

April 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

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The “waiting game” amid a new season can feel like a period of stagnation in our personal lives and career. This month’s newsletter will be focusing on cultivating a growth mindset and ways we can continuously work towards our long-term goals, even in the season of waiting.

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.
- Other upcoming conferences:
 - The [2022 Public Health TechXpo](#) hosted by ASTHO (Association of State and Territorial Health Officials) will be held virtually May 10-11 focusing on the intersection of public health data and technology. Attendance is complimentary for governmental public health, non-profit, military, and educational organizations. Register [here](#).
 - 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. This is an invitation-only conference. For more information, contact the Academy at CDAcademy@chronicdisease.org.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). If your agency has blocked access to Basecamp, consider using the mobile app or using a personal email address. Please reach out to Sarah Auer (sauer@cste.org) if you are unable to join or have any questions.
- Check out this month's [Discussion board](#) feature on Basecamp! We encourage all Mentors and Mentees to start your own discussion thread on a professional development topic that interests you or additional resources and trainings.
 - [Public Health Certifications](#): What have you found to be the pros and cons of each certification? How do you maintain your certifications?

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 April 30) 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

[CSTE Learn](#)

CSTE Learn is the Council of State and Territorial Epidemiologists' (CSTE) online training center for applied epidemiologists. This new platform is a one-stop shop for epidemiologists who seek the latest CSTE events, courses and resources for their professional development and training needs. As new trainings and educational offerings become available, these materials will be added to CSTE Learn. In addition, many in-person CSTE meetings and trainings have transitioned to virtual formats, and CSTE Learn will be the clearinghouse to access these online events and courses.

[\(recorded webinar\)](#)

*Systems problems, by definition, are complex and can seem impossible to tackle. However, there are tools and innovative approaches that might help public health professionals and partners make progress on these problems. Join us for a three-part webinar series to learn tools and approaches for tackling large-scale community challenges, from maternal health to opioid overdoses. In the **first webinar**, we will cover stakeholder mapping and how understanding the whole ecosystem of players can help you decide who to include in co-creating solutions and what communications approaches to use. The **second webinar** will cover right-sizing your problem so that you can effectively approach and tackle it. Finally, building off the identified parts of the ecosystem, in the **third webinar**, we'll journey map the current, as well as the ideal situation. From there, we can look at the gaps between the two states and ideate possible solutions.*

Public Health Prepared

*Public Health Prepared (PHP or PH Prepared) is the workforce development and public health practice branch of the broader Michigan Center for Infectious Disease Threats & Pandemic Preparedness (MCIDT) initiative. As such, we contribute to MCIDT's mission of serving as a convening and coordinating force for the field by engaging cross-sectoral partners to translate research into practice for infectious disease control and prevention. Our work focuses on building the strategic skills and capacity of the public health workforce, broadly defined, to address emerging infectious disease threats in Michigan and beyond. Check out the **training catalog** [here](#).*

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:

- Pathways for a career in Epidemiology
- Ways to overcome career burnout and stagnation
- Tips to prepare for Conferences – how to network, prepare elevator pitches, give presentations

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

- [Why a Growth Mindset is Essential for Career Success by Caroline Castrillon](#)

Embracing growth in personal and career development is not just positive affirmations and experiences, but an ongoing practice and cycle of showing up, learning, and letting go to continually grow and progress towards our goals whether it is short-term and/or long-term goals. Caroline Castrillon from Forbes lists the five top ways to foster a growth mindset over fixed that has shown to be essential for career success. *It's not how good you are but how good you want to be that matters.*

1. **Embrace failure.** By viewing failure as a positive rather than negative allows room and grace to learn from your setbacks and improve your decision making.
2. **Becoming a lifelong learner.** Be curious about everything and seek opportunities to learn.
3. **Seek out challenge.** Are you feeling too comfortable in your current career? This may be an indication to seek out new challenges outside of your comfort zone.
4. **Go beyond your limits.** Our potential lies on the other side of the door; however, it is up to us whether we want to unlock and open that door to push yourself beyond what you think we can do.
5. **Ask for feedback.** Once you understand that you are responsible for your own growth, you will have the confidence to ask for feedback and learn from it.

Citation: Castrillon, C. (2021, December 10). Why a growth mindset is essential for career success. Forbes. Retrieved March 29, 2022, from <https://www.forbes.com/sites/carolinecastrillon/2019/07/09/why-a-growth-mindset-is-essential-for-career-success/?sh=5d15676128b5>

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.

From Amazon:

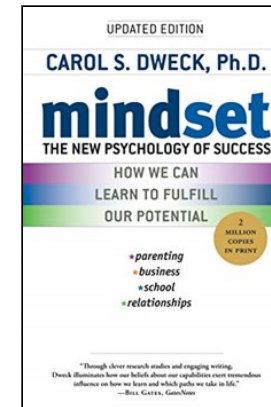
The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset

“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”— Bill Gates

Named one of the best books of the year by The Wall Street Journal and Financial Times

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.

In this edition, Dweck offers new insights into her now



people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

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.

- [The Growth Mindset Podcast, EP 240: Maintaining the Vision](#)
- [The Growth Mindset Podcast, EP 213: How Acceptance is a Key to Empowerment](#)
- [Happen To Your Career Podcast, Don't Worry, Be Happy: How Success Looks Different For Everyone](#)



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CSTE Conference