



SPARTAN PULSE

Presented by: MSU MPH Student Advisory Board

SAB UPDATE

by Katelyn Massaria, BA, 2022 MPH Candidate

The Student Advisory Board is now featured on the D2L page, Master of Public Health Student Community! To support the mission and vision of SAB, the page will house a variety of information and forums including,

- Mission and Vision
- Meet the SAB Leadership
- MPH Committees with SAB Representation
- Upcoming Events such as meeting dates, volunteer opportunities, meet and greet events
- Newsletter Archive
- Public Health Toolbox
- Contact Us

Coming Soon:

- Upcoming and Current Open SAB Leadership Positions
- Open Discussion Boards for networking, exchanging new or interesting information with a broader audience, and raising topics for SAB to discuss
- SAB Surveys
- *And more!*

JOIN SAB

- Invite a friend
- Faculty nominates students
- Email: mailto:mphstu20@msu.edu



How to apply: Click the icon above to complete the form with basic demographic information and attach a current CV or a Resume.

MPH PROFESSIONAL MENTORS: A VALUABLE RESOURCE

by Connie Currier, DrPH, MPH

The Master of Public Health Program launched a Professional Mentor program in 2019. Dr. Wayne McCullough, MPH Program Director, envisioned this service to support MPH students and help them achieve their educational and career goals. When new students are admitted to the program, they are matched to a faculty member with similar experience and expertise.



image by Terrence from Pixabay

Faculty reach out to mentees at least three times a semester to offer encouragement and program, practicum, and career guidance as they progress through the program. The mentor-mentee relationship can benefit you beyond the end of the program by providing letters of recommendation as you seek future employment or apply to other educational programs, and it can help extend your professional networks.

According to Dr. McCullough, “a mentor-mentee relationship is one of the most important things you can develop early in your career and use throughout your professional life.”

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PUBLIC HEALTH IN THE NEWS: HEALTH EQUITY, RACISM, AND HEALTH DISPARITIES DURING A PANDEMIC

by Pavneet Banga, MD, 2021 MPH Candidate

Margaret Whitehead, an expert advisor on topics such as effects of social equality and social consequences on chronic ill health on health, describes the meaning of equity in health as “everyone should have a fair opportunity to attain their full Health potential, and more pragmatically, that none should be disadvantaged from achieving this potential, if it can be avoided.”¹

Ms. Whitehead’s definition of health equity resonates as we navigate the current situation surrounding the COVID-19 pandemic. While attending the webinar titled “Public Health in a Dual Pandemic” presented by the Division of Public Health at Michigan State University, several topics including racism, health equity frameworks, and health disparities were discussed by an esteemed panel.²

According to the Michigan Department of Health and Human Services (MDHHS) website, as of October 27, 2020, the number of coronavirus or COVID-19 cases per million by race among the Black/African American community are 19,297 as compared to 11,189 among the Whites and 8,705 among Asian/Pacific Islanders.² During the webinar, Dr. McCullough, MPH Program Director cited the high death rates among Black Americans due in part to the large number of essential workers who are minorities and therefore are exposed more frequently to COVID-19.²

Despite the widening of inequities and increasing racism reverberating across the country, it is important to remain compassionate and curious regarding these critical public

...“systemic, structural, and cultural racism will be eliminated through incremental steps. We need to keep the dialogue open.”

health areas that need attention from every individual working in the public health sector. Dr. Canady, an esteemed professor of Health Equity at MSU, states “systemic, structural, and cultural racism will be eliminated through incremental steps. We need to keep the dialogue open.”²

To view the recorded webinar, visit our LinkTree!



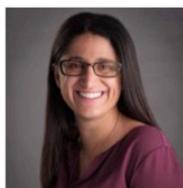
Image by Vermont Department of Health



Aron Sousa, MD, FACP, Interim Dean of the College of Human Medicine



Wayne McCullough, PhD, Program Director of the Master of Public Health Program



Mona Hanna-Attisha, MD, MPH, FAAP, Michigan State University and Hurley Children's Hospital Pediatric Public Health Initiative



Renee Canady, PhD, MPA, CEO for Michigan Public Health Institute and Assistant Professor, Master of Public Health program



Robey Champine, PhD, MS, MPH, Assistant Professor, Master of Public Health program and former FBI Analyst 

CAREER CORNER

by Alec Bennett, BA, 2022 MPH Candidate & Jennifer L. Thompson, BA, 2020 MPH Candidate

UNC Career Services: <https://careers.unc.edu/students>

University of North Carolina at Chapel Hill (UNC) Career Services website is an external resource packed with useful information and examples that cover everything from interviewing, COVID-19 job searching, and internship searches. We found the resume/CV and building a LinkedIn presence sections to be particularly helpful for graduating students and those who may be seeking to identify practicum opportunities.

Resumes and CVs: Wondering about the differences between a resume and CV and when you should use which one? This section of the website will help you navigate the development of both resumes and CVs. Resources include:

- Video series resume tips
- Resume samples & guidelines
- CV descriptions & templates
- Ideas for describing part-time experiences

How to build your LinkedIn Presence: Need help finding a practicum site or job? LinkedIn is one of the premier professional networking platforms on the internet. Don't have a LinkedIn yet? Visit the UNC guide for help building out your free personal LinkedIn page. Resources include:

- How to complete your LinkedIn profile
- How to showcase your work experience and education
- Best ways to list your professional and academic accomplishments

For more information and related links, click on our LinkTree!

VOLUNTEER OPPORTUNITIES

by Abhishek Sharma MD, 2021 MPH Candidate

The MSU Center for Community Engaged Learning

The Center for Community Engaged Learning (CCEL) in partnership with campus and community, has been preparing students for lifelong civic and social responsibility for over fifty years. During that time they have connected thousands of students and faculty with community. They assist students, faculty/staff, and community partners at every step of the way to create and manage community engaged learning (CEL) opportunities. Community Engaged Learning is a teaching and learning strategy that integrates meaningful community partnerships with instruction and critical reflection to enrich the student learning experience, teach civic and social responsibility, and strengthen communities. In recent times, during the current pandemic, they have been innovative and organized various virtual volunteer opportunities for participation.

To know more about the organization and its opportunities, please visit their website found within the LinkTree.

MSU Rotaract Club

Rotaract is a university-based nonprofit organization for undergraduate and graduate students and a partner of Rotary International. (continued on page 4)



[Image by WEYI](#)

VOLUNTEER OPPORTUNITIES (cont.)

MSU Rotaract is dedicated to providing service at both a local and international level. Members of MSU Rotaract have the opportunity to travel to work on service projects and attend conferences, serve in leadership positions, and develop skills such as project planning, event coordination, and public speaking—all while forming lifelong friendships and connections.

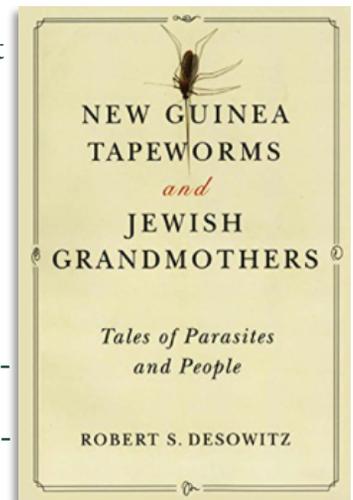
MSU Rotaract works with organizations in the greater Lansing area, as well as with Nyaka, an organization devoted to providing educational opportunities and care to vulnerable children in Uganda. MSU Rotaract maintains close relationships with several chapters of Rotary International, enabling students to form meaningful relationships with successful people in fields such as finance, medicine, and law. *For more information or to join the MSU Rotaract email list, click on our LinkTree!*

BOOK REVIEW: *New Guinea Tapeworms and Jewish Grandmothers*

by Jennifer L. Thompson, BA, 2020 MPH Candidate

New Guinea Tapeworms and Jewish Grandmothers: Tales of Parasites and People by Robert S. Desowitz (1926-2008), an epidemiologist and parasitologist, is what confirmed my love of public health. First published in 1987, *New Guinea Tapeworms and Jewish Grandmothers* is a collection of independent articles originally written for *Natural History Magazine*, which makes it an easy read as the writing is more narrative and each chapter can stand alone. One such chapter tells not only how, but also why, the behaviors of Nordic fishermen settling in Minnesota and Wisconsin and the fear of thermometers in Jewish grandmothers in New York City in the early 1900's led to the grandmothers becoming infected with intestinal tapeworms. These Jewish grandmothers often cooked by 'tasting' their gefiltefish for doneness which meant that they inevitably ate raw fish with viable tapeworm larvae (but served well-cooked fish to their families). How and why does this correspond to Nordic fishermen settling in Minnesota and Wisconsin? Read chapter 3 to learn this and more about the role introducing sanitary practices, cooking with thermometers, and fish inspections played in eliminating tapeworm infection in Jewish grandmothers and how this related to Desowitz's work in addressing tapeworm disease in New Guinea!

New Guinea Tapeworms is probably my favorite book to recommend to people interested in public health because it covers such a wide variety of topics and really challenges readers to think about the host-agent-environment interaction that is at the heart of epidemiology, and adds elements of culture and communication. At its heart, the book is a cautionary tale about unintended consequences, the importance of environmental policies, and how overlooking culturally appropriate communication can have potentially disastrous outcomes. Furthermore, Desowitz argues that behavior change, which is often central to the work of public health, also requires that public health practitioners reflect on the role of their own behaviors in these noble efforts.



COMMUNITY AND PROFESSIONAL SERVICE

by Darline El Reda, DrPH, MPH

The MPH program encourages students to get involved in community and/or professional services beyond required schoolwork. What does this mean? See examples from previous students below.

Community Service

- food shelter volunteer
- Food Bank
- Relay for life volunteer
- Stomping Out Hunger can food drive
- Animal shelter volunteer
- Shopper for at-risk people during COVID
- Teddy Bear Clinic volunteer
- Kawasaki Kids 5K volunteer
- Meals on Wheels volunteer
- American Foundation for Suicide Prevention awareness & fundraising
- American Heart Association awareness & fundraising
- Tutor for Swim for Success
- Sewing and donating quilts for children at SAFE
- Chronic disease Management
- COVID-19 free clinic
- Palliative health
- Nigerian Islamic Association Meal supply
- Black kids in action dance session
- Drive a Senior Volunteer
- Austin-Travis County Sexual Assault Response and Resource Team member

Professional Service

- provider COVID-19 provider hotline
- journal reviewer/editorial board
- Research Technician for food and animal safety
- Emergency Department Scribe
- Michigan State University SPH Student Advisor Board, Secretary
- HUDA Clinic
- SOLACE Project
- Peckham health care
- Health clinic volunteer
- Health and Safety Subcommittee- MSU
- MSU Curriculum Committee member
- Substance abuse program implementation
- Cognitive Behavioral Therapy facilitation
- Community clinic
- Director, Dept of Chronic Disease, Inter-Tribal Council of Michigan
- Michigan Cancer Consortium Board of Directors
- Reviewer for Dell Medical School Applications for admission
- Reviewer of presentation proposals for Texas Association Against Sexual Assault.

Please take a few minutes to think about activities you have participated in over the last 3 years (2018, 2019, and 2020) outside of school that may be considered community or professional service. *Add your community or professional service activities to the list by clicking the survey icon.*



PRACTICUM PERSPECTIVES: Q & A

by Sharia Phillips, D.Ed., & Darline El Reda, DrPH, MPH

Q. How do I find a practicum site? Where have previous students completed their practicum experience?

1. Conduct the practicum site search like trying to find a job . Peruse sites like INDEED. Checkout local health departments. Search for non-profits or community organizations.
2. Brainstorm how to bring public health to your job, even if it is outside the public health realm (workplace health and wellness, needs assessments, etc.), or groups where you are a member.
3. Contact program faculty mentor (MSU faculty have a plethora of experience and network.)
4. Consider your network & extended circle
5. Ponder interests or passions and conduct a GOOGLE search for what is available in your area
6. Check out MPH D2L Student Community. Practicum and career opportunities are posted in the Announcements on a regular basis.
7. Contact Dr. Phillips (phill874@msu.edu). She works closely with Keosha Corder, the MPH recruitment and practicum coordinator, to identify possible sites.



Q. What insight can a current HM 892 student offer about their practicum experience?

As answered by Christina Darin, 2021 MD/MPH Candidate

What are you doing for your practicum? For my practicum experience, I am working with a program called Centering Pregnancy, which has group prenatal classes. I am going to develop a survey with hopes to learn more about the effects of COVID-19 on these classes and pregnancy.



Christina Darin, 2021 MD/MPH Candidate

How is this experience impacting your overall university experience? This experience is strengthening my overall university experience and my Master's in Public Health experience. Since the coursework for the MPH degree is entirely online, I have felt that I've missed the "hands-on" aspect of in person experiences. Completing this practicum has provided the opportunity to "get my hands dirty" and actually apply what I have learned in my courses to a real-world experience. I feel that I am making a difference during my practicum because investigating my topic and creating the survey will directly impact health education and peoples' lives.

Practicum Examples From Previous Students: At the end of the semester, HM 892 students participate in a seminar where they share what they did and what they learned. Watch the Zoom seminars to see what previous students have done for their practicums in the HM 892 Applied Practice Experience Seminar Recordings tab housed in the MPH D2L Student Community or *click our LinkTree*; alumni have access through the Alumni tab of the MPH homepage.