

# REBUILDING AND RECLAIMING THE FUTURE

JUNE 2006

## Coming Soon: The Real World

During the summer, students traditionally take a few classes, maybe complete an internship, or head to Florida for a long weekend. Lazy days to relax before classes start again. Come December, our fall graduates may be wishing for this time back!

What do you want from your time here? Where do you want to go? We all want to save the world. Or at least make it a better place. We came to public health because we have passion. But passion without a plan can lead

to ordinary actions. How will *you* make an impact? Being a successful leader requires careful



examination of your strengths and weaknesses. Plan your coursework, internships, and outside activities to help you develop into the MCH leader you seek to become.

Now is the time to plan your career. In this

newsletter, we have a few tips and tricks to help our students and graduates plan for a successful career in MCH leadership.

Whether you want to stay in New Orleans or work in Zambia, the Tulane MCPHLT program has resources to connect you with the professionals and organizations who can move you toward your goals.

Be sure to attend the Career Development workshop this coming Fall semester for more tips and in-person career counseling.

## Upcoming Events

7/11 EpiInfo Training  
1:30- 4:30PM  
12th Floor  
Computer Labs

## Did you know?

- Only 5 to 25 percent of jobs are advertised
- By not negotiating a first salary, an individual stands to lose more than \$500,000 by age 60.
- Men are more than four times more likely than women to negotiate a first salary

## Networking: It's Who You Know!

Everyone has heard of networking, but how do you do it? You already have a network: friends, former employers, your parents/siblings friends, teachers etc. Networking is the process of approaching your current network of contacts for advice and help. Every time you meet someone new, you gain access into their network of contacts. Repeated many times over, you have developed a network.

### What should I use my contacts for?

- Getting an idea of the jobs in a field

- Looking over your professional package (resume, cover letter, CV etc.)
- Recommend employers to explore
- Recommend job opportunities
- Recommend other sources of advice



### Quick Tips

- Start with contacts that you know well.

- If you know this person socially, remember to act professionally.

- Only approach people you know by name.
- If you are given a contact by an intermediary, explain upfront how you got the contact's information
- Do not ask for

a job at your first meeting. Ask for advice and help.

- Do not be too pushy!
- Get started building your network today!

1440 Canal Street  
STE 2301, TW-19  
New Orleans, LA  
70112—2824

Ph: 504-988-3539  
Fax: 504-988-3540  
E-mail: [mch@tulane.edu](mailto:mch@tulane.edu)

*We're on the  
web!*

[www.sph.tulane.edu/mch](http://www.sph.tulane.edu/mch)

### *Thank You*

to our MCPHLT  
Executive Committee  
Members and staff for  
your work and support!

Maya Begalieva, MD, PhD  
Neil Boris, MD  
Mark Dal Corso, MD,  
MPH  
Tom Farley, MD, MPH  
Carolyn Johnson, PhD  
Gretchen Clum, PhD  
Jeanette Magnus, MD,  
PhD

Jenny Hixon, MPH  
Shokufeh Ramirez,  
MPH

## *Meet Our New Staff Member: Shokufeh Ramirez, MPH*

Shokufeh Ramirez joined the Maternal and Child Public Health Leadership Training program as a Senior Program Coordinator in June 2007. Her current focus is on evaluating the various aspects of the MCPHLT. Her time is shared with the Building Interdisciplinary Research Careers in Women's Health (BIRCWH) program, and she is housed in the Mary Amelia Douglas-Whited Community Women's Health Education Center

Shokufeh was born and raised in New Orleans and received her Bachelor of Arts from New York University and her Master of

Public Health from Tulane University, in International Health and Development. She has also lived in northeastern China, Chicago, and Honolulu. Her previous work in public health has been as an epidemiologist and program manager, in the areas of general infectious disease, West Nile virus, and lead poisoning.

When not at work, Shokufeh spends much of her time chasing after her two-year-old son, and enjoying with him many of the same things she did growing up here.

Please stop by and say hello to Shokufeh!

## *7 Habits of Highly Effective People*

*Starting this summer, the MCPHLT program has asked our scholars to review a book on leadership. Look for more examples in our August Newsletter.*

I liked that Covey used examples from his seminars of people who at first did not believe in his 7 habits and later realized how effective they can be in becoming a person with a tighter grasp on life. These examples made his Habits more believable. The majority of Covey's book explains the 7 Habits, though I will briefly discuss his points that made the greatest impression. The first step is being proactive, which emphasizes the importance of grasping one's past and *choosing* not to let negative experiences control attitude. In other words, we all have experienced stressful moments in our lives and will continue to face more challenging times, but we have a choice in letting external experiences negatively affect us. Further, he stresses the importance of using the term 'be' instead 'if only' and how the way we talk to

ourselves affects the decisions we make. Most people feel like they have to wait until something happens before they are satisfied with their lives (If I had become a doctor...), instead of appreciating the life one has created. One of Covey's main points is the most effective control an individual has is over his/her own being and owning our mistakes as we make them rather than wasting time defending our actions. This is a critical point from a leadership perspective. There is no sense in pointing fingers when energy is best utilized analyzing the problem and using resources to find a solution.

This was a great experience and I thoroughly enjoyed being pushed to read such material because it shows that the department seeks to make students richer individuals beyond public health coursework

By Roshan Badakash

## *What should I be doing right now?*

*A quick guide for incoming students*

- Attend the "Leadership Career Planning Seminar" hosted by the MCPHLT
- Conduct a self-assessment of current public health, managerial, and leadership skills (See MCPHLT Website and Career Planning Binder)
- Meet with School of Public Health Career Services (Kathy Ball [kball@tulane.edu](mailto:kball@tulane.edu)), CHS Program Coordinator (Kristy Miller [kmiller@tulane.edu](mailto:kmiller@tulane.edu)), and MCPHLT Staff (Jenny Hixon [jhixon@tulane.edu](mailto:jhixon@tulane.edu) and Shokufeh Ramirez [sramirez@tulane.edu](mailto:sramirez@tulane.edu)) to explore the resources available to you
- Read one book on career planning (See suggested readings)
- Attend "Developing a mentoring relationship" seminar hosted by the MCPHLT
- Explore all student services, clubs, organizations, student government, and extracurricular activities. Choose those you wish to join
- Volunteer in organizations you are interested in or would consider as a practicum site
- Conduct a minimum of two information interviews and/or shadow a professional in a career of possible interest
- Develop a strategic plan for your time at Tulane in collaboration with your faculty advisor