

MPH MEMOS

University of Tennessee | Department of Public Health

Dates to Remember

November 3

Student Feedback Forum
with Dr. Paul Erwin
HPER 393
Time: 4:15 pm - 5:00 pm

November 5

PHGSA Homecoming
Tailgate
Fiji Island
Time: 8:00 am - 8:00 pm

November 24-25

Thanksgiving Break

November 30

Study Day #1

December 1

UT Classes End

December 2

Study Day #2

December 3 - 9

Final Exams

December 8

Graduate Hooding

STUDENT SPOTLIGHT: Alicia Robbins , DVM/MPH Student

Alicia Robbins is a student in the DVM/MPH dual degree program. Originally from northwest Pennsylvania, Alicia's current research and career goals aim to work with zoonotic disease surveillance in wildlife. Over the summer Alicia was an intern with the World Health Organization (WHO) in Lyon, France for 9 weeks. During her internship she was trained in



current international emergency protocols and preparedness evaluations. Alicia also had the opportunity to attend the annual World Health Assembly at the WHO headquarters in Geneva,

Switzerland. Her primary responsibilities during her internship included creating an e-learning course for international public personnel to educate them and help them prepare for outbreaks of zoonotic disease. Alicia also worked with her colleagues on their case studies on diseases such as tuberculosis, brucellosis, and encephalitis at the Human-Animal Interface (HAI). Alicia loved the autonomy of the internship. She was treated as an equal and valued member of the team and was given her own tasks to complete, had mentors to consult, but was mostly on her own creating the e-course. She also made some of the best friends of her life there, they took Alicia hiking in the French Alps, swimming in the Mediterranean, and sight seeing in Paris.

Getting the Job You Want, Part 1

On October 21, 25 MPH students participated in an all-day career workshop hosted by the department. Over 30 public health professionals shared insights and connected with students. As a follow-up, in the department will host an interview and job negotiation workshop for students

Networking Tips

- ▶ Always have your elevator speech ready, you never know when someone may ask you for it
- ▶ Networking is establishing and maintaining mutually beneficial connections
- ▶ Ask for advice, not for a job!
- ▶ Email follow-up questions, but keep them short and sweet
- ▶ Add them on LinkedIn

Advice from Alumni

- ▶ Don't let lack of experience hinder your job search and don't be afraid of rejection
- ▶ Always ask questions and ask them early
- ▶ Always stay connected and start the job search early
- ▶ Keep an open mind when searching for jobs
- ▶ Master statistical software (SPSS & SAS)

Hiring Manger Panel Tips & Advice

- ▶ You are preparing for jobs that don't exist yet!
- ▶ Always ask questions
- ▶ Looking for great team players with a worldview
- ▶ Networking is key to explore jobs in the overt job market



Special thanks to following individuals for helping put on a fantastic workshop!

Student Committee: Quinten Ash, Rebecca Elias, Cari Jennings, Tamnet Kidanu, Cori Sweet, Nikki Rosa

Panelists: Justin Alexander, D'Yuanna Allen-Robb, Jennifer Brooks, Kendall Ray, Sanya Sharma, Febi Sammons, Stephanie Welch, Michelle Wright, Tim Young

Workshop Facilitators: Mary Beth Browder, Julie Grubaugh, Jennifer Jabson

Financial Sponsor: UT Department of Public Health

A new benefit for students: Department provides professional headshots



Increasingly, companies find prospective employees through LinkedIn. In fact, a private company recently discovered one of our MPH students through her LinkedIn profile and hired her for a full-time position... *while* she was a student! LinkedIn is also a platform for students to connect with public health professionals who can provide mentoring and pathways to employment.

This fall the department's field practice coordinator, Julie Grubaugh, photographed 20 students at the UT Gardens. A fun time was had by all! In case you missed it, Julie will offer more photo sessions for MPH students in spring 2017.



Pictured from left to right. Top row: Pragya Poudel, Jamie Glover, TyKeara Mims, CJ Whitfield. Middle row: Kaitlin DeWitt, Quinten Ash, Rebecca Elias. Bottom row: Cori Sweet, Austin Brewer, Erin Guy.

Join our MPH Alumni and Student private LinkedIn group!

Instructions to join the group are located here - http://publichealth.utk.edu/welcome_alumni/

Share your news in MPH Memos with Rebecca Elias, editor.
Email: relias@vols.utk.edu

The 2016 PHGSA Board Wishes You Well!

It has been our honor to serve the students of the public health department this last year. We hope you will keep the momentum going in 2017 with even bigger and greater events. We each wanted to leave you with a few thoughts on what we've learned during our experience on the board and as students.



Jessica Waddell, President

This program is what you make it. Put in the hard work, tell your advisors and other professors about your passions, and let them (and your classmates) know what kind of networking and professional development opportunities you're looking for while you're in school. Everyone around you wants to be a part of your success if you'll just let them know how they can help. And while hard work is required to be noticed, never prioritize an assignment or project over your health and wellbeing. If you start to feel overwhelmed, talk to your advisor, get free counseling at the student health center, or share how you're feeling with a friend or mentor. Remember: You alone are enough. You have nothing to prove to anyone. Your grades and accomplishments are not the source of your worth and value. Be fearlessly authentic.



Jessica Jurcak, Vice President

You will learn and experience so much throughout this program - both about public health and about yourself. Take the time to reflect on what you're experiencing and do what is best for you in the moment and long-term! (That means taking care of yourself, physically and emotionally, always.) Your professors and peers will be life-long colleagues so make good connections and stay in touch! Seek out experiences that match your interests to build upon what you already know, while also pushing yourself out of your comfort zone to learn new things. Every experience is worth it in the end!



Kaitlin DeWitt, Secretary

You're going to hear some more about the work-life balance; good, it's important. You're here in this program to challenge yourself, to learn more than you ever thought you could possibly fit into your head. Take the time for a short (or long!) hike at Ijams with your peers. Get close to your colleagues and learn from them, because you have so much to share with them as well. Remain open to all of the opportunities that present themselves, as you are building your path for your post-grad life and may end up somewhere you initially thought you would never be. Soak up this experience for what it is worth and get involved- time waits for no one, especially not graduate students.



Reantha Pillay, Treasurer

My first semester as a graduate student has been an amazing learning experience! Like you have probably already heard, this program is what you make it. Everyone in the department is more than willing to help with any question you may have. Take advantage of every opportunity presented to you, even if it means stepping out of your comfort zone. One important thing to remember is that it is okay to ask questions, ask other students, ask faculty, this is how you connect with people. Your success in graduate school as well as your post graduate career relies so much on the connections you make with other people, so be open. We have all heard that our college years will fly by, so take in every second and learn all that you can. Most importantly, never underestimate yourself. Find what you are passionate about and go for it, don't let anything hold you back.



Erin Guy, Philanthropy Chair

Learn to say "Yes" and learn to say "No". In your first year of this program, I challenge you to say "Yes" more than you say "No". Say yes to new opportunities, new friends, new experiences. Say yes to that helping that professor on a project, say yes to taking on research, say yes to that extra internship. Use your first year as a student of Public Health to expose yourself to as many experiences and challenges as you can that you may find what sets your soul on fire. And when you find that one thing, learn to say "No". Use your second year to refine those skills and experiences so that you become an expert and a steward of what sets your soul on fire. Say "No" ruthlessly to things that do not contribute to your growth as a person or as a professional. Your sanity and your skill set will thank you.

**Interested in running for a PHGSA board position?
Look for an announcement next week for more details!**

