

HOSA-FUTURE HEALTH PROFESSIONALS

eMAGAZINE

DARE TO HARMONIZE

VOICES OF THE MEMBERSHIP

hosa
future health professionals

Be a Physical Therapist



Be a doctor.

Be a specialist.

Be a patient advocate.

Be a researcher.

Be an educator.

Be a movement scientist.

Be an influencer.

Be a physical therapist.

Learn more at apta.org/your-career.

PTMovesMe

Provided by  APTA



FOSTERING ENGAGEMENT THROUGH COMMUNITY AND COMMITMENT

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

Embarking on the journey of postsecondary education comes with a whirlwind of challenges—from navigating academic hurdles to embracing a social life amid the bustling college atmosphere. As proud members of HOSA-Future Health Professionals at the postsecondary/collegiate level, we understand the delicate dance of balancing all of your commitments and responsibilities. In this, the key to a flourishing HOSA chapter lies in the genuine connections, passion, and commitment we cultivate within our close-knit community.

Building Lasting Connections

College life, with its unpredictability, can often demand a strategic approach to maintain consistent participation. Acknowledging the time constraints that students face, we recommend embracing a blend of flexible in-person and virtual meetings. Virtual meetings can uniquely allow for increased communication when not all members or officers are able to meet in person, especially with the capabilities of online meetings today, including the simultaneous sharing of documents and other information with ease while the meeting progresses. An innovative example set by Wisconsin HOSA, where a Virtual Fall Leadership Conference successfully connected the collegiate community across the state, underscoring the adaptability and inclusivity of such approaches.

Nurturing Creativity and Innovation

The richness of HOSA competitive events also serves as an incredible opportunity for collegiate chapters. Encouraging members to explore these events not only broadens their healthcare knowledge but also sparks creativity and teamwork. Workshops dedicated to competitive events and professional growth can become the breeding ground for fresh perspectives and creative thinking, fostering an environment where innovation thrives alongside skill development. Be the guiding force in your chapter to bring in external experts in the fields of professional development, skills training, and service into your chapter through the form of workshops. At the collegiate level, this can be invaluable in maximizing the growth that your members can experience from events hosted by your chapter.

Recruiting Members

Finally, engaged members are some of the most compelling advocates for attracting new members into our HOSA family. Their passion and personal experiences within the chapter become powerful magnets, drawing in prospective members from the student population. The ripple effect of engaged members helps in ensuring a continuous addition of dynamic individuals to your collegiate HOSA community.

Elevating Chapter Morale

Elevating the spirit of a collegiate HOSA chapter involves more than just meetings and competitions—it's about actively engaging with the community. By incorporating activities that extend beyond chapter meetings and participating in impactful community outreach, we can amplify our collective impact. Volunteering together not only strengthens member relationships but also infuses a sense of purpose, creating a positive and motivated HOSA family ready to make a difference in their community. In addition to this, actively celebrate members coming together in your chapter to compete, work together to support each other, and pursuing the plethora of opportunities that HOSA provides outside of competition. Don't be afraid to shout out members that have been excelling in your chapter, in and out of competition.

Engagement in Action

We encourage you to explore the real life examples below for ideas showcasing how post-secondary and collegiate HOSA Chapters across our organization have actively involved their members and connected with the broader community! We invite you to look through these inspiring examples, drawing not only from these chapters but also from the vibrant community that surrounds you.

In the PS/C division of HOSA Future Health Professionals, member engagement stands out as a hallmark of a successful chapter. Recognizing the unique challenges of postsecondary education, strategies tailored to busy schedules and academic priorities become essential. By fostering a sense of community, encouraging flexible participation, promoting innovation, and enhancing accountability, collegiate HOSA chapters can create an environment where members not only belong but actively contribute to the collective success and longevity of the HOSA community at their school.

Check-Out these Postsecondary/Collegiate Chapters in Action!

For Christmas, our town hosts a program called "Caring and Sharing" to give gifts to kids. This year our SWOSU HOSA chapter bought \$500 of gifts for the "Caring and Sharing" program, and we specifically chose teenage girls due to the lack of gifts for that category.
Ashley Montiel
Southwestern Oklahoma State University HOSA



UC Berkeley started our HOSA chapter this semester! It has been extremely exciting as many students on campus have participated in HOSA and are familiar with the organization. Currently, we are focusing on recruiting students and spreading the word throughout campus. We have been talking with many other pre-health organizations, social media posts, and tabling on a central part of our campus. As a new chapter, we plan to have volunteer opportunities and socials, bring in healthcare speakers, and host a drive for NMDP. In the future, we hope to include competitive events and possibly a mentorship system. While being a pre-health student can be very overwhelming in college, we seek to support and empower the multitude of students who form our own chapter!
-Sarah Mounajjed
UC Berkeley | Berkeley HOSA





Last February, we hosted our first Be The Match (now NMDP) Carnival where we registered over 170 donors in just a few hours. We collaborated with multiple health-related and cultural organizations across campus to engage Rice students through activities including line dance and henna. We also coordinated an inter-residential college competition with the prize of a Kona Ice Truck visit.
 -Swaha Roy
 Rice University | Rice HOSA

TAMU HOSA supports the NMDP service project by engaging with what Aggies love the most: football! This year, we helped swab the football team to encourage other students, and players even signed Be The Match items to give to hospital blood disease patients.
 -Jillian Anderson
 Texas A&M University | A&M HOSA



We volunteer to run a concession stand at our local arena, Thomas and Mack, at various events from which we receive a portion of the profits. This allows us to fundraise money for our members to attend SLC and ILC, as well as fundraise for HOSA affiliated service projects. These volunteering/fundraising events also allow us to bond with our fellow UNLV HOSA members.
 -Divyam
 University of Nevada, Las Vegas | UNLV HOSA

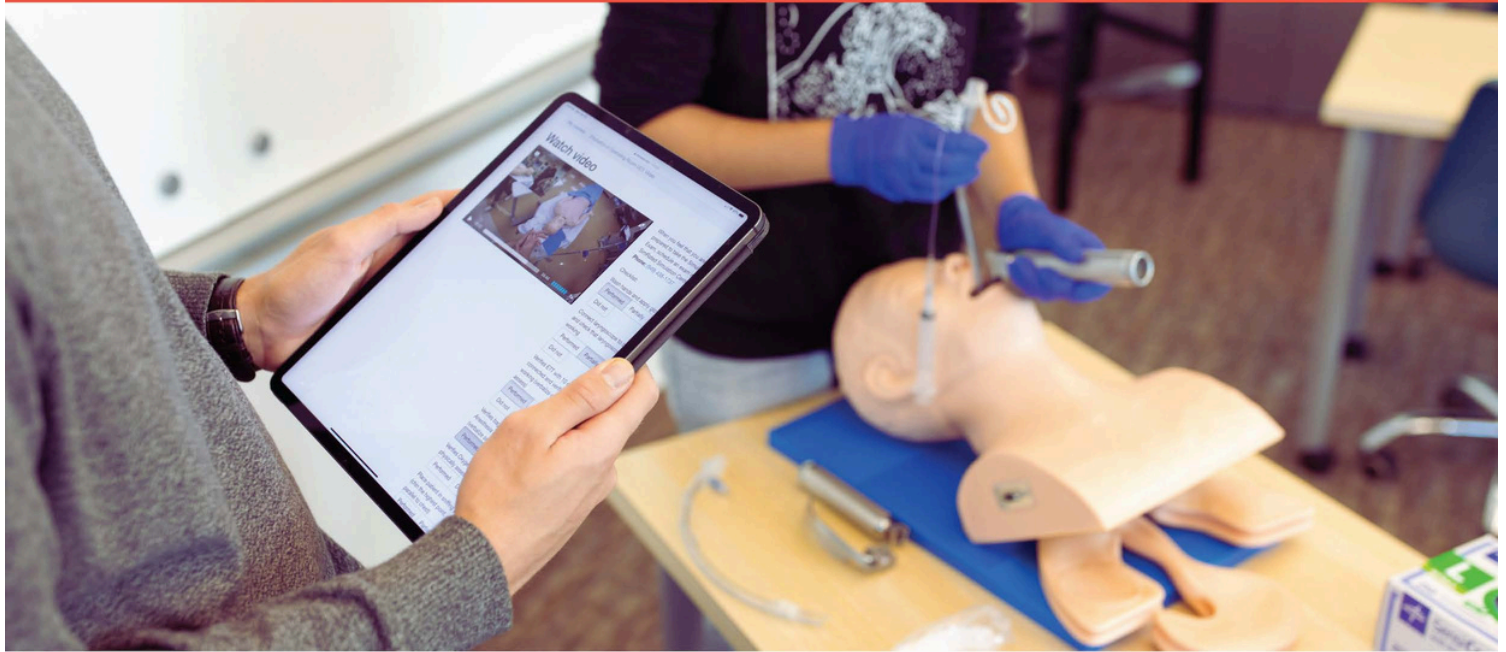


Something unique to the Postsecondary/Collegiate division is the increased emphasis on professional development through chapter leadership opportunities and networking with current health professionals. This is demonstrated in our monthly general body meetings, which mainly consist of presentations by health professionals in various fields so that members can gain exposure into different fields in healthcare and have an opportunity to ask questions to the guest speaker(s). At organization fairs, these networking opportunities coupled with HOSA's competitive events program and its nature as an international organization are all key talking points to help us stand out compared to other pre-health organizations and assist with member recruitment and engagement in meetings.
 -AllanDave Cabanayan
 University of South Carolina | USC HOSA



The University of Arizona HOSA Chapter loves to be involved with AZHOSA and is passionate about Learning, Leading, Serving, and Innovating. This past November, HOSA Officers from Grand Canyon University, Arizona State University, and the University of Arizona led a workshop on The HOSA Journey After High School!
 -Jairo Flores
 Arizona University | ASU HOSA

HEALTH CARE/CTE MEDICAL PROCEDURES COURSES DIGITAL BADGES AND CERTIFICATION



HANDS-ON TRAINING

COURSES

W/ DIGITAL CERTIFICATION BADGES

Our platform provides an innovative approach for hands-on training and instruction. Students are connected to clinicians and provided an assessment with feedback. The approach is based on skill acquisition theory that accelerates students' procedure competency by providing:

- Training
- Simulation-based Assessment
- Clinician Feedback
- Digital-badge Certification

- Vital Signs
- Phlebotomy
- IV Placement
- Hand Hygiene
- ECG Lead Placement
- Suturing
- Intramuscular Injection
- Intubation
- Ankle Tape
- Creating a Sterile Field
- See our website for all courses!



"TEEN VOICES" MATTER

The Pediatric Nursing Certification Board and HOSA collaborated to bring together the "Teen Voices" project. The project aimed to gain insights into teenagers' daily lives and activities, contributing to a better understanding of their experiences. The Pediatric Nursing Certification Board was most interested in participants' personal experiences as teenagers, exploring their hobbies, and inquiring about their passions and preferences. The goal was to give teens a voice by gathering comprehensive insights into their lives, interests, and what they hold dear.

Evelyn Urquidez, HOSA President at Douglas High School, participated in the interview and shared it was a fantastic experience! She shared her opinions and perspectives on teenage life: "I considered it a valuable opportunity for teens to express their emotions and provide insight into the daily experiences of adolescents, which adults may not be familiar with. Being involved in the project was truly fulfilling, knowing that it contributes to a better understanding of teenagers and helps foster empathy among adults."

By Evelyn Urquidez
Arizona HOSA



POP

whatispop.org



Discover
a profession
that changes lives.

Find your fit at WhatIsPOP.org.



AMERICAN BOARD
OF CERTIFICATION
ORTHOTICS • PROTHETICS • PEDORTHICS

Meet Sydney

Sydney is a certified prosthetist orthotist working in San Antonio, TX with a passion for helping her patients get back to their lives. She decided to pursue a career in POP when she saw how much her mother's life improved after being fit with her first prosthetic device. Sydney loves the care and compassion she can offer her patients during difficult times.



**"If you're interested
in a healthcare career,
you need to check out
the POP profession!"**

- Sydney Ezell, CPO

POP professionals fit babies. POP professionals help animals. POP professionals help all ages. POP professionals help everyone.



whatispop.org

The Best Field You've Never Heard Of: Learn about the World of POP

By: The American Board for Certification in Orthotics, Prosthetics & Pedorthics

What Is POP?

Prosthetic, orthotic and pedorthic devices—or POP—help people move better. POP professionals design, shape and fit state-of-the-art braces, artificial limbs and footwear to help people from children, to veterans, to Olympians achieve their goals. POP professionals improve the quality of life for people with limb loss or limb difference, as well as people with mobility issues.

How do POP professionals build POP devices?

Using a variety of techniques, tools and materials, POP professionals create custom prosthetic, orthotic and pedorthic devices to meet a person's unique needs. POP devices are designed using 3D models and built from materials like carbon fiber and plaster to make them realistic and durable.

Is POP a good fit for me?

POP is for students who like problem solving. Working in POP, you get to use all sorts of skills and knowledge, ranging from math and science to technology and art. No matter your interests, POP careers have something for everyone.

WhatIsPOP, a career awareness initiative from the American Board for Certification in Orthotics, Prosthetics & Pedorthics, was created to help students find their POP career path. **Connect with WhatIsPOP at HOSA's 2024 International Leadership Conference or visit [WhatIsPOP.org](https://whatispop.org) to learn more** about career opportunities in the profession and hear why professionals chose a career in POP.

What are some different POP career paths?

POP careers are rewarding and offer hands-on experience to tap into one's passions, whether that's health, medicine, engineering, art or something else.

POP professionals are vital members of healthcare teams and work directly with patients, doctors and other care providers. There are lots of different jobs in POP—prosthetists, orthotists, pedorthists, assistants, technicians and fitters all help make a difference in the lives of people who need POP devices.

POP careers rank among the best jobs in the United States, with employment in the field expected to increase 17% in the next decade.

Some examples of POP careers include:

Prosthetist

Prosthetists custom-fit artificial limbs to enhance the quality of life for those who need it.

Orthotist

Orthotists evaluate, create and fit braces to control and improve people's movement.

Pedorthist

Pedorthists evaluate, create and fit devices to treat painful or disabling foot conditions.



TOGETHER WE

connect

Did you know 1 in 5 office visits is with a family physician?

For them it's more than a health care visit, it's a chance to build relationships and impact their communities.



Find Your Place in Family Medicine
aafp.org

Getting the Governor's Attention

Every year during the first full week of November, members across the globe celebrate HOSA Week -- when we encourage our members to learn, lead, serve, and innovate as future health professionals.

Reflecting on HOSA Week 2023, we want to highlight three chartered associations and the officer teams that went above and beyond in making HOSA Week more than just a tradition but a statewide recognized event.

Tennessee HOSA, Idaho HOSA, and Nevada HOSA received a Governor's Proclamation to recognize HOSA Week officially within their states.

The Nevada HOSA and Tennessee State Officer teams share the process and challenges they faced while undertaking this amazing accomplishment!

“Getting the Governor to recognize HOSA Week officially was a big win, and it happened thanks to great teamwork between our program and the Nevada Department of Education,” explained the Nevada HOSA state officers.



The Nevada HOSA state officers credited their success to the guidance provided by the Health Science Education Program Professional for the state, who helped the team navigate the state's process. This skilled individual efficiently handled all aspects related to the Governor's proclamation and served as our go-to person for communicating with the Governor's office. The value of having the Education Program Professional connected at the state level and with HOSA demonstrates Nevada's dedication to providing top-notch healthcare education.

"Now, we've got a Governor's proclamation officially celebrating HOSA and its important work during this special week. It's a big deal, and we're thrilled!" said the officer team.

One of the Tennessee HOSA State Officer Team's biggest challenges was forming a petition to the governor. The officers wanted to share all of the great aspects of HOSA-Future Health Professionals but had limited space to provide total information. The team worked together to draft, edit, and improve the petition to be easy to read and comprehensive.

Both the Nevada and Tennessee officer teams said the Department of Education's

Public Information Officer played a crucial role in supporting the team, ensuring a hassle-free journey toward the well-deserved acknowledgment of HOSA Week.

One of the key lessons learned in Nevada was the importance of communication and professionalism.

Working with professionals at the state level was a new experience for many of the officers, but an important opportunity.

The Tennessee HOSA state team summed it up nicely by saying "Career and Technical Student Organizations are helping build the future. Not only in schools, but also the workforce. HOSA-Future Health Professionals is building the next generation of healthcare."

HOSA commends the state officers from Nevada, Idaho, and Tennessee for their extraordinary accomplishments.



Want Your Own State Proclamation?

Tips and Tricks from the Tennessee and Nevada HOSA State Officers

Use the insight from one another for what HOSA has done for you, especially during HOSA week and build your petition off of that. Work as a team to share the importance of College Career and Technical Education in the school systems in your state. And most importantly have fun, be creative! -*TN HOSA State Officers*

Making HOSA week official in your state is a great way to help show the importance of HOSA. Inspiring students and others to follow their passions for health is an important role HOSA plays, making it official is a great way to further prove that. Additionally, an official HOSA week allows chapters to engage with their state officers on a more personal level and helps them to thrive in a better sense! -*Milena Nguyen, State President (NV)*

HOSA is an incredible organization providing amazing opportunities to prepare us for a future in healthcare. Establishing HOSA week as a State Proclamation gives students the opportunity to learn more about the organization and its benefits. HOSA has helped us grow so much, so let's give other students the opportunity to grow! -*Lily Kazemi, Southern Region Vice President (NV)*

In Nevada, HOSA week was very important, as it helped us connect, recognize, and motivate members from all over Nevada. We made HOSA Week a priority to ensure we accomplish the goal. We always make sure to put the well-being of our members first, and make sure they feel appreciated therefore we made sure to do this as a big part of HOSA week. -*Arene Leblanc Western Region, Vice President (NV)*



Emphasizing the importance of HOSA can be very helpful in getting HOSA Week to be official in your state. Outlining the various benefits HOSA has for aspiring healthcare professionals is key. It's about why HOSA Week should be official! -*Zachary Pearl, State Secretary (NV)*

One piece of advice I would suggest for other state officers in regards to making HOSA week official is advocating and getting HOSA's name out there. To receive recognition, it's imperative that HOSA's importance and impact on education and healthcare be shown in the community— making it clear as to how meaningful HOSA can be. This way, recognizing HOSA Week will not only be a commendable feat, but a welcome one.

-*Josephine Shaw Postsecondary/ Collegiate Vice President (NV)*

HOSA Week should be officially recognized in other states as it celebrates and promotes healthcare career opportunities among students, fostering interest and enthusiasm in the healthcare field. By acknowledging HOSA week, states can encourage middle and high schools to participate in activities to enhance students' understanding of healthcare professions and promote community health initiatives. Official recognition also highlights the importance of student organizations like HOSA in developing future healthcare leaders and addressing critical healthcare challenges within communities across the country. -*Anushka Madhira, Northern Region Vice President (NV)*

8 Easy Ways to Teach Email Etiquette to Your HOSA Members



RUBIN
PROPEL

Email communication is a critical part of the HOSA experience. We task our members every day with writing to people like teachers, administrators, health care professionals and community leaders. The quality of the email often shapes our reputation and how people view us at first glance.

If you would like exercises for your HOSA chapter that teach hands-on email writing skills, curriculum provider Rubin has a free opportunity.

Rubin's new Propel email etiquette tool is an extension for Gmail and Add-In for Outlook. The tool guides the student to structure the email (ex: subject line, greeting and closing) and offers real-time suggestions for grammar and interpersonal skills.

To use the lessons that follow in this article, first visit rubineducation.com/pilot to request your free access to Propel. Then, you can bring Propel into your HOSA chapter and teach email writing in an interactive way.

When surveyed, 92% of students who tried Propel said they would use the tool for future email writing. Practice with Propel – High School Scenarios Directions: Use Propel to draft emails for the mock scenarios. After you complete the email drafts, use the reflection questions to share your thoughts on the experience.

Mock Scenario 1 **Apply for a summer internship**

A friend sent you a flyer about a summer internship at a health care nonprofit organization. The flyer includes the following information:
Do you want to spend your summer educating families on healthy lifestyle habits? ABC Health Association offers a month-long summer internship to two high school students. The internship runs from June 30th - July 31st. If interested, please email Mr. Joe Richards for more information.

Mock Scenario 2 **Email your instructor about a question**

Your teacher gave a homework assignment that includes challenging math related to patient medications. The assignment is due tomorrow morning before class starts, but you are stuck on word problem #5. Instead of waiting until the morning, you email your teacher to seek help.

Mock Scenario 3 **Send a follow-up email after a job fair**

You attended a career fair and held several great networking conversations. In particular, you met an employer from Acme Hospital and discussed a part-time opportunity. The employer, Mr. Tim Jones, provided his email address so you can send your resume.

Mock Scenario 4 **Write a thank-you note after a job interview**

You had a job interview at a lab testing facility called TruHealth Labs, and you feel it went well. You hope to land the position of clinical lab assistant. You interviewed with Ms. Lori Carmen, the owner of the business. Now you want to send Ms. Carmen an email to thank her for the time during the interview.

Mock Scenario 5 **Apply for a summer job**

Your mom brought home a flyer about a summer job opportunity for shadowing in the city's emergency medical technician (EMT) office. The flyer includes the following information:
Do you want the chance to observe emergency medical technicians as they provide assistance to residents in our city? Now's your chance! We are looking for a select group of students to shadow our EMTs and gain experience in the field. If interested, please email Mr. Donald James for more information.

Mock Scenario 6 **Email your instructor about a question**

Your teacher gave a homework assignment and you do not understand how to do questions #3 and #7. The assignment is due tomorrow morning before class starts, so you decide to email your teacher to ask for help.

Mock Scenario 7 **Forgotten item in your classroom**

After you arrive home from school, you realize you left your favorite sweatshirt in the gym during PE class. You want to make sure nobody takes the sweatshirt before you get to school the next day, so you email your PE teacher, Mr. Summers, to ask him to grab the sweatshirt for you.

Mock Scenario 8 **Write a thank-you note to your principal**

Principal Miklas chooses a "Health Science Student of the Month" each month, and this time you are the chosen student! You are excited and honored, and you want to thank Principal Miklas. You have decided to write a thank-you email to Principal Miklas to express your gratitude.

FIVE REASONS TO CHECK OUT ONELAB™ FOR FREE LABORATORY LEARNING RESOURCES

OneLab is made by laboratory professionals for laboratory professionals.

OneLab, created by the Centers for Disease Control and Prevention (CDC), is an online learning community for current and future laboratory and testing professionals. OneLab offers essential tools and resources, including live and on-demand webinars and events.

OneLab helps you learn more – for free

Whether you want to start with the fundamentals like [Basic Molecular Biology, Module 1: Basic Science](#) or [Fundamentals of Laboratory Safety](#), or more technical lab topics, OneLab has you covered. Simply sign up for a free OneLab Network account at our online learning hub, [OneLab REACH™](#). You'll gain access to monthly webinars, downloadable job aids, customized laboratory training resources, and more.

With OneLab, you can go virtual

If you are looking to build your laboratory skills, check out OneLab's new multiplayer virtual reality (VR) environment, OneLab VR, coming online in February 2024. Users can take on-demand training to assess and improve their skills in a safe and controlled learning environment. Two new offerings include LabTrainingVR: Biological Safety Cabinet (BSC) Edition and LabTrainingVR: Personal Protective Equipment (PPE) Edition.

OneLab supports the current and future laboratory workforce and testing community

CDC OneLab was developed in 2021 to bridge, train, and sustain a capacity-building community among laboratory professionals and testers to collectively support rapid, large-scale responses to public health emergencies. OneLab aims to establish a sustainable learning community to equip the laboratory workforce and testing community with essential tools and resources to improve public health and patient outcomes.

OneLab also supports personnel who perform or coordinate testing in non-laboratory settings through a collaborative network referred to as OneLab Timely Education and Support of Testers (TEST). [OneLab TEST](#) aims to connect, train, and empower a community of practice among professionals and volunteers who perform or coordinate testing in non-laboratory settings. Ultimately, OneLab TEST will strengthen connections between the testing community and the CDC to support the ever-increasing need to expand access to diagnostic testing.

Joining OneLab is easy, just follow these steps:

- Create a new [OneLab REACH](#) account
- Select opt in for OneLab Network or OneLab Test on the first registration screen
- Click Create Account
- Follow the prompts to complete the registration process and demographic survey

The Langleys take the Sweets

By: Claudia Zamora

Teague High School, Texas HOSA

Living in a small town where the population is about 3,500, everyone knows everyone and helps each other out when needed. Whether that be knowing the person because their last name is one who has been in the town for years or as simple as someone who is just your neighbor.

In our community, the name everyone knew and loved was the Langley Family (Kelsey, Dylan, and their infant daughter Annistyn) because they all wore their hearts on their sleeves. When Baby Annistyn wasn't eating or gaining weight, her frightened parents took her to the hospital. She ended up being careflighted to a hospital in Houston for a more intensive examination.

The Langleys spent over a month in the hospital undergoing various tests and adding up expenses. Being in a small town, we all want to help each in any way we can. Our community started fundraising for the family, and Teague HOSA took the initiative to help by running a bake sale at the Teague Marching Band Invitational in October. Our HOSA chapter may have only been a small contribution, but as future health professionals, it is our mission to help anyone in our community.

Annistyn is now out of the hospital, diagnosed with a rare mitochondrial disease called COXPD12. There are only 30 people in the world with this disease, and more research is needed. The limited information they know is that this disease can effect liver problems, brain development, and muscle tone.

With Annistyn's diagnosis, we know she may have future underlying health issues, but we will continue to support The Langley Family in any way to show the heart we have as future health professionals.





Be The Match[®] is now NMDPSM

Our name has changed but our mission has not:
We save lives through cell therapy. Over the decades, we've been known by a few names, like Be The Match or the National Marrow Donor Program[®]. Today, we move forward as NMDP—one name that captures not just the breadth of all our work today, but our ambitions for tomorrow.

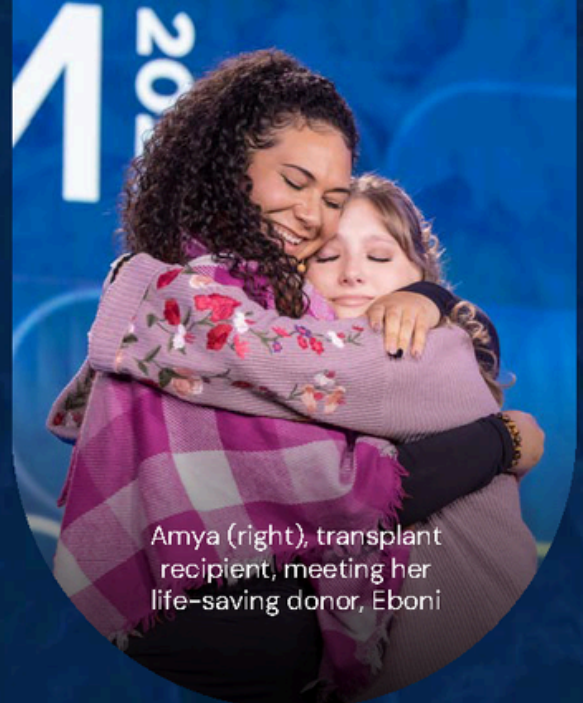
NMDP + HOSA = A LIFE-SAVING PARTNERSHIP

We're proud to be HOSA's Premier Service Project partner. You're essential to our work at NMDP. Thank you for your dedication to our shared mission. Your continued support helps push the boundaries of what's possible.

Help us create a world where blood cancer and blood diseases are a thing of the past. Together we can find cures and save lives.

Get involved
nmdp.org/HOSA

Follow us [@nmdp_org](https://twitter.com/nmdp_org) on all channels



Amya (right), transplant recipient, meeting her life-saving donor, Eboni

HOSA's impact since 2020:



OVER 5,000

New members recruited to the NMDP RegistrySM as potential blood stem cell donors



OVER \$500,000

raised to help more patients access and move through a blood stem cell transplant.

NMDP: EDU-TAINING

Monthly Webinars

NMDP, formerly known as Be The Match, has an incredible partnership with HOSA-Future Health Professionals as our premiere service project. We've created a dynamic platform for collaboration, knowledge-sharing, and impactful support within the healthcare community. This partnership isn't just a collaboration; it's a lifeline for thousands of bone marrow donors and recipients.

We invite HOSA members to dive into the heart of this transformative journey by joining our monthly webinars tailored exclusively for HOSA! These sessions are more than just educational; they are a vibrant space where we explore diverse topics, from the art of fundraising with our spirited session "HOSA Puts the FUN in Fundraising" to unraveling the fascinating "Science of Transplant."

Learn practical insights on organizing NMDP Swabbing Events and discover a comprehensive roadmap on "How to Get Started." With each new month, comes a new topic to explore the endless possibilities that NMDP has to offer.

These webinars empower HOSA members with the knowledge and tools to make a real impact in healthcare, fostering a sense of community engagement within their chapters and local communities.





Wyatt McDonald from Missouri HOSA emphasizes the significance of our partnership, sharing, "I was able to truly understand the importance of partnering with NMDP and I now know the significant impact that HOSA-FHP has had on the organization."

Laila Fuqua from Florida HOSA recounts the impact on her local chapter, saying, "Here at Lake Gibson Senior High, our HOSA program has grown significantly, and we have many of our members interested in community service [...]. We were able to set up booths and swabbing events in the past two years to add individuals to the bone marrow donation registry."

Maria Vazquez, Washington HOSA President, likens the experience to a "virtual adventure park for your brain," urging all HOSA members to seize the opportunity.

Camila Encino from CCHS HOSA urges members "to lose the fear and click that 'Register Now' button!" She mentions that "giving only a fraction of your time for a unique, immersive experience can connect you with dozens of people worldwide, and you attain exclusive information on cell therapy, leadership skills, and various other subjects that you can use to benefit your community."

These member testimonials paint a vivid picture of the impact you can make. Each webinar is hosted by two dedicated individuals, Kerrie Goughnor and Benita Davis, who describes "the NMDP (formerly Be The Match) monthly webinars [as] educational and fun, ranging from how to set up your chapter page to exploring systemic differences in health outcomes" and they both "hope that these interactive sessions empower students with practical knowledge to take action and get involved with [their] life-saving mission."



When you join an NMDP webinar, don't be afraid to speak up! Kerrie's favorite part of the webinar is when students ask questions, she loves "hearing from [the member's] perspective whether it's about their chapter team page or how stem cell transplants are different from organ transplants."

By participating in these webinars Benita's favorite part has come from knowing that "students are gaining knowledge that may very well lead them to a career path they did not even know was one they wanted to explore."

Both Benita and Kerrie's main focus with each webinar is you, the members of HOSA, and hope you can join them to further your knowledge on all of the opportunities that NMDP has to offer.

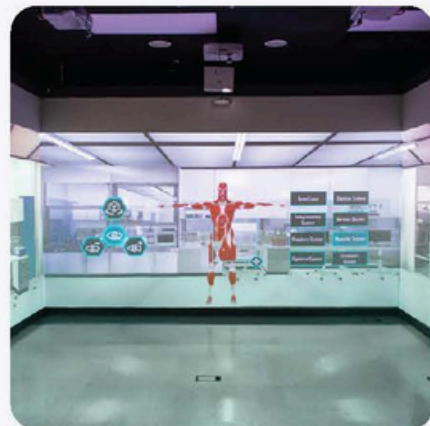




ECHO EDUCATION TECHNOLOGY

EDUCATION POWERED BY INNOVATION

Student Training



IMMERSE YOURSELF IN EDUCATION

Key Discoveries About Our Immersive Interactive Suite from a Recent Study

"The results from incorporating immersive environments in simulation-based training to credential new paramedics have shown improvements in the paramedic graduates' work readiness versus current practices in simulation-based training. Furthermore, the data have shown that capstone scores have improved, and the participants felt more prepared for real clinical experiences. The preceptors recognized a comparative improvement in all three domains, cognitive, psychomotor, and attitude, thereby reducing the field training time and improving workforce readiness."

*Eggers, P. (2023). *The Effects of Immersive Environments in Simulation-Based Training of Paramedic Graduates to Enhance Work Readiness*

Save your simulator with



All simulators- All equipment - One Plan



www.echoeducationtechnology.com

1 (877) 393-0499

info@echoeducationtechnology.com



@Echo Education Technology



@echo_education_



@echoeducationtechnology



@echoeducationtechnology

HOW A Summer Enrichment Program

HELPED SHAPE MY DENTAL SCHOOL JOURNEY

*This article is written by **Emyli Peralta**, a third-year dental student, University of Pittsburgh School of Dental Medicine and member of the ADEA GoDental Advisory Board.*



My first day in the program, we received a tour of the medical school and got familiar with the building and hospital nearby.



I am currently a third-year dental student at the University of Pittsburgh School of Dental Medicine.

In the summer after my undergraduate freshman year, I attended the Summer Health Professions Education Program (SHPEP), formerly known as the Summer Medical and Dental Education Program, at the University of Nebraska Medical Center (UNMC) in Omaha, NE.

This six-week intensive summer program is an excellent opportunity for college students who are interested in pursuing a career in health care. In this blog post, I will share my experience and what I learned in the program, specifically on dentistry.

When applying to SHPEP, I was initially nervous about visiting another part of the country and spending six weeks with complete strangers. When we first arrived, we were welcomed with a tour of the medical school where we would be taking classes Monday through Thursday, along with our dorm building where our rooms, lounge space, and dining hall were located.

I was pleasantly surprised when I met my cohort because we all got along very well. I especially became close friends with my three roommates on my first day there.

Maia, Kristine, Jennifer, and I did everything together that summer—from grabbing breakfast at the buffet every morning to walking to the gym after classes every day.

The dental track was designed to provide students with an overview of the profession of dentistry. On Fridays, we would take a bus to the dental school and spend the day doing fun dental activities. It covered many topics, including dental anatomy, radiology, specialties, and patient care.

Aside from the academic and clinical experiences, the program also offered a variety of social and cultural activities. We had the opportunity to explore Omaha and attend cultural events, such as concerts, sports games, and the zoo. This allowed us to bond with our fellow participants and learn more about the city and its people.

Another valuable aspect of the program was the mentorship we received from experienced dental professionals. In all these activities, we were with medical and dental students who were willing to share their knowledge and answer our questions. This was especially helpful when it came to preparing for dental school and navigating the application process.

Lastly, the program is free, and you receive a stipend for attending. It was an incredible experience to spend my summer learning about dentistry and being exposed to many different activities and adventures without any additional cost. This is program-dependent, but at UNMC, it was nice not to worry about buying meals or paying for activities.

Some of the fun activities we did on the weekends included cruising on a lake and attending a College World Series Game.

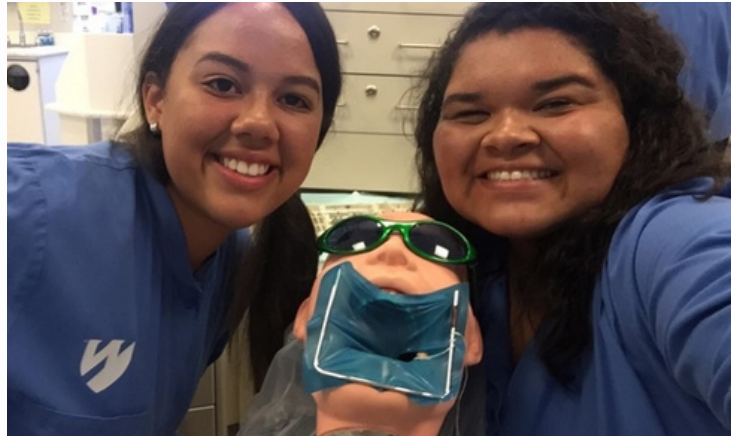
After arriving in the city, my roommates and I attended a local street fair in Omaha. We also went to Omaha's Henry Doorly Zoo and Aquarium, the country's second-best zoo!

Overall, attending SHPEP at UNMC was an incredible experience. It provided me with a solid foundation in the profession of dentistry and helped me develop the skills and knowledge necessary for a successful career.

I recommend this program to any college student who is considering a career in dentistry or a related healthcare profession.



We assisted each other while placing a class two composite restoration. We were able to take alginate impressions on each other and then pour the models.



I had the opportunity to take radiographs on a mannequin and then review them in the lab.



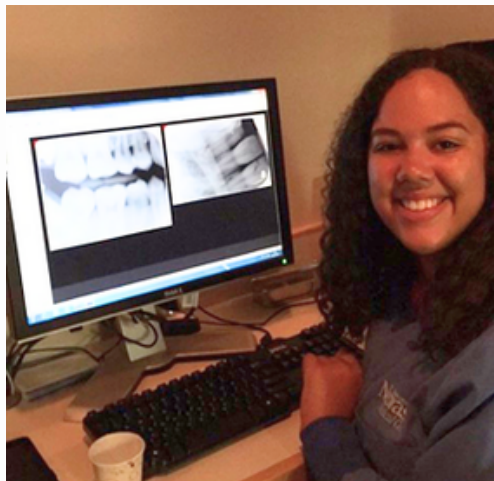
Me with other participants at our ceremony at the end of the program.

about

Emyli Peralta
Third-year dental student
University of Pittsburgh School of Dental Medicine

Emyli Peralta is a third-year dental student at the University of Pittsburgh School of Dental Medicine, a member of the ADEA GoDental Advisory Board and Event Co-chair of ADEA District 3 Council of Students, Residents and Fellows (COSRF). She graduated from the University of Central Florida in 2019 with degrees in Biomedical Sciences and Health Sciences. She is passionate about assisting pre-dental students to achieve their dreams of obtaining a dental education.

As a first-generation college student and underrepresented minority, she understands the importance of bridging the knowledge gap for students regarding everything from what extracurriculars they should pursue, to how to choose the dental school that's right for them. She is currently serving as President of the Pitt American Academy Pediatric Dentistry and Hispanic Student Dental Association Chapters.



HARNESSING THE POWER OF SOCIAL MEDIA

In grocery lines, relaxing after a long day, today's world scrolls through their various feeds:

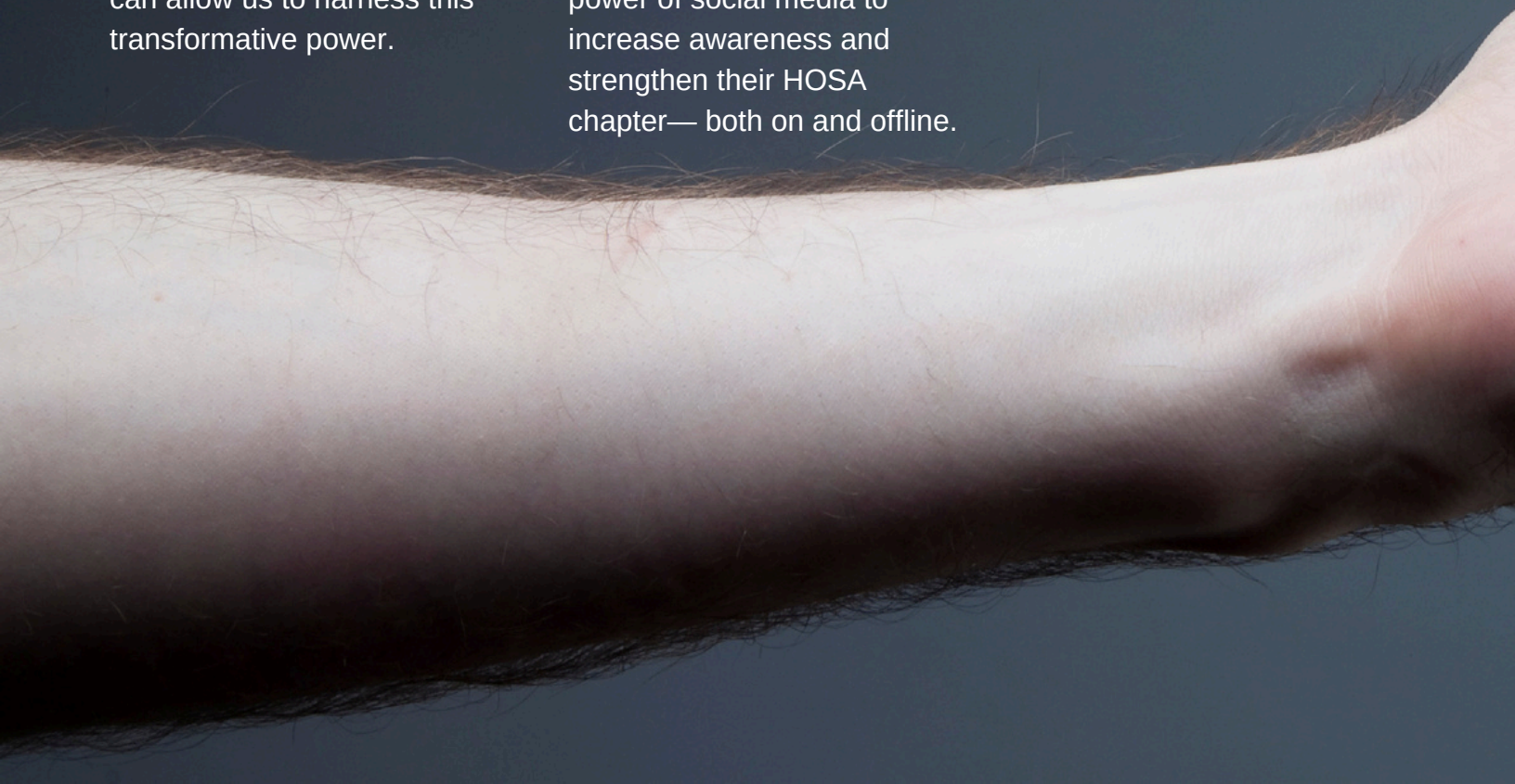
Instagram, X, and Facebook. Safe to say, these platforms have transformed the ways in which we communicate, access information, and engage with each other.

Although we often hear about the negative effects of social media, maintaining a healthy perspective and mindful use can allow us to harness this transformative power.

As an international organization, the power of social media crosses borders and time zones, providing communication in real time that connects diverse individuals from around the world.

Social media allows us to engage, use our voices, and build connections. We can dare to create with just the touch of a button. HOSA members can harness the power of social media to increase awareness and strengthen their HOSA chapter— both on and offline.

There are two fundamental practices to harnessing the power of social media: (1) be authentic in every way, shape, and form, and (2) remember your WHY. Putting these fundamentals into practice allows HOSA to foster a community of compassionate and dedicated future leaders in healthcare.







COMMENT

LIKE

LIKE

WISCONSIN SOCIAL MEDIA TEAM

ANGELA ZHENG, VP OF PUBLIC RELATIONS
SHRUTI GUPTA, SECRETARY
BRIANNA ALLARD, STATE OFFICER COACH



PRISHA CHAWLA, VP OF MEMBERSHIP
MANYA MEHRA, VP OF POSTSECONDARY
DEEKSHA PIDIKITI, MIDDLE SCHOOL LIASON
REYA KHATRI, VP OF SERVICE PROJECTS
AASHI IYENGAR, VICE PRESIDENT
AANYA KASERA, PRESIDENT



@WISCONSINHOSA

WISCONSIN HOSA HAS A METHODOICAL APPROACH TO SOCIAL MEDIA. WE ESTABLISH A SOCIAL MEDIA CALENDAR OF POSTS (HOLIDAYS, INVITATIONS, REMINDERS, AWARENESS) FOR EVERY MONTH TO BE SENT OUT AND WORK HARD TO COMPLETE POSTS BY THE DEADLINE. THE WISCONSIN HOSA SOCIAL MEDIA CALENDAR TEMPLATE IS UPDATED AND MAINTAINED ANNUALLY BY OUR SOCIAL MEDIA TEAM WHICH CONSISTS OF TWO STATE OFFICERS, THE VICE PRESIDENT OF PUBLIC RELATIONS AND SECRETARY, AND OUR STATE OFFICER COACH. BY KEEPING THE SAME TEMPLATE OF POSTS, CONTENT CAN BE EASILY UPDATED FROM YEAR TO YEAR WITH NEW DESIGNS, INFORMATION, AND THEMES, ALONG WITH ADDING OR REMOVING CONTENT BASED ON EACH YEAR'S VARYING ACTIVITIES. WE ADD POSTS WHEN NECESSARY, FOR EXAMPLE, WHEN A PARTNER SENDS IN A REQUEST OR WHEN A STATE OFFICER HAS A BIRTHDAY.

TRANSCENDING GEOGRAPHICAL BARRIERS, SOCIAL MEDIA HAS SERVED AS A POWERFUL TOOL FOR OUR CHARTERED ASSOCIATION TO CONNECT WITH WISCONSIN HOSA MEMBERS. OUR POSTS HAVE ALLOWED US TO GIVE MANY OF OUR MEMBER'S EASY ACCESS TO INFORMATION THEY MAY OTHERWISE HAVE TO DIG THROUGH THEIR EMAILS FOR. WE USE THEM TO LET MEMBERS KNOW WHEN REGISTRATION WINDOWS OPEN, REMIND THEM ABOUT DEADLINES, AND TO SHARE OPPORTUNITIES AS WE DISCOVER THEM.

OUR REGIONAL LEADERSHIP COMPETITIONS (RLC) REMINDER SERIES! FROM THE END OF NOVEMBER TO THE END OF JANUARY, WE SENT OUT 12 RLC-RELATED POSTS. THEY ENCOMPASSED A VARIETY OF TOPICS, SUCH AS WHEN THE RLC REGISTRATION WINDOW OPENED, WHY OUR MEMBERS SHOULD PARTICIPATE IN RLC, AND SOME TIPS ON HOW THEY COULD SUCCEED IN COMPETITION!

...WE PLACE AN EMPHASIS ON INTERACTING WITH WISCONSIN HOSA MEMBERS THROUGH OUR INSTAGRAM ACCOUNT, SINCE THAT IS THE PLATFORM THE MAJORITY OF THEM USE. OCCASIONALLY, WE HOST SHORT, THEMED TRIVIA CONTESTS VIA THE INSTAGRAM STORY FEATURE. THEY HAVE THREE QUESTIONS, AND THE FIRST PERSON TO ANSWER ALL OF THE QUESTIONS CORRECTLY GETS FEATURED IN OUR STORY! THIS YEAR, WE HAVE ALSO TAKEN ADVANTAGE OF TRENDING TOPICS/MEDIA. EXAMPLES OF THIS ARE OUR HOSA WEEK POST, WHICH WAS TAYLOR SWIFT-THEMED, AND OUR "HOSA WRAPPED" POST, WHICH WAS MODELED AFTER SPOTIFY WRAPPED.

Wisconsin HOSA is an example of the power that social media holds — being a state chartered association to 3,000+ members can make communication a feat, but through engaging posts, member-centered content, and endless creativity, the WI HOSA state officers have shown that it is possible to utilize social media in a positive light.



wisconsinhosa





ashton.hosa



Your future career matters.

@ashton.hosa





ASHTON LAMBERT

ALABAMA HOSA CHAPTER PRESIDENT BENJAMIN RUSSELL HIGH SCHOOL

Ashton is an inspiring example of how individual members can harness the power of social media as a tool for both advocacy and community-building within HOSA-FHP. Organizationally, social media can also be leveraged by chapters, Chartered Associations, or other HOSA teams. Next, we'll hear from Wisconsin HOSA about how their officers have used social media on the Chartered Association level, creatively connecting with the members they serve.

MY UNWAVERING PASSION FOR HOSA ISN'T A SECRET. @ASHTON.HOSA IS AN INFLUENTIAL PLATFORM THAT PROMOTES AND ADVOCATES FOR HOSAS' VISION AND MISSION. TO EMPOWER ITS MEMBERSHIP TO BECOME RESILIENT LEADERS WITHIN THE HEALTHCARE INDUSTRY. THIS PLATFORM HAS ALLOWED ME TO REACH AN AUDIENCE OF 20,000+ INDIVIDUALS, WITH 2,000+ OF THOSE BEING ASPIRING HEALTH PROFESSIONALS. MY APPROACH TO SOCIAL MEDIA IS KEEPING MY CONTENT FRESH AND ENGAGING, WITH A SPLASH OF MY OWN CREATIVITY; THAT'S MY STRATEGY...

THROUGH MY SOCIAL MEDIA ADVOCACY FOR HOSA, I'VE BEEN ABLE TO CONNECT WITH 2,000+ MEMBERS, GLOBALLY. FROM THE PHILIPPINES TO MY HOME ASSOCIATION OF ALABAMA, THESE NETWORKING OPPORTUNITIES HAVE GRANTED ME ACCESS TO GROW AS A HUMAN BEING, LEADER, AND MOST IMPORTANTLY, A FUTURE HEALTH PROFESSIONAL...AN ANALOGY I LIKE TO USE WHILE DESCRIBING OUR ORGANIZATION IS CALLING HOSA AN 'INCESSANT FLAME' – A FLAME THAT IS NEVER EXTINGUISHED. THIS FLAME ISN'T JUST BURNING; IT'S GROWING, BLAZING A TRAIL THAT SHOWCASES THE TRUE STRENGTH OF OUR MEMBERSHIP....

ONE OF MY FAVORITE INITIATIVES IS DEFINITELY THE HOSA-FUTURE HEALTH PROFESSIONALS ADVOCACY SPOTLIGHT! THIS SPOTLIGHT AIMS TO RECOGNIZE AND ACKNOWLEDGE THE WORKS AND EFFORTS OF HARD-WORKING INDIVIDUALS, WHO SEEK TO ENHANCE AND PROMOTE HOSA'S MISSION AND TO ADVOCATE FOR ITS MEMBERSHIP.... I'VE ALSO ESTABLISHED A MINI-COURSE ENTITLED 'COMPETITIVE EVENTS 101' THAT ENABLES OUR MEMBERSHIP TO DELVE INTO THE NITTY GRITTY OF OUR COMPETITIVE EVENT CATEGORIES. THIS IS THE FUNDAMENTAL OBJECTIVE THAT ALLOWS OUR MEMBERS TO EXPLORE NEW OPPORTUNITIES WITHIN THE HEALTHCARE INDUSTRY, SUITING THEM TO UNLEASH THEIR INNER 'HEALTH PROFESSIONAL.'

SOME IMPORTANT ADVICE I WOULD LOVE TO SHARE WITH MY 260,000+ HOSA FRIENDS IS TO EMBRACE YOUR AUTHENTICITY, WHICH IS ONE OF THE MOST CRITICAL ASPECTS WHEN ON SOCIAL MEDIA. WE ALL STRUGGLE WITH FINDING OUR TRUE IDENTITY; I HAVE FIRST-HAND EXPERIENCE. BUT, EVEN IN THOSE MERE MOMENTS WHERE YOU FEEL DIFFERENT AND CURIOUS—IT'S OKAY. THOSE DAUNTING MOMENTS ARE THE FUEL THAT DRIVES YOU TO YOUR DESTINATION—THAT DESTINATION BEING YOUR ULTIMATE SUCCESS. I WOULD ALSO LIKE TO SAY... GO PROMOTE!... TOGETHER, WE'RE ENHANCING THE CORE VALUES OF HOSA-FHP, ONE MEMBER AT A TIME... I WOULD LOVE TO CONCLUDE WITH A POSITIVE NOTE—A QUOTE THAT I INTEGRATE INTO MY DAILY LIFE: "STAY DETERMINED AND RESOLUTE, FOR YOUR HARDSHIPS ARE, UNEQUIVOCALLY, THE FUNDAMENTAL CORNERSTONES TO YOUR SUCCESS." I HOPE THAT THIS MESSAGE CAN RESONATE WITH YOU IN SOME CAPACITY AND CAN BE A GUIDING FORCE TO BRINGING YOUR SUCCESS INTO FRUITION, IN HOSA AND BEYOND.

**BE A
VOICE
NOT AN
ECHO**