

Health Career Preparation



New for 2023 – 2024

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference. Editorial updates have been made.

Event Summary

Health Career Preparation provides Middle School members with the opportunity to gain knowledge and skills required for interviews in a health career. This competitive event shall consist of a written statement of interest and an interview. This event aims to inspire members to be proactive future health professionals and gain confidence in speaking about why healthcare is the right career fit for them.

Dress Code

Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide:

- ☐ The Statement of Interest
- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser for evaluation

General Rules

1. Competitors in this event must be active members of HOSA – Future Health Professionals in good standing.
2. **Eligible Divisions:** Middle School ONLY (in grades 6-8 during the 2023-2024 school year) are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the “[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#).”
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Statement of Interest

5. Formatting the Statement of Interest:
 - a. Title page centered including: event name, competitor name, HOSA Division, HOSA Chapter Number, School Name, Chartered Association, Statement of Interest. One page only.
 - b. Body: Maximum of two (2) pages in length
 - c. 8.5 x 11" paper, single-sided, stapled in top left corner
 - d. Arial, 12 point font
 - e. Double spaced, 1" margins
 - f. Running header with last name and event on top left side of page, and page number on top right side of each page (not counting title page)
6. Contents of the Statement of Interest: The Statement of Interest should include answers to the following questions:
 - a. Why do you want to pursue a career in healthcare?
 - b. What specific field of healthcare are you interested in?
 - c. How did you get intrigued with healthcare?
 - d. How can HOSA play a role in helping you reach your goals?
7. Competitors will bring their Statement of Interest to ILC competition to reference during the interview, and to provide to judges.

The Interview

8. Competitors shall report to the site of the interview at the given appointment time. No materials other than the Statement of Interest may be taken into the interview. The section leader shall introduce the competitor by name to the judges.
9. In the Job Seeking Skills, Interviewing Skills and Health Careers Preparation events only, handshakes between judges and competitors are allowed. In this event, handshakes are allowed both at the beginning and end of the event.
10. Interview questions asked of the competitors will be similar to the questions addressed in the Statement of Interest. Competitors should be prepared to introduce themselves, speak about why they are interested in healthcare, what parts of healthcare they are interested in, how they got intrigued in healthcare, future career goals, what role HOSA can play in reaching their goals, & what they are most excited about in healthcare field.
11. The questions asked during the event are considered to be a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic for ANY event until after the event has concluded. Violation of the ethics rules will be severely penalized per [the GRRs](#).
12. The interview will be conducted for a maximum of four (4) minutes. The timekeeper shall present a card advising the competitor when there is one (1) minute remaining. At the end of the interview the competitor will leave their Statement of Interest with Judges.

Final Scoring

13. In the event of a tie, a tiebreaker will be determined by the areas on the rating sheet section(s) with the highest point value in descending order.

HEALTH CAREER PREPARATION

JUDGE'S RATING SHEET

Section # _____ Judge's Signature _____

Competitor # _____ Division: MIDDLE SCHOOL ONLY

Items Evaluated						
A. Statement of Interest	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Organization	The Statement of Interest includes an excellent introduction, body and conclusion paragraphs. It flows smoothly and is very organized. It stands out above others.	Most of the organization is appropriate, but there are a few small changes that could be made to make the Statement of Interest better to the viewer.	Some of the organization is correct, but there are a couple major problems that are rather distracting to the viewer.	An attempt was made to organize the Statement of Interest, but there are still significant problems that distract the viewer from reading it from top to bottom.	Statement of Interest not submitted OR the Statement of Interest has little to no organization, which could mean inconsistent fonts, no separation of paragraphs, or improper ordering of topics.	
	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
2. Content of the Statement of Interest includes an answer to the question: • Why do you want to pursue a career in healthcare?	The Statement of Interest includes an excellent and thoughtful answer to question asked. It makes for a great introduction and the judges feel like they have a real sense of who the competitor is.	The Statement of Interest answer to the question leaves the judges wanting more information.	The Statement of Interest attempts to answer the question but there is a significant need for more information	The Statement of Interest only minimally answers the question.	Statement of Interest not submitted OR the Statement of Interest does not answer the question.	
3. Content of the Statement of Interest includes an answer to the question: • What specific field of healthcare are you interested in?	The Statement of Interest includes an excellent and thoughtful answer to question asked. It makes for a great introduction and the judges feel like they have a real sense of who the competitor is.	The Statement of Interest answer to the question leaves the judges wanting more information.	The Statement of Interest attempts to answer the question but there is a significant need for more information.	The Statement of Interest only minimally answers the question.	Statement of Interest not submitted OR the Statement of Interest does not answer the question.	
4. Content of the Statement of Interest includes an answer to the question: • How did you get intrigued in healthcare?	The Statement of Interest includes an excellent and thoughtful answer to question asked. It makes for a great introduction and the judges feel like they have a real sense of who the competitor is.	The Statement of Interest answer to the question leaves the judges wanting more information.	The Statement of Interest attempts to answer the question but there is a significant need for more information	The Statement of Interest only minimally answers the question.	Statement of Interest not submitted OR the Statement of Interest does not answer the question.	

A. Statement of Interest	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
5. Content of the Statement of Interest includes an answer to the question: <ul style="list-style-type: none"> How can HOSA play a role in helping you reach your goals? 	The Statement of Interest includes an excellent and thoughtful answer to question asked. It makes for a great introduction and the judges feel like they have a real sense of who the competitor is.	The Statement of Interest answer to the question leaves the judges wanting more information.	The Statement of Interest attempts to answer the question but there is a significant need for more information	The Statement of Interest only minimally answers the question.	Statement of Interest not submitted OR the Statement of Interest does not answer the question.	
6. Neatness, spelling, grammar	There are no spelling or grammatical errors throughout the entire Statement of Interest	There are 1-2 minor misspellings or grammatical errors that will be easy to fix to make it appeal to the viewer.	There are 3-4 spelling or grammatical errors in the Statement of Interest.	There are 5-6 spelling or grammatical errors present in the Statement of Interest	Statement of Interest not submitted OR there are 7 or more spelling or grammatical errors in the Statement of Interest.	
7. Title Page	Title page includes: event name, competitor name, HOSA Division, HOSA Chapter Number, School Name, Chartered Association; one page only.	N/A	N/A	N/A	Statement of Interest not submitted OR all requirements are not met.	
8. Formatting	Statement of interest is two pages max, on 8.5 x 11" paper, Arial, 12 point font, and double spaced. Running header with last name and event on top left side of page, and page number on top right side of each page (not counting title page)	N/A	N/A	N/A	Statement of Interest not submitted OR all requirements are not met.	
B. Question Responses	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Introduction/first impression	Greeting is excellent. Great first impression!	Greeting is good, but didn't stand out amongst competition.	Greeting is appropriate, conversation is appropriate.	Average, presentation is not engaging.	Poor first impression. Competitor did not try to engage with the judges.	
2. Content of Question Responses Judges are looking for presentations with the following criteria: <ul style="list-style-type: none"> a. Competitor shows willingness to volunteer information b. Presentation is informative regarding future goals. c. Sounds professional in choice of vocabulary and descriptions. 	The competitor showcased each of the three criteria in their question responses with confidence. The presentation left the judges with a very clear picture of the competitor's career goals, aspirations, and plans for the future.	The presentation was honest, thoughtful and thorough using professional language and tone, but content lacked the wow factor to make the competitor stand out from others. The competitor covers 2-3 of the presentation criteria.	The presentation does not provide a clear picture of their career goals. The competitor covers 2 of the presentation criteria.	The presentation was thoughtful, but the presentation was underwhelming. Covers 1 or fewer of presentation criteria.	Most questions were answered inappropriately, didn't elaborate on answers Covers none of the interview criteria.	

B. Question Responses	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
3. Confidence, maturity, enthusiasm	The competitor exhibited great confidence throughout their presentation. There is a genuine excitement about healthcare and HOSA and they conducted themselves with maturity. They would make a great future health professional!	The competitor presented with confidence. They were excited to share information about their future career of interest.	The competitor exhibited some level of confidence in their presentation ability but seemed a little nervous. Next time they will do incredible!	The competitor appeared to be nervous and anxious during the presentation. It was evident they were excited; they just need more practice with presentations.	The competitor's nerves got the best of them. They were not able to showcase their best work in the interview. They should keep trying!	
B. Question Responses	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
4. Closing	The competitor maintained composure throughout the presentation, thanked the judges.	N/A	The competitor remained professional throughout the presentation.	N/A	The competitor did not maintain composure throughout the interview & forgot to thank the judges at the end.	
C. General Characteristics	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. *Diction and **pronunciation	The competitor speaks clearly, enunciates words. Clear, crisp speech which is easy to hear and understand.	The competitor enunciates most words clearly and is easily understood.	The competitor speaks clearly, minimal instances when they mumble or do not enunciate their words.	The competitor mumbles some of the time and speaks at a low volume. The judges must ask the candidate to repeat themselves.	The competitor mumbles, speaks softly, and is hard to hear. Judges are unable to hear or understand all or part of the responses to the interview questions.	
2. Eye contact, poise and posture	The competitor displays comfortable eye contact, displays confidence in their demeanor; sits up straight throughout presentation.	The competitor makes eye contact most of the time, sits up straight and conducts themselves with confidence.	The competitor displays some eye contact but looks down or to the side during the presentation.	The competitor makes limited eye contact and does not display good posture.	The competitor does not make eye contact with the judges. They slouch or appear disinterested during the interview.	
Total Points (105):						

* Definition of Diction – Choice of words especially with regard to correctness, clearness, and effectiveness.

** Definition of Pronunciation – Act or manner of uttering officially.