

From Amazon:

New York Times best seller

This instant classic explores how we can change our lives by changing our habits.

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.



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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.

[Figueroa](#)

- [Bonus Episode: Motivational Mondays – Enjoying the Career Journey](#)



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