

March Mentor Connection

Happy March, Mentors and Mentees! We have reached the halfway point in our program, and we are looking forward to receiving your feedback on the program thus far. We are also excited to hear from you regarding how your conversations on your Leadership Journey and Values are going as you complete these activities this month.

Basecamp Highlight:

- Check out [this discussion thread](#) on Basecamp. What conferences and professional organizations do you prioritize? Share your experiences here and tell us why!
 - Add yourself to our Basecamp group [here](#). Contact misrael@cste.org if you are unable to join the group or have questions about your account.

Halfway Check-In Evaluation:

- The time has come for our CSTE Mentorship Program halfway check-in. We will use your feedback to make adjustments for the remainder of the program through June.
 - Please complete the evaluation [using this link](#) by April 1. This link will also be posted to our [Basecamp Campfire](#).

Announcements:

- CSTE's annual Student Scholarship provides an opportunity for one epidemiology student to attend the Annual Conference in West Palm Beach, Florida June 10-14, 2018. The application is available here: bit.ly/cstescholarship18. For questions contact Amanda Masters, Director of Workforce Development at amasters@cste.org.
- Recordings for the MMWR Intensive Writing Training Webinar Series are now available in the [CSTE Webinar Library](#).
- The Policy Surveillance Program is holding its 3rd Annual [Policy Surveillance Summer Institute](#) June 7-8 in Philadelphia. Attendees will learn introductory and advanced policy surveillance methods and how they may be applied to research and practice.
- The University of Miami and the de Beaumont Foundation partnered to develop a certificate program targeting business and professional skills for the governmental public health workforce. The [BEAM program](#) curriculum includes coursework in budgets, management, accounting, contracts, and more. The cost of enrollment is \$1500, but scholarships are available.

Dates to Remember:

- March 19, 2018: Nominations for Mentor/Mentee of the Month due (see below).
- April 1, 2018: Complete your halfway check-in evaluation (see above).
- April 2, 2018, 3:00-4:00pm EST: Interviewing for Epidemiology Jobs Webinar (follow-up to November's Applying for Epidemiology Jobs).
 - See call-in information on Basecamp Schedule [here](#).
 - Registration is required. [Register here](#).
- June 10-14, 2018: CSTE Annual Conference in West Palm Beach, Florida. Visit www.csteconference.org for more information.
 - [Early bird registration](#) ends on April 27.
 - A preliminary agenda and workshop details are now available!

Upcoming Tasks:

- Last month we introduced 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.

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.

- Prioritizing your values
 - What values are most important to you as an individual?
 - What values are most important to you as a professional?
 - How do you balance both “sides” of your values? Do any of them conflict?
 - How have your values changed over time?
- Exemplifying your values
 - How do you exemplify your personal values in daily life?
 - How do you exemplify your professional values at work?
 - How do your values influence your communication style (think back to Self-Assessment)?
 - How do your values influence your leadership style (think about your Leadership Journey Line)?

See more on values in the Get Inspired! section below.

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](#).

On Immunity: An Inoculation, by Eula Biss.

This month’s recommendation comes from mentor Laura Ann Nicolai.

From Goodreads: Upon becoming a new mother, Eula Biss addresses a chronic condition of fear—fear of the government, the medical establishment, and what is in your child's air, food, mattress, medicine, and vaccines. She finds that you cannot immunize your child, or yourself, from the world.

In this bold, fascinating book, Biss investigates the metaphors and myths surrounding our conception of immunity and its implications for the individual and the social body. As she hears more and more fears about vaccines, Biss researches what they mean for her own child, her immediate community, America, and the world, both historically and in the present moment.

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.

In his book [*From Values to Action: The Four Principles of Values-Based Leadership*](#), Harry Kraemer introduced a new type of leadership: values-based leadership. Values-based leadership involves connecting your personal values to the value and mission of your organization to establish common guiding principles for success. [This article](#) in *Forbes* summarizes the four principles detailed in the book: self-reflection, balance, self-confidence, and genuine humility. Together, these principles “will help you lead and influence others, regardless of your level in the organization.”

- Do you consider yourself a values-based leader?
- Do you think values-based leadership is important and/or feasible in your organization?
- How can you become a values-based leader in your organization, regardless of your current position?
- Consider the Values Exercise as you as you hold these conversations.

Mentor/Mentee of the Month:

We are excited to announce this new feature of our Mentor Connections. For the remaining months of the program, April-June, we will be selecting at least three participants to be featured as our “Mentor/Mentee of the Month.” We hope this addition to the program will highlight the accomplishments of our participants while allowing you to learn more about each other. Contact Mia Israel at misrael@cste.org with questions.

Nomination and selection details:

- Email nominations to Mia Israel at misrael@cste.org. You can nominate yourself, your mentor/mentee, or another program participant.
 - Submit your nomination by Monday, March 19 for consideration.
- Nominations should include the following:
 - Nominee name, title, and organization
 - Brief statement demonstrating why you think this nominee should be featured
 - What are their outstanding contributions to their organization or the field of applied epidemiology?
 - Why is the nominee an outstanding mentor or mentee?
- Selected nominees will be contacted with more information regarding the feature and some interview questions to respond to, and they will be asked to submit a photo/headshot for inclusion.
- Those who are nominated but not chosen for feature will be recognized at the end of the program.

