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Inspiration + Motivation

"I realized that I don't have to be perfect. All I have to do is show up and enjoy the messy, imperfect, and beautiful journey of my life."
-Kerry Washington

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."
-Henri J.M. Nouwen

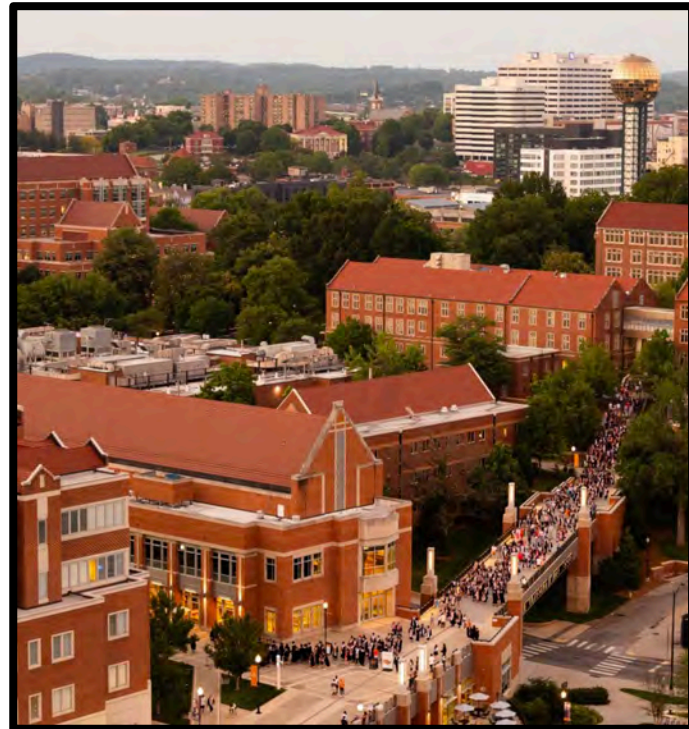
"Mistakes are a fact of life. It is the response to the errors that counts."
-Nikki Giovanni

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Public Health Memos

Spring 2024, Volume II



Refreshed and Ready to Go!

Hey, Vols!

We hope you had an amazing spring break and are feeling refreshed, recharged, and ready to finish the spring semester strong! Be sure to check out the many professional development opportunities included in this month's edition!

Community Pantry!

Reminder! The Department of Public Health is Home to a Community Pantry!

The Community Pantry, located in **HPER 383**, is a need based, take what you need, leave what you can pantry. All UTK Public Health students, staff, and faculty can utilize this FREE department resource!

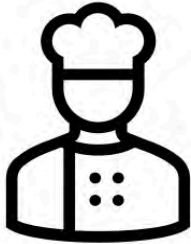
The pantry is open Monday-Friday

8:00am-5:00pm

(Excluding holidays and scheduled university closings)

Currently, the following items available for taking or giving:

- Non-perishable food and beverage items
 - Personal hygiene products
 - Cleaning supplies
 - Pet food and treats



Big Orange Pantry!

Available to all current students, faculty, and staff, the Big Orange Pantry provides a variety of non-perishable and fresh foods, hygiene products, and other essential items supporting basic needs.

The Big Orange Pantry is co-located with Smokey's Closet in the Center for Basic Needs, Student Union Room 376C



Get Involved with DEI!



Graduation Information!

Graduation is right around the corner!

The graduation ceremony for undergraduates in the College of Education, Health, and Human Sciences is **Friday, May 17th at 4:30 pm**

The graduation ceremony for graduate students in all colleges is
Saturday, May 18th at 9:00 am

For more information, visit

<https://commencement.utk.edu/spring-2024-commencement-ceremonies/>

GTA Applications Are Open!

Applications for 2024-2025 graduate teaching assistant (GTA) positions are now open!

Applications must be completed by all students, regardless of current appointment.

GTA positions are open to all MPH and PhD students in the Department of Public Health

The deadline to apply is April 1st!

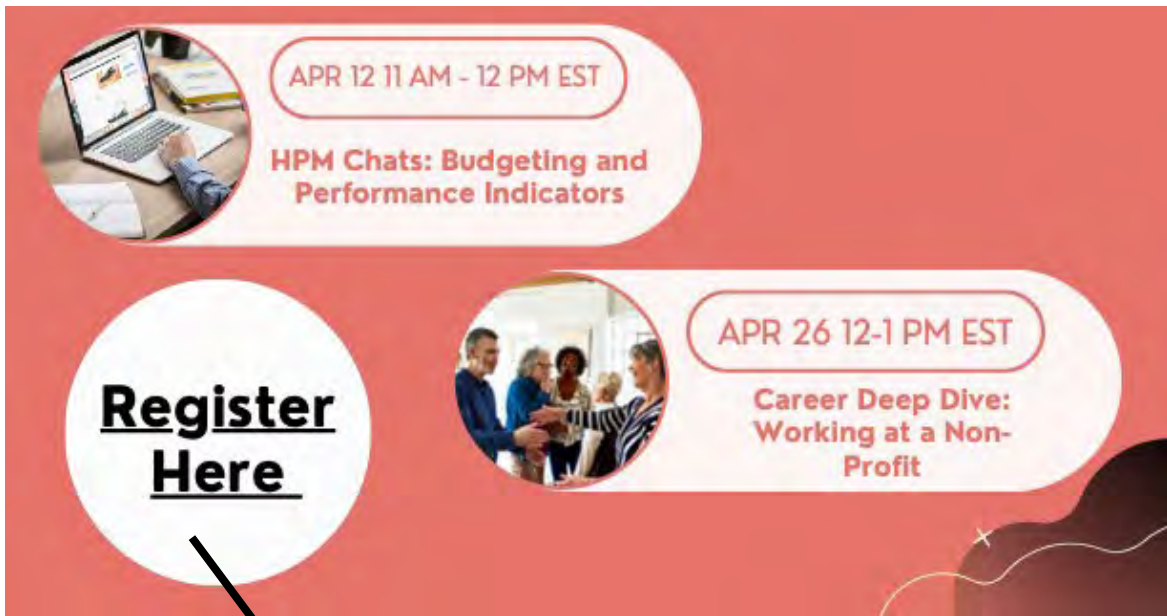
<https://publichealth.utk.edu/funding-opportunities-1/graduate-assistantships/>



Department of Public Health

College of Education, Health, and Human Sciences

Spring Professional Development Event



The graphic features a red background with two event details. The top event is 'HPM Chats: Budgeting and Performance Indicators' on APR 12 11 AM - 12 PM EST, accompanied by an image of a laptop. The bottom event is 'Career Deep Dive: Working at a Non-Profit' on APR 26 12-1 PM EST, accompanied by an image of a group of people. A large white circle on the left contains the text 'Register Here' with an arrow pointing to a registration link below.

APR 12 11 AM - 12 PM EST
HPM Chats: Budgeting and Performance Indicators

APR 26 12-1 PM EST
Career Deep Dive: Working at a Non-Profit

Register Here

<https://forms.gle/KP5oz8YKyVdKPt4c9>

Tennessee Department of Health Internships

Applications for fall internships with the Tennessee Department of Health are open!

This is a great opportunity for students looking to complete their APEx next fall.

If you or someone you know is interested in a fall placement, please visit the Tennessee Department of Health webpage for information regarding available internships and application processes.

Applications close **Friday, April 12th, 2024!**

<https://www.tn.gov/health/health-program-areas/careers/academic-health->

Tennessee Department of Health Open House Event

TN Department of Health

Virtual Open House

in celebration of

Public Health Week

April 5th | 10:00 AM CST
2024 | to
04:00 PM CST

Flexible attendance with sessions lasting 30-60 minutes to accommodate your schedule!

HEAR FROM OUR DIVISIONS AND OFFICES

- Administrative Services
- Communicable and Environmental Diseases and Emergency Preparedness
- Community Health Services
- Family Health and Wellness
- Health Disparities Elimination
- Health Licensure and Regulation

- Human Resources
- Informatics and Analytics
- Laboratory Services
- Overdose Response Coordination
- Primary Prevention
- Strategic Initiatives
- Vital Records and Statistics

Link to Register!

https://app.brazenconnect.com/a/tennessee_department_of_hr/e/YvPW6

CHES Study Session!

Dr. Perion will be offering CHES study sessions for students interested in taking the April CHES exam!

What is CHES you ask? Great question!

CHES stands for Certified Health Education Specialist.

This certification, given by the National Commission of Health Education Credentialing, establishes an individual's knowledge and skills and makes them more competitive on the job market!

This study group is offered via Zoom and is open to all students!

April 4th, 2024, from 4:30pm-5:30pm EST

April 18th, 2024, from 4:30pm-5:30pm EST

<https://tennessee.zoom.us/j/4147356617#success>

For more information on the study group, contact Dr. Perion

Jperion@utk.edu

For more information on the CHES exam and certification, go to

<https://www.ncheec.org/ches>



Credentialing Excellence in Health Education

NCHCEC

National Commission
for Health Education Credentialing

GSS Award Winners!

Congrats to the following members of the Department of Public Health on their GSS awards!

Aimee Pehrson - Graduate Student Senate Award for Excellence in Service
Shompa Reza - Graduate Student Senate Award for Excellence in Graduate research

Laurie L. Meschke -- Graduate Student Senate Award for Outstanding Graduate Research Mentor

Graduate Student Research Colloquium!

SAVE *the* DATE

Graduate Student Research Colloquium

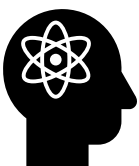
APRIL 2, 11:00 - 2:30 PM

Student Union 262/270

- 11:00 am - 12:30 pm - In-person Posters and Lunch
Student Union 262
- 12:30 pm - 2:30 pm - Oral Presentations
Student Union 270

Abstracts due by 2/12 @ 11:59 PM ET

- Prizes for oral presentations, top poster in the department, and people's choice awards!
- All posters will be available online via a link sent to the college
- Distance education students can participate via online posters or oral presentation



Student Spotlight!

Gladys Hunt



Congratulations to Gladys Hunt, an MPH student in Distance Education program, on her poster's acceptance to Academy Health's annual research meeting in Baltimore, Maryland!

Gladys and her colleagues are working on a mixed method study to assess primary care practices' experience of implementing health coaches with motivational interviewing training into their practice.

Congrats, Gladys!

Faculty Spotlight!

Julie Grubaugh



Greetings! I'm Julie Grubaugh (she/her), a master's prepared faculty lecturer specializing in community health education. As an integral part of UT since 2004, my roles have evolved from sign language interpreter to Academic Health Department coordinator and now the Director of Undergraduate Public Health program.

I've grown our Introduction to Public Health course (PUBH 201) from engaging 30 students per semester in 2018 to almost 800 in 2024. I enjoy sparking student curiosity by linking real-world issues with course content.

My public health interests revolve around leveraging the workforce for equity-minded community health improvement. I've presented on creating equitable workplace conditions and communities through organizational culture shifts.

For students navigating their journey in public health, my top advice includes:

- **Establish a LinkedIn presence:** Connect with faculty and peers, and potentially be recruited for opportunities. [UT Career Center](#) can help you get started.
- **Nurture your network:** Conduct informational interviews, engage with guest speakers, and take full advantage of mentorship opportunities.
- **Get hands-on experience:** Join the [Public Health Student Association \(PHSA\)](#), work as a [peer health educator](#) or volunteer as a [N.E.A.T. educator](#) with Knox County Health Department. Seek out [research projects with faculty](#), and explore opportunities via UT's [Handshake](#) or the Emory School of Public Health [job board](#).

Remember: Real-world practice will help formulate your path while building your resume and references!