

November Mentor Connection

Welcome to the CSTE Mentorship Program! We are excited to have you on board for what we hope will be a meaningful and rewarding experience. The purpose of the mentorship program is to provide an opportunity to build relationships and foster shared learning among applied epidemiologists. The goal of the program is to promote the exploration of State, Tribal, Local and Territorial (STLT) career opportunities.

Dates to Remember:

- Friday, November 3 at 2pm ET: Applying for Epidemiology Jobs Webinar
 - [Registration is required.](#)
- Wednesday, October 25 at 3pm ET: Orientation
 - [Click here to access the recording.](#)
 - [Click here to download the slides.](#)

Upcoming Tasks (due at the end of December):

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.

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

- [Self-assessment](#)
- [Goal setting exercise](#)

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 encourage you to participate in at least one video/Skype meeting so you can “meet” each other face-to-face.

We will be providing some general discussion topics in each monthly Mentor Connection that can help guide your conversations. See the list below for some ideas on how to kick-off your mentoring relationship!

- Introductions (epidemiology areas of interest and experiences)
- Current projects you are working on
- Goals for the program- see goal setting exercise!

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 Mia Israel at misrael@cste.org, and we’ll take it from there.

A number of mentees and mentors indicated that they have an interest in mental health. This month we are highlighting *Crazy Like Us: The Globalization of the American Psyche*, by Ethan Watters.

From Amazon: The most devastating consequence of the spread of American culture across the globe has not been our golden arches or our bomb craters, but our bulldozing of the human psyche itself.

American-style depression, post-traumatic stress disorder, and anorexia have begun to spread around the world like contagions, and the virus is us. Traveling from Hong Kong to Sri Lanka to Zanzibar to Japan, acclaimed journalist Ethan Watters witnesses firsthand how Western healers often steamroll indigenous expressions of mental health and madness and replace them with our own. In teaching the rest of the world to think like us, we have been homogenizing the way the world goes mad.

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 Mia Israel at misrael@cste.org to be featured in the next Mentor Connection.

This month, we're sharing some tips for resilience in the workplace. Whether you're just starting out at your agency or have been there for years, these strategies can help you manage stress, negativity, and setbacks and maintain a work-life balance. [Click here to read!](#)