

HOSA-FUTURE HEALTH PROFESSIONALS

eMAGAZINE

DARE TO CREATE

MAPPING YOUR FUTURE WITH HOSA!





WASHINGTON LEADERSHIP ACADEMY

By Anna Feng, International HOSA President

We often hear about the magnitude of HOSA—with over 260,000 members and 54 chartered associations across the globe. We share in the excitement of this expansive, international reach, but also of the unique ability of this organization to create a community and a family, even for one member out of 260,000. Nowhere did this quality of HOSA-FHP become more apparent than in Washington, D.C., during our 17th Annual Washington Leadership Academy.

With long days and short nights powered by caffeine and a great assortment of dinner treats, WLA started before sunrise and ended well after sunset. It would follow if time felt longer, simply by the hours spent awake, but it felt like WLA started and ended instantly. I remember landing back home, finding it hard to believe the week flew by so quickly.

Walking into the first leadership session of the week, well into the evening hours, we were met with incredible energy and excitement from the officers — an energy that continued to return session after session. It became natural to mirror the excitement we saw from the officers day after day — their response to activities, their eagerness to engage with every question — it inspired us as an International Executive Council, and created an environment that uplifted each individual present

With the incredible support and facilitation by Gallup-Certified Strengths Coaches Jennifer McNelly and Jeff Koeninger, attendees were immersed in the CliftonStrengths curriculum, learning to build strengths-based teams. Over the course of three days, members honed their networking abilities, collaborated in teams, and engaged with peers and fellow leaders from across the country and across the globe – capitalizing on their strengths to understand their talents, developing those talents into skills, and learning to utilize those skills as a student, leader, and team member..

On Sunday night, Washington D.C. was the foreground of the beloved “Twilight Tour,” as members and advisors alike filed onto buses. Framed by the setting sun, we would visit beautiful monuments and memorials, including the Jefferson Memorial, the Lincoln Memorial, the Vietnam and Korean War Memorials, the FDR Memorial, and the MLK Memorial. Accompanied by a member of the Guild of Professional Tour Guides, we learned about the nation’s capital city's history while witnessing its beauty.

The Monday morning after, attendees had the opportunity to hear from esteemed health professionals during a “Health Professions Panel,” including:

- Margot Savoy, AAFP — Senior Vice President for Education at the American Academy of Family Physicians (AAFP)
- LCDR Schuyler Price — Medical Reserve Corps (MRC) & Administration for Strategic Preparedness and Response (ASPR) at the Department of Health and Human Services (HHS)
- Diana L. Dabdub, Certified Association Executive (CAE) — Director for Admissions & Recruitment Affairs at the American Association of Veterinary Medical Colleges (AAVMC)
- Sarah Amesbury and Dr. Stacey Schwartz — American Physical Therapy Association (APTA)

Representing several health industries, the panel spoke from ranging areas of expertise and experience, yet centered around the common goal of healthcare. Demonstrating the interdisciplinary nature of health, the panelists emphasized the need for collaboration among health professions, highlighting the importance of WLA — a space where students of various health interests come together.





On Tuesday morning, HOSA leaders visited Capitol Hill to advocate for HOSA-Future Health Professionals, promoting health science education and career and technical education to Senate and Congressional representatives.

A special thanks to Jerrica Mathis, Cardinal Health's Vice President of Government Relations, and Angie Comte, Manager of Government Relations at Cardinal Health, who offered advice to attendees on how to advocate for HOSA and Health Science Education on Capitol Hill.

Throughout Washington Leadership Academy, HOSA members additionally had the opportunity to gain insights from various keynote speakers, including:

- Bryant Collier, CEO of B.CollierSpeaks, is a renowned speaker who inspired and challenged us to conquer the world. A Georgia native, Bryant travels the country empowering and encouraging leaders to never give up on their journey to success. Dedicating himself to walking alongside others in life's journey, he is convinced that with inspiration, affirmation, and mentorship, anyone can become a leader of tomorrow.
- HOSA was also pleased to welcome Deputy Assistant Secretary for the Office of Career, Technical, and Adult Education with the United States Department of Education – Luke Rhine. Prior to joining the Biden-Harris Administration, Luke served as the Associate Secretary of Workforce Support for the Delaware Department of Education, overseeing the offices of career and technical education, higher education, educator excellence, and licensure and certification. Previously, Luke has worked at the Maryland State Department of Education and as a high school CTE teacher and middle school teacher.



Held in the heart of our nation, both local and state leaders gained the knowledge and confidence needed to be influential leaders prepared to enter the health professions. However, beyond refining their skill sets, WLA created a space for connection, joy, and memories made as attendees spent their lunches and workshop breaks meeting fellow officers from all over.

As a team, the International Executive Council looked to uplift and inspire each member we spoke to, but quickly found they uplifted and inspired us equally so. Whether in the hallways, elevator lulls, or museum gift shops, our conversations with members are some we hope to hold close to throughout the rest of our time serving this organization. We opened the first leadership session of WLA with a compact — a commitment to our members — that centered around serving with “one voice,” asking members to share their thoughts, feedback, opinions, and ideas both during and after WLA.

Late into the night, we pored over index cards from local and state leaders, learning from the member voices behind notes scrawled in colorful ink. Inspired by the outpour of feedback, we left the last leadership session with a charge to attendees — asking them to continue opening these lines of communication and hold us accountable to our commitment. It is our hope that WLA built a foundation for one of our most important goals as a team: making the IEC more accessible, forming genuine connections with officers, and conveying the message that we serve with our membership as HOSA members first.

With the close of the 17th Annual Washington Leadership Academy, we look to carry forward pieces of what we believe made this year’s conference so special — each and every conversation with officers, sitting with members at meals, the dancing, the laughter, and the feeling that — somehow, we weren’t at WLA as an IEC and attendees — but as one greater community.



HOSA SAVES LIVES!

Ashley, a college student and member of HOSA-Future Health Professionals, donates blood stem cells to help a stranger—on her birthday!

While most college students celebrate their 20th birthday with friends, Ashley spent the day donating her blood stem cells to potentially save a stranger's life.

After joining the registry at ILC in 2022, Ashley found out she was a match for someone in need just one year later. "When I got the email, I burst into tears and thought 'I'm going to change someone's life.'"

When she learned they needed her right away—on her actual birthday—she didn't hesitate. "I told them I would LOVE to donate on my birthday," she said. "If that was me who needed a transplant, I hope someone would be willing to do the same."

"The process was fast and didn't hurt," said Ashley, who donated peripheral blood stem cells, a method similar to donating plasma that's used 90% of the time. The procedure requires filgrastim injections for five days leading up to donation. Those shots led to some soreness, Ashley said: "I felt completely fine and safe. I would do it over and over and over again."

IS YOUR CHAPTER REGISTERED TO SAVE LIVES THIS YEAR?

Get started today at [BeTheMatch.org/HOSA](https://www.BetheMatch.org/HOSA)

"I'm first generation Hispanic, and I just couldn't imagine there might be someone out there struggling to find somebody like me."

—Ashley, blood stem cell donor



Visit [BeTheMatch.org/HOSA](https://www.BetheMatch.org/HOSA)
or email HOSA@NMDP.org

NETWORKING

THE BEGINNING OF EVERY JOURNEY



**By: Tristen Rothrum, Central Region Vice President
& Jocelyn Auxier, Western Region Vice President**

Networking is your passport to an exhilarating journey in healthcare. Forging meaningful connections will transform your path into a remarkable adventure. Let's explore some strategies to polish your networking skills with authenticity, positivity, and an irresistible allure.

Immerse Yourself

Your healthcare adventure begins by joining or starting a HOSA chapter within your school. HOSA isn't just another organization; it's a vibrant community teeming with fellow enthusiasts who share your zeal for healthcare. Dive headfirst into meetings, become a fixture at events, and dare to consider stepping into leadership roles. As you connect with peers and faculty advisors, you'll discover a support system that elevates your spirits and nurtures your personal and professional growth.

Illuminate the Stage at Events

Attending health-related events, meetings, and conferences isn't just mere participation; it's exploring a new world in your grand adventure. You'll rub shoulders with seasoned professionals, uncover emerging trends, and, most excitingly, craft connections with potential mentors. Don't forget to unearth scholarship opportunities or discounted rates tailored for students—these events are curated just for you!

Unleash the Power of Digital

In the era of digital connectivity, social media, and online communities stand as your secret allies. Feel free to jump into this realm by joining healthcare-focused groups on platforms like LinkedIn, Facebook, or Reddit. Engage in conversations that truly matter, share your unique insights, and connect with kindred spirits—students and professionals—who share your passions. Craft a LinkedIn profile that sparkles, showcasing your skills and the unwavering flame of your passion.

Radiate Confidence at Career Fairs

Think of career fairs as treasure hunts—a thrilling quest where your prize is the job of your dreams. High schools and colleges are known for hosting spectacular events that connect employers and students hungry for opportunities. Prepare yourself by dressing to impress, brandishing a meticulously crafted resume, and practicing your elevator pitch until it gleams like polished gold. By doing so, you'll etch an indelible mark in the minds of recruiters, potentially leading to the offers you've longed for.

Make Friends with Alumni

Within HOSA's International Alumni Association and your school's alumni network lies a treasure trove of connections. Alumni are eager to support current students, sharing wisdom, offering mentorship, and guiding you toward promising job prospects. Feel free to attend alumni events, reach out through dedicated platforms, or connect via social media. You'll be astounded by the support and insights flowing your way.

Cultivate Bonds with Mentors

Lastly, consider your professors and former HOSA advisors as potential mentors with valuable connections in healthcare. Take the initiative to attend their office hours, inquire earnestly, and participate vigorously in classroom dialogues. By nurturing these relationships, you'll unlock exciting research prospects and gain profound insights into the myriad career paths within healthcare.

Let Internships and Externships Illuminate Your Path

Let's focus on internships and externships as invaluable beacons to light your way while gaining hands-on experience through these opportunities. Extend your reach to local hospitals, clinics, research institutions, and healthcare companies to uncover the opportunities awaiting. During these experiences, you'll make connections with seasoned professionals who could swing open the doors to dream jobs or draft glowing recommendations.

Volunteer to Uplift Lives

Volunteering isn't just a noble endeavor; it's an opportunity to connect while gaining authentic experience. If possible, dedicate your time to healthcare facilities, community health clinics, or non-profit organizations—engaging in selfless acts that forge bonds with compassionate healthcare professionals. You'll delve into the multifaceted roles within the industry, showcasing your unwavering dedication. And, in the process, you'll unveil profound references and impressive recommendations.

As you finesse your networking skills, remember that it's not just about the connections—it's about the impact your connections will make. Embrace the adventure with unbridled enthusiasm, and enjoy every step while you let your passion illuminate the path ahead!

APPLYING TO COLLEGE

BUT MAKE IT EASIER!

By: Aashna Ravi, Postsecondary/Collegiate Board Rep & Ahdaf Zaman, Eastern Region Vice President

The college admissions process is undoubtedly rigorous and will test your limits as a high school senior. However, a few healthy habits have the potential to ease this process and make it advantageous. It's crucial to exercise patience and thorough consideration throughout the college application process. Take your time, resist rushing the process, and ensure you explore all available options. Keep an open mind throughout the decision-making process, as sometimes the best fit may not align with your initial expectations. Trust your instincts, gather information, and choose the college best for your academic and personal growth.

First, you need to do your homework, and yes, we recognize that homework is the last thing a high school senior intends to do during the college application process. By "doing your homework," we mean researching the schools you are interested in attending and having a general idea of which schools you prioritize and realistically consider committing to. Remember, research isn't just reading information on their college webpages; you can contact college admissions officers, attend webinars or campus tours, and even talk to past applicants or current students.

Create a pros and cons list for each institution you're considering, weighing factors such as academic programs, financial aid, and extracurricular opportunities. Don't forget the intangible aspects as well, like the climate, location, campus size, and the overall vibe of the student community. After all, you'll call this place your home for the next four or more years, and minor details can significantly impact your overall college experience.

Get a headstart on your Common Application and start drafting your personal statement. Creating a first draft of your essay early on will allow you for peer review and final touches as time goes by. It's also a great time to start polishing your resume--keeping a "running resume" where you add activities as they occur makes filling out the activities area on the Common Application a breeze!

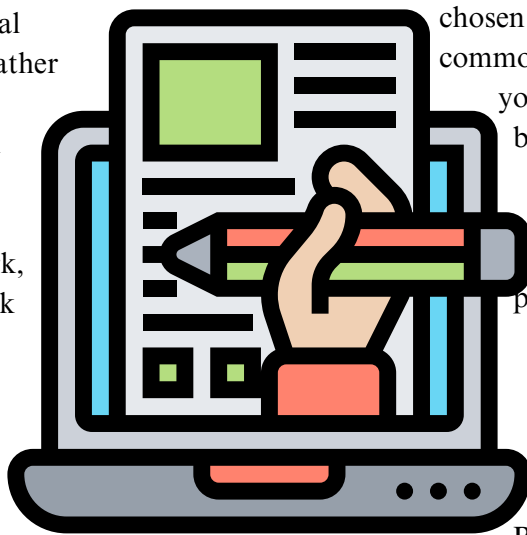
Maintaining a rapport with teachers and mentors is crucial that you plan on eventually requesting a letter of recommendation to speak to your character. Asking for letters of recommendation in advance is an excellent way to ensure you receive thoughtful letters. It also shows you respect your recommender's time!

Dedicate time to prepare for interviews if they are a part of the application process for your chosen institutions. Practice answering common interview questions, articulating your goals and aspirations clearly and being authentic to make a lasting impression. Being well-prepared for the application process will help you enjoy the college application process instead of stressing out.

More than ever, prioritizing mental health and your well-being while navigating the college application process is vital.

Remember, self-care is not a luxury but a necessity. Allocate time for relaxation, exercise, and hobbies to reduce stress. Maintain a balanced schedule to avoid burnout and permit yourself to take breaks when needed. Seek support from friends, family, or a counselor who can provide guidance and lend a listening ear. Embrace mindfulness and stress-reduction techniques like meditation and deep breathing to stay grounded.

Know that the college application process does not define your worth, and it's crucial to maintain a sense of perspective. Celebrate small victories, and don't be too hard on yourself if things don't go as planned--there may be something even better for you! Maintaining a healthy balance between your to-do list and well-being will enhance your chances of success and ensure that you emerge from this process better prepared and more resilient for life after graduation.



What Happens After You Hang Up Your HOSA Blues?

Attending the DeBakey High School for Health Professions in Houston, Texas, HOSA alumna Bola Adeyeri delved into her HOSA journey as a sophomore, interested in the Sports Medicine competitive event – the event in which she would continue to compete and fall in love with the next three years. Bola had long loved health sciences in middle school, but she wasn't sure how that would affect her pathway until she discovered sports medicine and orthopedics through HOSA.

From HOSA (and her intense Google research), she learned more about the differences between operative and non-operative management of sports injuries, the different careers under the umbrella term of sports medicine, and the unique ways in which she can reach her career goal on a trajectory that is authentic.

In the 11th and 12th grades, Bola's intense school curriculum coupled with HOSA's technical training and leadership experience helped her decide to pursue a career in sports medicine and orthopedic surgery, and, as such, was inspired to commit to the dream of applying to the University of Houston and Baylor College of Medicine BS/MD program that is unique to only her high school.



Being one of the chosen six in her graduating class, Bola has completed her undergraduate degree at the University of Houston and is on track to attaining her Doctor of Medicine degree at the Baylor College of Medicine. During her undergraduate years, Bola discovered her passion for service and public health policy/advocacy through initiatives she had taken through organizations such as the American Women's Medical Association and more. Post-graduation, Bola still plans to apply to orthopedic surgery residencies and continue on her track toward becoming a practicing physician.

Through her experiences, Bola believes HOSA played the role of being an accessible resource — one that allowed her to find her interest and dig deeper into it, and shares that was the key in helping her find the right opportunities in healthcare she needed to build the career path for her. Bola says that HOSA was the bridge between high school and the future she knew she wanted to attain, especially in a fast-moving space where other students were pursuing research and internships she had never heard of.

Years later, Bola finds joy in returning to her roots to impact her HOSA community as an alumni member, using her story to shape the future of the healthcare leader. Bola fondly talks about how she had the opportunity to attend the Texas HOSA's Houston area conference this past year as a speaker and inspiration for the chapters in attendance, including her high school alma mater. Bola, who thrives on interpersonal connection and a genuine love for serving others, now enjoys attending the same conferences she attended as a student because of the lasting impact she can make.

HOSA gives you a sense of belonging in healthcare.

-Bola Adeyeri

Using HOSA as an example, Bola was inspired to speak about her experiences and early exposure to healthcare as a panelist for the Equipping Underrepresented Young People Workgroup and AAMC Pathway Programs Consortium. The panel focused on K-12 education and the need to create more career pathways for healthcare at a young age while increasing the opportunities given to underrepresented students pursuing the same path. She hoped to bring the perspective that "...yes, you can tell students to do all these things (research, academics, etc.), but if you don't show them how or tell them why, they may not end up there even if you give them the information..." — essentially, aiding the next generation of students by providing the guidance and advice through opportunities like HOSA.

When asked what advice she would give HOSA members, she says no matter what path you are on, lead with integrity and do it purposefully. Bola hopes we can unite in a shared vision and work towards building our futures based on the lessons learned by those around us.

From being a hardworking student and diligent HOSA member to an almost-physician, a very special thank you to Bola for continuing to be a part of our HOSA family, sharing her love, enthusiasm, and zeal for what we all love the most: healthcare and service.



The Latest in Engaging Learning Solutions for Healthcare Education

A Glimpse into
Interactive Learning

**BY NATIONAL
HEALTHCAREER
ASSOCIATION**

Discover how interactive learning is revolutionizing healthcare education. Take a deep look into the dynamic world of interactive healthcare education, including practical examples and strategies.

A New Era of Healthcare Education

[Interactive learning](#) takes healthcare education to the next level. It's not just about technology; it's about immersing students in real-world scenarios. Dive into three modern interactive learning approaches that are revolutionizing healthcare education.

Digital Learning Platforms

Say goodbye to content-heavy lectures. Digital learning platforms combine knowledge with immersive activities, ensuring students are well-prepared for real-world challenges. Discover how the flipped classroom approach, especially when gamified, enhances engagement and retention.

Immersive Learning Experiences

In healthcare, it's about doing, not just knowing. Explore practical examples of how immersive learning equips students with tech-savviness, practical skills, continuous assessment, and adaptability to thrive in healthcare.

Virtual Environments and Scenario-Based Learning

Step into risk-free healthcare scenarios that sharpen critical thinking. This approach emphasizes frequently practiced competencies and urgent skills, ensuring students are ready for their future roles.



The Future Is Interactive

Healthcare education must evolve to meet the demands of the industry. Interactive learning merges tradition and technology, shaping competent professionals ready for the ever-changing healthcare landscape.

8 Strategies for Elevating the Learning Experience

Prioritize real-world application, guide students in prioritizing knowledge, focus on patient outcomes, and emphasize competencies frequently used in practice. Blend traditional and modern methods, provide immediate feedback, and adapt to diverse learning styles.

How NHA Can Help With Engaging Learning

Discover NHA's tailored resources for healthcare educators, students, and employers. From certification test prep to comprehensive clinical and administrative skills development, NHA equips the healthcare workforce with essential competencies.

Don't miss the chance to revolutionize healthcare education. Explore the [full article](#), and join us in shaping the future of healthcare through interactive learning.



nha 

> [Explore the full article.](#)

VOICES FOR YOUTH TRAINING INITIATIVE

By: Jocelyn Auxier, Western Region Vice President

What is Voices For Youth?

This past year, ten HOSA members had the opportunity to directly impact their communities through the Voices for Youth Training Initiative, a partnership with an international prevention organization named CADCA (Community-Based, Advocacy-Focused, Data-Driven, Coalition-Building Association). CADCA represents over 5,000 community coalitions that involve individuals from key sectors, including schools, law enforcement, youth, parents, healthcare, media, tribal communities, and others.

In addition, they have members in every U.S. state and territory and more than 30 countries worldwide. With this outreach, they make it their mission to prevent substance use and misuse before it starts. HOSA is proud to announce that these ten members have completed their time as the first Voices For Youth cohort and are eager to share their time during this incredible experience.



“My experience with Voices For Youth has completely changed my life and has given me life-changing experiences. The lessons I learned truly taught me how to become a leader and accomplish the impossible. So blessed to be part of a community that inspires youth to have a voice!” - Abigail Hines (CO HOSA)



“The CADCA Forum and Mid-Year events touched my heart deeply, providing invaluable insights into community advocacy and substance abuse prevention. These experiences were truly extraordinary and personally meaningful.” - Maria Vazquez (WA HOSA)

Preparing for the Year Ahead

Through this program, cohort members identified a problem in their community and addressed the issue in a year-long project. HOSA members attended online training sessions to learn the foundational tools to solve their communities’ problems around drugs, underage drinking, prescription drugs, and other social ills using a Strategic Prevention Framework.

Members trained in health equity and how critical it is to ensure that opportunities meet the needs of the individual. After completing CADCA’s “Key Essentials” and “Leveling Up Communities” training, members could apply their newfound knowledge to design a campaign to address a prominent problem impacting their communities. Each cohort member was assigned a mentor through CADCA’s National Youth Advisory Council (NYAC), who provided consistent support to set up HOSA members for success.

2023 National Leadership Forum

After designing a campaign that directly addresses a problem in their community, the HOSA cohort traveled to Washington, D.C., to attend the 2023 National Leadership Forum. At this conference, cohort members attended dynamic workshops on a variety of prevention topics as well as had the opportunity to connect with youth from all over the world.

Members also had the opportunity to present their campaign ideas and received thorough feedback, support, and ideas from CADCA members and partners. Ideas presented ranged from engaging social media campaigns to free community events based on prevention research and missions. All of the HOSA cohort members did an excellent job representing our organization, and we could not be prouder to report their success during this forum.

The first Voices For Youth Initiative was a resounding success in giving an unforgettable experience for our HOSA members and creating tangible change in communities across the nation. We would like to recognize HOSA members for their dedication and hard work in completing their projects:

- Region 1: Aanya Kasera (WI HOSA)
- Region 2: Harrison Southworth (OK HOSA)
- Region 3: Katelyn Anne Broussard (LA HOSA)
- Region 4: Shreen Shavkani (GA HOSA)
- Region 5: Sandalee Silva (OH HOSA)
- Region 6: Jocelyn Auxier (TX HOSA)
- Region 7: Lisa Hang (MO HOSA)
- Region 8: Abigail Hines (CO HOSA)
- Region 9: Alia Hernandez (AZ HOSA)
- Region 10: Maria Vazquez (WA HOSA)

Our members would not have been successful without the two Youth Leadership Associates, Jasmine Gatlin and Sierra Brown. They served as a direct line of communication throughout this initiative, and their passion does not go unnoticed. We would also like to thank all National Youth Advisory Council members for serving as mentors throughout the year. Every sponsor, partner, and mentor made this initiative the success that it was. There are no words to describe how thankful we are for everyone involved.

“Overall, Voices For Youth was an amazing experience. It exposed me to many different avenues of healthcare and substance abuse. Learning that there was more to healthcare (and a situation in general) that meets the eye was extremely meaningful and helped me throughout the Voices For Youth (VFY) program and ultimately led to my prevention efforts in the community surrounding vapes.” - Sandalee Silva (OH HOSA)



“My experience working with HOSA this past year has been phenomenal. Their dedication to public health and health equity was inspiring to see. Each member brought creativity, passion, and tenacity to their individual projects while maintaining teamwork and collaboration with the whole NYAC/HOSA unit. I was honored to work alongside them and see their development as health advocates, and I am excited to see what their future holds!” -Sofia Ferrerio (NYAC)



Congratulations!

Each year, the Be The Match Foundation team nominates champions who have shown a remarkable commitment to growing Be The Match's impact through awareness building and fundraising for the Livermore Spirit Award. One of the nominees was Summit Academy High School HOSA Chapter in Utah this year. Congratulations, Summit Academy HOSA!

BE  THE MATCH®

LIVERMORE SPIRIT AWARD 2023 NOMINEES

In loving memory of Jay and Leigh Livermore, we proudly present to you the 2023 Livermore Spirit Award nominees. These champions have consistently shown a remarkable long-term and personal commitment to growing Be The Match®'s impact through awareness building and fundraising.

1. Summit Academy High School HOSA Chapter

Since June 2020, Summit Academy High School in Bluffdale, Utah has gone above and beyond embracing our life-saving mission. To date, Summit's HOSA students have raised more than \$4,650 and added 545 potential donors to the Be The Match Registry®. Their passion for saving lives has extended to their community as well and students have run or participated in more than 20 registration events. This top chapter assists Be The Match representatives at in-person and virtual events throughout the region. They make regular outreach to all other state chapters and host training sessions to answer questions about getting involved with the Be The Match mission.

2. Laila Anderson

At just 11 years old, Laila received her transplant from a selfless donor, Kenton, whom she was able to meet on stage at the Be The Match Soirée in 2019. This special moment went viral and has brought critical awareness to the Be The Match mission, inspiring thousands to join the registry. Laila has made it her personal mission to increase awareness and support of Be The Match. Over the last few years, awareness of her story and the support of the St. Louis community has resulted in over \$875,000 raised for our organization. Additionally, Laila was crowned "Champion of the Year" for raising the most money during the annual Be The Match Champion Challenge. She raised an impressive \$10,610.

3. Kelly Jans

Kelly first became engaged with Be The Match through her work at Hollstadt Consulting, a Be The Match vendor that has contributed nearly \$200,000 over the lifetime of the partnership. This connection led her to want to do more as her passion for our mission grew. In 2020, Kelly joined our Minneapolis Board of Ambassadors (BOA) and has served as an integral member ever since. She has become a leader of two committees and brought countless new members on board, which has allowed the group to accomplish more than ever before. Last year, the Minneapolis BOA raised over \$20,000. Kelly has leveraged partnerships which have brought in hundreds of thousands of dollars to support Be The Match, secured live and silent auction items, sold raffle tickets at our gala, and spent countless hours spreading our mission.

4. Scott MacGregor

Scott's daughter, Taryn, found her life-saving donor over eight years ago. Ever since, Scott has been dedicated to our mission. He has hosted hundreds of registry drives over the years, resulting in thousands of new members. Scott has volunteered as a courier for the past five years, delivering life-saving cells to 33 states and three other countries. He is also a Be The Match legislative ambassador, active in efforts to advance transplant research and access.

This year, Scott returned for the second year of our Tour de TC bike tours and served as team captain for the California and Seattle routes. He personally has raised nearly \$9,500 as part of these rides and has inspired additional fundraising totaling hundreds of thousands of dollars to support the mission.

HOW HOSA SHAPED MY PASSION FOR A

DENTAL CAREER

By Kamile Kukleryte, Texas HOSA
Preidental Student, University of Texas at Austin

**This article originally appeared in the ADEA
GoDental® Newsletter on August 28, 2023.**

HOSA - Future Health Professionals is an international organization that works to develop knowledge, skills, and leadership for students looking to enter the healthcare profession. While this student organization is widely recognized at the high school level, several collegiate chapters also exist. I have the pleasure of being a member and leader of the University of Texas at Austin's chapter.

At the chapter level, HOSA is similar to most pre-health organizations at any college campus. We volunteer in our local community, shadow various health professionals, have a leadership team, socialize, have professional development opportunities, and listen to guest speakers. HOSA stands out at the state and international level by providing workshops, networking opportunities, and competitive events.

HOSA provides competitive events to grow your medical skillset. The events range from Creating a Research Poster to Extemporaneous Speaking to Medical Law and Ethics. In the dental realm, there are two events: Dental Terminology and Dental Science.



I compete in Dental Science, which has two portions. In the written portion, you are tested on topics such as history, anatomy, tooth morphology, radiology, and chairside assisting. In the hands-on portion, you complete skills like instrument identification, assembling a syringe, taking an alginate impression, or educating the patient about brushing and flossing. Competing in these events has allowed me to learn hands-on skills and be able to keep pace in a dental office. Shadowing or assisting is not as scary when you have background knowledge of the skills involved, understand all the tools and their uses, and understand the medical jargon.

While attending the HOSA International Leadership Conference (ILC), I met HOSA members from all around the world. We were all looking to grow our experiences and understanding of health care.

Whether from China or Puerto Rico, we all desire to prepare ourselves to serve others. I had the opportunity to attend the workshop with these peers who share the same flame for health care and are discovering their path.

Dentistry is a world of its own. This profession has a unique vocabulary, communication etiquette, and procedure skills. HOSA has bridged the gap, making dentistry accessible and approachable. Furthermore, HOSA provides scholarships to decrease the financial barriers to entering health care.

I was honored to receive ADEA's HOSA scholarship at the 2023 HOSA International Leadership Conference (ILC). As someone applying to dental school this cycle, the funding was instrumental in allowing me to pay application fees, transportation and lodging for interviews and undergraduate tuition. If you have the opportunity, I encourage you to participate in HOSA!



Kamile Kukleryte is a senior Human Biology major at the University of Texas at Austin and a current dental school applicant. She is passionate about the opportunities in dentistry to build relationships with patients and provide accessible care to those with limited resources.



GETTING CREATIVE WITH CAREER EXPLORATION

and Wright City HOSA

By Emma Stasts, Missouri HOSA

Wright City HOSA is just starting its third year but continues showing creativity with its astonishing goals for this school year. This year, the chapter has a group of almost 60 students, a significant growth of nearly triple from their first year as a chapter. With that in mind, one creative way they showcase careers is through field trips, allowing their members to explore multiple careers in the healthcare world.



Wright City officers actively add chances for every member to develop and learn! Officer Avery Friend says, “Our chapter is growing rapidly. This year, our main goal is to ensure everyone benefits from HOSA and gets every opportunity possible.”

With this goal in mind, Wright City HOSA started its school year with a unique opportunity. A group of 15 students went to Scotts Air Force Base, where they got to witness and learn about various options available. “We got to go through the hospital, touring labs and seeing where patient care takes place.” Roy Rice, a junior at WCHS, says, “We also got to walk on the flight line and go on multiple aircrafts. One of the planes was a medical transport, where they showed us the conditions they go through when rescuing people. It was eye-opening to see what they do.” Rice continued. The tour showcased the unique military opportunities, with many students wanting to pursue that career.

With that creative kick-off setting high expectations for the rest of the year, Wright City HOSA officers are excited about the upcoming plans! Wright City Officer Izabelle Campbell said, “We have a field trip to the Saint Louis Zoo coming up for members to explore both the Veterinary and nutrition side behind the scenes of the Zoo.” Campbell ended with, “Another exciting event that is coming up is that Wright City HOSA and the ambulance district are partnering together to run through multiple mock casualties.

These experiences will give our members additional career paths to explore.” And are just a few exciting opportunities that Wright City HOSA offers members this school year. Wright City HOSA’s goals this year are actively being sought, with creative career opportunities in mind, to give all their members access.



From Theory to Practice: NHA Helps Bridge the Gap on the Path to Student Success

The gap between classroom knowledge and practical application in healthcare can be a major hurdle. Transitioning from theory to reality is no easy feat. But, we have you covered.



**Watch our on-demand webinar.
Scan the QR today.**



A stack of colorful sticky notes (yellow, light blue, pink, light green) is pinned to a corkboard with an orange pushpin. The text on the top yellow note reads:

Save the Date
HOSA Week 2023
Nov. 6-10!

Follow us @hosafhp for more information



One Last Thought...

Curiosity cures: anxiety, ignorance, selfishness, extremism

Curiosity creates: empathy, compassion, knowledge, growth

Curiosity prevents: arrogance, judgment, stagnation

Practice curiosity!