

Student Guide to the APHA Annual Meeting 1997

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Letter from the Editor

Once again, it's time for the Annual Meeting. This may be the first Annual Meeting for some of you, while others may be experienced at navigating their way through the conference. In either case, it is easy to find yourself overwhelmed and wishing you had a "Student Guide." Well, you do. This issue of the newsletter, compiled in conjunction with Jeanne Alongi (Programming Chair), is entirely dedicated to the Annual Meeting and is intended to be a "Student Guide to the APHA Annual Meeting."

In addition to a schedule and descriptions of PHSC sessions, we have included networking tips, survival tips for this year's meeting, a list of fun things to do, letters from officers, and much more. I encourage everyone to stop by our booth (#459) or attend one or all of our sessions.

As always, I welcome any and all suggestions or comments so do not hesitate to contact me (youngh@gwis2.circ.gwu.edu). I hope that this guide helps you "survive" the Annual Meeting successfully. Have a fun and productive meeting!

Heather Young, *Newsletter Editor*
George Washington University

Letter from the President

Like many of you, I've been spending many hours getting ready for the APHA Annual Meeting. I've been preparing *academically* for the papers I will present, *administratively* for the meetings I will facilitate, and *psychologically* for the end of my term as President of the Student Caucus. The latter is proving to be the toughest of the three.

Since I was a first-year MPH student at UMDNJ, I've spent many hours every week working on the Caucus (I am now a fourth-year Ph.D. student at UNC). I've worked with three generations of Caucus leaders and am grateful to all of them for their dedication, and efforts. I'd particularly like to thank a few people who have stayed involved from nearly the beginning: Deborah Suess, Jeanne Alongi, Christine Haywood, and Trong Nguyen – without their help and support this organization would not be as strong and successful as it is today. I also have enjoyed working with my successor, Maria Cervania, and I have confidence that the Caucus will continue to prosper with her at the helm.

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..... Letter from the President

My vision for the Caucus has always been to be an organization that *serves* and *represents* all students of public health, whether they live in the US or abroad, attending big schools or small departments. We should do more to reach out to *all* public health students and to create links with existing public health student associations on every campus possible. We also should continue to raise our profile within APHA so we can continue to advocate effectively on behalf of its three thousand student members.

I am very honored to have served the public health student community. Thank you for the wonderful opportunity.

Respectfully,
Jay M. Bernhardt, MPH
PHSC President

PHSC News and Views

Editor: Heather Young
Communications Committee Chair: Deborah Suess
Desktop Publishing: Jay Bernhardt
Web Publishing: Trong Nguyen

Send correspondence to:
PHSC, P.O. Box 9313, Chapel Hill, NC 27515
or via e-mail to caucus@unc.edu

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**Caucus updates, membership information,
available opportunities, and more are now
on the World Wide Web!**

Check out the PHSC *on-line*!
<http://www.sph.unc.edu/caucus/>

**Thanks to the UNC School of Public Health
for the web space!**

Letter from the Incoming President

As graduate students, we are consumed with the academics of the curriculum. Tackling the onslaught of our studies does not leave much room for anything else but “hitting the books.” True, academics are the priority while attending graduate school, but we tend to lose sight of the fact that there is a “public” in public health. By recognizing this fundamental idea, PHSC is able to take a pro-active approach in achieving our goals in the upcoming year.

Keeping this in mind, an objective for the year is to improve relationships with the public, be it at the program, school, university, local, state, national, or global level. We benefit by utilizing the wealth of knowledge that is available from these valuable resources, which enhances our scholastic program and assists in the transition from academia to professional life. In turn, we strive to give back to the community, which is a high priority for our public health organization.

While it is important for us to develop a rapport with the society-at-large, there is also a basic need to have balance within ourselves, an equipoise of work and social. Plans for the year include new and exciting events that will bring people together and supply an enjoyable time.

Will this year be one of success? That really depends on you, the people of PHSC. We only exist because of our student constituency. Help us by participating in activities and by giving us suggestions and feedback. Involvement and communication are the components for our goals coming to their fruition: improving the “public” in public health.

Maria Louisa S. Cervania
President-Elect
University of Illinois at Chicago

1997 APHA CareerMart

The CareerMart is designed to help individuals focus on career planning in the field of public health. APHA will be providing lists of available employment opportunities, while providing a forum to present resumes to employers who are seeking qualified applicants. The CareerMart also provides excellent networking opportunities. A series of free seminars are scheduled on career issues such as resume writing, career pathing, and network development.

During the hours of operation, the applicant "Qualification Statements" and employer "Employment Opportunity" forms are displayed in binders according to ten categories of public health disciplines. Applicants who are interested in a listed position may write to the employer or leave a message using the Message Center. On-site interviews will be arranged at the employer's request.

Important Tips and Guidelines

- To participate, you must fill out the "Qualification Statement" (condensed resume) forms. These forms may be reviewed daily by recruiters. Resumes are not accepted, although you may wish to bring some to give to recruiters directly.
- GO EARLY!! The lines to enter your "Qualification Statement" get very long. If you did not submit your statement before the meeting, you will want to do this as soon as possible.
- There is no charge to participate, but you must be registered for the Annual Meeting to view binders and arrange interviews.
- Advance registration is strongly recommended. Early registration will increase exposure since pre-registered enrollment applications are mailed to recruiters prior to the Meeting.
- Check your messages often. Last year, several people missed interviews that were scheduled with only a few hours' warning.
- You can get copies of the forms from APHA's Fax-On-Demand Line at (202) 274-4577.
- Hours of operation: Sunday 11/9, 1-6 pm; Monday 11/10, 8:30 am-5 pm; Tuesday 11/11, 8:30 am-6 pm; Wednesday 11/12, 8:30-noon.

Networking at Sessions at the Annual Meeting

by J. George Grabowski
Tulane University

Did you know that unpublished job leads hold the bulk of employment opportunities? They are unlisted, unadvertised, and unpublished, and the best way to find them is to talk informally with a lot of people and gather your own job market information. The key to tapping into this market is networking and what better place to network than the 1997 APHA Annual Meeting in Indianapolis. This year, there will be 800 scientific sessions exploring diverse aspects of an array of fields in public health, 450 information booths, 10,000 national and international public health attendees, and one CareerMart. In short, there are 11,251 opportunities for you to practice your networking skills. So where do you start? Here is a list of helpful things to keep in mind before, during, and after your networking experience.

- Define your own individual job market. Know what you want, your interests and skills, geographic preference, and type of organization.
- The two-minute drill: Develop a personal profile. Summarize why you are looking for a job; what you are looking for, your general background, work experience, and several accomplishments.
- Prepare for the networking meeting. Know what you want to get across. Know what you want to ask. Be aware of presentation (dress, grooming, eye contact). Be focused and clear about your expectations. Ask questions and gather information, but be respectful of their time. Ask for names. Get the contact to identify other people you might meet or talk with to gather more information.
- Be prepared for the networking meeting which switches into a "real" interview. Assess yourself and have very specific examples which demonstrate your strengths.

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How to Get the Most Out of a Conference

by John Mutikani, Case Western Reserve University

The size and the number of sessions at the APHA Annual Meeting can be overwhelming especially for the first-time attendee. The following are some specific strategies you can use before, during, and after the Annual Meeting to get the maximum return on your time investment. The techniques are organized around the three most common reasons why people plan to attend conferences: to improve professional skill and knowledge; to develop and renew professional relationships; and to obtain professional advice. This article should give you some ideas about what you can do before, during, and after the conference to make sure that you feel that your time and money were well-spent.

To improve professional skills and knowledge:

Before the conference:

- Write down the topics or techniques you need to learn about in order to improve yourself professionally.
- Scan the session titles in the conference program and mark those that you think will be helpful.
- Highlight all interesting sessions. Where conflicts arise, mark them A for attend or H for get handouts.
- If more than one person from your school/institution is going, divide the sessions to maximize your coverage. Share notes daily.

During the conference:

- Review the day's schedule and finalize your day's choices. Check conference materials for time changes, additional sessions, etc.
- Attend your session. Ask questions. If a session is not what you expect or want, go to your second choice. Take notes on ideas you can use. Introduce yourself to people who are attending the same session as you.
- Ask the presenter to meet you later at break or for a meal to discuss the topic in depth.
- Stop by the rooms of your handout choices to pick up a handout or to ask the presenter to send you a handout.

After the conference:

- Review your notes for ideas to use. Identify ideas you want to act on and how you plan to do that.
- Summarize what you learned and what contribution it will make to your program in a memo (to your boss, mentor, advisor, etc.)
- Send a self-addressed stamped envelope with a note to presenters you missed asking for a copy of their handouts.
- Call the presenter to discuss topics in more depth.

To develop professional relationships:

Before the conference:

- Write a summary of what you are currently doing, your mission, target population, goals, programs, results, etc. Reproduce about 25 copies as well as your resume if you are job hunting.
- Make a list of old contacts you have seen in the past and hope to see again at the conference.
- Look through the conference program and highlight the names of anyone you would like to meet. Highlight their names on both the presentation description and the schedule. Make a new contacts list.

During the conference:

- Each day, decide whom you will try to meet based on the sessions you will be attending.
- Talk to presenters before or after the sessions.
- When you meet new contacts, exchange business cards and suggest that you both stay in touch. Jot some notes from the conversation on the back of the person's card.
- At the end of the day, check off the names of the people you have met and who you will try to meet the following day.

After the conference:

- Send a short note to everyone you met recalling some comments from your conversation.

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..... Getting the Most Out of a Conference

Enclose materials you promised to send.

- Write to each person you want to stay in contact with at least once before the next conference.

To obtain professional advice:

Before the conference:

- Write down the problems for which you would like advice.
- Decide who would be the best person to talk to or what kind of person would have the information you want.

During the conference:

- Find the people you need to talk to. Ask questions. Exchange business cards.
- Ask your contacts “who do you know who would be good to talk to about this issue.”
- Do not expect a consultant to give you free samples. This person makes a living by selling advice and information.

After the conference:

- Send a thank-you note if a person has been helpful.

Fun Things to Do at the Annual Meeting

Although the Annual Meeting is a great place to gain skills and knowledge, start a job search, and develop professional relationships, it is not all academic and other formal sessions. Here are several fun things to do while at the Annual Meeting:

- **APHA 5K Run:** Sunday, November 9 at 8 am; for more information, call (317) 541-2322.
- **PHSC informal socials:** Visit our booth (#459) for more information.

How to Have a Successful Annual Meeting

- Attend the business meetings and socials sponsored by your section; get involved!
- Attend the Opening Session if you can.
- Go through the final Program and plan each day before it starts. That way you can prioritize what you want to see.
- Going to a roundtable session gives you a chance to meet and talk with people in your area of interest.
- Check the Annual Meeting program for sessions sponsored or co-sponsored by your section and by the Public Health Student Caucus.
- Come by the PHSC booth for updated information and to have your questions answered. **We are booth #459.**
- Attend the PHSC Welcome and Orientation on Monday, November 10 at 4:15 pm. Check your meeting guide for the place.
- Check out the APHA New Members Orientation. Even if you are not a new member, this is an extremely informative and quick presentation that can help you have a productive experience during the Annual Meeting. You meet the APHA representatives, learn how to take full advantage of your membership, and learn how to use the Annual Meeting guidebook.
- Try to visit booths of graduate schools and gather information if you are considering continuing your education.
- Poster sessions are an easy, stress-free way to present yourself and your work.
- See if your school will reimburse you for some of the registration cost in exchange for staffing your school booth for a few hours. It is also an excellent way to meet people and discuss schools.

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- **APHA's 125th Anniversary Celebration:** Tuesday, November 11, from 7 to 10 pm, at the Children's Museum. Shuttle transportation will be provided to the Museum. Tickets can be ordered on the meeting registration form.

Public Health Student Caucus Sessions at the 1997 APHA Annual Meeting

All students should come to the PHSC sessions! Especially sessions 1189, 2145 & 3077!

Date	Times	Session #	Title	Location	Room
Sunday, Nov. 9	2:00-6:00 pm	N/A	PHSC Business Meeting	Indiana Convention Center	114
Monday, Nov. 10	7:30-9:30 am	N/A	PHSC Business Meeting	Indiana Convention Center	162
Monday, Nov. 10	4:15-5:45 pm	1189	Public Health Students' Welcome Session	Indiana Convention Center	212
Monday, Nov. 10	6:00 pm	N/A	All Caucus Social	<i>check program</i>	
Tuesday, Nov. 11	12:15-1:45 pm	2145	Insights in Public Health Leadership for Students ^A	Indiana Convention Center	212
Tuesday, Nov. 11	4:15-5:45 pm	2290	PHSC Student Paper Awards Session	Indiana Convention Center	212
Wednesday, Nov. 12	8:30-10:00 am	3077	PHSC Leadership Roundtable ^B	Indiana Convention Center	105
Wednesday, Nov. 12	12:15-1:45 pm	3144	PHSC Student Paper Poster Session	Indiana Convention Center	Hall C

^A Panel moderated by Jay Bernhardt, MPH, featuring Barry Levy, MD, MPH, Noreen Clark, Ph.D., MPH, William Roper, MD, MPH, and M. desVignes-Kendrick, MD, MPH.

^B Working session, facilitated by Maria Cervania, MPH, that will present PHSC leadership opportunities and solicit recommendations for future Caucus activities.

PHSC Co-Sponsored sessions:

- 1001 The Annual Preventive Medicine Residency Forum: Innovations in Teaching Public Health Practice to Physicians
- 1043 Training Community Health Advisors: What Works, What's Needed
- 1063 Meeting the Challenges of Accreditation
- 1117 The Profession of Health Education: Reflections and Projections
- 1119 Future Directions for Distance Learning
- 1129 Writing for Publication
- 1132 Ethics, Genetics, and Public Health
- 1141 Panel Discussion on Problem-Based Learning in Public Health Programs
- 1231 National Commission for Health Education Credentialing

PHSC Co-Sponsored sessions:

- 2083 Distance Based Approaches to Public Health Education
- 2097 Successful Publishing in Public Health
- 2153 Community and Political Organizing for Women's Health
- 2155 Innovation in Profession Development and Training
- 2230 Mentoring New Cadre of Latino and Other Minority Public Health Leaders: Facing the Challenge
- 3000 Academic Public Health Caucus Poster Session
- 3150 Innovation in Public Health Curricula
- 3163 The Epidemic Intelligence Service (EIS) Training Program
- 3281 College and Teens Women's Health Issues

..... Networking at Sessions at the Annual Meeting

- Close courteously and positively. Thank the contact for the meeting and indicate you will stay in touch.
- Follow up quickly with a brief thank-you note. This is often a good point to give your resume to the contact if you have not already done so.
- Keep a log book of telephone contacts, letters sent, and personal visits. Keep track of who referred you to whom. Note the outcome of each meeting or action. Track all of your follow-up actions. Remember the original referrer. Call him/her to tell them how their suggested contacts have helped you.
- Networking can be great fun. It is an opportunity to make new friends and learn new things. Keep in touch afterwards and do not forget to be generous to others who have helped you as well as to those who ask for help.

Thank You for Your Support!

The Public Health Student Caucus would like to recognize the following members for their support through voluntary contributions received since the last publication of *News and Views*. Your kind donations make this all possible. Thank you!

Alison Ahrens; Janet M. Beauchamp; Adenike Coker Bitto; Jean Breny Bontempi; Earlean Bronson; Lucinda Bryant; Carrie Hui-I Chen; Ruth E. Cherrick; Nilda Chong; Ami Claxton; Beverly Ann Davenport; Marie V. Downer; Kristine Eng; Kiameesha Renee Evans; Nora Few; Major Dawn Graham; Deanna Greene; Nancy Hikoyeda; Rutledge Huston; Bobbie Knotek; Barmak Kusha; Brandi L. Laird; Laura Land; Susan Lukwego.; Ponn Mahayosnand; Stephen Marshall; Stacey Elizabeth Miller; Joseph Perz; Karen Peters; Karen Ricketts; Carolyn Rinaca; Frederick Schultze; S. Rene Smart; Stuart Usdan; Robert Cameron Wolf; and Sabrina Wong.

As we approach the end of the first official year of the organization for the PHSC, I would like to again thank all of you who have contributed in the past year. Without your continued support through volunteer activities and voluntary contributions of ideas, time, and monetary donations, the Caucus would not have continued to grow into the strong organization it is today. We look forward to your continued contributions of ideas, time, and monetary donations, and we are excited to support all of you as you continue to strengthen the PHSC in the years ahead.

See you in Indianapolis!

Christine Haywood, MPH
Treasurer

The Public Health Student Caucus Needs Your Help!

Please give what you can to help us continue to serve and represent the student members of the APHA. Make checks payable to Public Health Student Caucus, P.O. Box 9313, Chapel Hill, NC 27515. Thanks for your support!

Name: _____	\$10 _____
Address: _____	\$25 _____
_____	\$50 _____
E-Mail: _____	\$100 _____
Phone: _____	\$ _____