

February Mentor Connection

Happy February, Mentors and Mentees! Thank you to those who participated in the January group calls. Both groups had rich discussions, and we will absolutely hold more calls in the coming months to keep those conversations going. If you were unable to join, you can review the slides on Basecamp or email misrael@cste.org for access to the recordings. We are excited to share two new program activities with you this month, and we cannot wait to hear how your discussions develop as you complete them.

Basecamp

- We are using Basecamp as a tool to communicate as a program, but also within mentor and mentee groups. This will be a way for mentors to share tips and resources on mentoring and for mentees to network with their peers.
- Add yourself to our Basecamp group [here](#). Contact misrael@cste.org if you are unable to join the group.

Announcements:

- CSTE's annual Student Scholarship provides an opportunity for one epidemiology student to attend our Annual Conference in West Palm Beach, Florida June 10-14, 2018. The application will open in late January and will be available online at www.csteconference.org. For questions contact Amanda Masters, Director of Workforce Development at amasters@cste.org.

Dates to Remember:

- Beginning this month, the MMWR Intensive Writing Training Webinar Series will provide a foundational overview of how to write a successful MMWR article. Participation in these trainings is optional, however registration for each webinar is required. Recordings will also be posted in the CSTE Webinar Library. To register, follow the links below:
 - [Webinar 1](#): Thursday, February 1, 2:00-3:00 pm EST
 - [Webinar 2](#): Thursday, February 15, 2:00-3:00 pm EST
 - [Webinar 3](#): Thursday, March 1, 2:00-3:00 pm EST

Upcoming Tasks:

- We are excited to share our two new activities, the Leadership Journey Line and Values Exercise. These are due to be discussed with your mentor/mentee(s) by the end of March. Instructions and overviews are included within the following attachments, and these documents can also be found on [Basecamp Docs & Files](#):
 - [Leadership Journey Line](#)
 - [Values 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! Please participate in at least one video/Skype meeting, so you can “meet” each other face-to-face.

You asked, and we are delivering! Below are this month's featured general discussion topics to help frame your conversations, in addition to some more specific questions you can use to guide your relationship further.

- Leadership basics
 - What does it mean to be a leader in your agency?
 - What does being a strong leader look like?
 - How can I build leadership skills if I'm not in an official leadership position?
 - Why is building leadership skills important at all stages of the career?
 - What's the most important leadership lesson you've learned and how is it valuable?
 - What resources have you found helpful for your leadership development?
- Identifying your leadership style
 - What are some qualities of leaders you admire?
 - What makes these individuals good leaders?
 - What do you bring to the table as a leader? What things are you naturally good at?
 - How can your self-assessment results influence your leadership style?
 - How has your leadership style developed and changed over time?
 - How do you navigate working under/with someone who you do not consider a strong leader?
- Consider the Leadership Journey Line activity as you hold these conversations.

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. Overflow materials will be available on the [Basecamp Message Board](#).

The Medical Detectives: The Classic Collection of Award-Winning Medical Investigative Reporting, by Berton Roueché.

This month's recommendation comes from mentee Ina Zhang.

From Amazon: What do Lyme's disease in Long Island, a pig from New Jersey, and an amateur pianist have in common? All are subjects in three of 24 utterly fascinating tales of strange illnesses, rare diseases, poisons, and parasites—each tale a thriller of medical suspense by the incomparable Berton Roueché. The best of his New Yorker articles are collected here to astound readers with intriguing tales of epidemics in America's small towns, threats of contagion in our biggest cities, even bubonic plague in a peaceful urban park. In each true story, local health authorities and epidemiologists race against time to find the clue to an unknown and possibly fatal disease. Sometimes a life hangs in the balance, and the culprit may be as innocuous as a bowl of oatmeal. Award-winning journalist Berton Roueché is unfailingly exact, informative, and able to keep anyone reading till dawn.

After reading Berton Roueché, I feel as if I was reading something similar to the modern day medical detective equivalent of Sherlock Holmes. It is a rare find to have published medical writing that is all-around captivating and engaging to the lay audience as well as to the medical and scientific community. Roueché has written the "Annals of Medicine" feature in the New Yorker from 1940s until the 1980s. Current subscribers to the magazine can find all of his work for free on their website archives.

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. 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.

Have you ever considered your “leadership voice”? Different from a leadership style, your leadership voice reflects how you respond to situations and communicate through them. Cultivating your leadership voice can help you build confidence and develop the ability to respond authentically and effectively in any situation. This [recent article](#) from the *Harvard Business Review* details the importance of finding not just one, but many, leadership voices of character, context, clarity, curiosity, and connection, so that you can be prepared to respond to any type of situation.

As you complete your Leadership Journey Line and Values Exercise, think about what kind of leadership voices you hope to foster.

- What types of situations require a different leadership voice?
- Which leadership voice(s) have you already begun developing?
- How can tuning in to your leadership voices make you a stronger leader?

CSTE Membership Benefits and Involvement:

If you are not currently a member of CSTE, [consider purchasing a membership](#). Support from member dues adds value to the services and activities provided by CSTE. For more information about student memberships, [click here](#).

As one member puts it:

“I think people should join CSTE to understand that we are part of a broader movement of professionals who are working to improve public health in America. It's easy to feel siloed and frustrated, but being part of a larger movement emphasizes the fact that we can, and are, making a difference.”

Mentors and mentees may want to explore involvement with the following groups:

- [Workforce Subcommittee](#)
- Epi Methods
- Early Career Professionals Workgroup

Some of the benefits of membership include:

- Professional development opportunities, networking events, and resources for workforce development
- Registration discount for CSTE Annual Conference
- Involvement in CSTE subcommittees
- Opportunities to author and advocate for position statements that help drive public health policy
- Eligibility to serve on national advisory committees