

## THE HOSA STORY

### Recognition Opportunity for HOSA Chapter Members

#### Recap:

1. This is an opportunity for **HOSA Chapter Members** (Middle School and High School) to create a two-minute video to tell how their HOSA journey has resulted in where they are today and what they hope to accomplish in the future.
2. **HOSA members** are describing their journey to become future health professionals and how they feel about their experiences and opportunities as health professionals.
3. Plaques and a cash award will be presented to the top five (5) (overall across all categories) at HOSA's 50th Anniversary Celebration.
4. The deadline for submitting the 2-minute video is **April 1, 2026 (midnight CST)**.
5. Process: Submit the video via this [form](https://hosafhp.wufoo.com/forms/the-hosa-story-video-recognition/) (<https://hosafhp.wufoo.com/forms/the-hosa-story-video-recognition/>).

#### The Background

The HOSA Story video celebrates the impact of HOSA among **members (middle school and high school)**, highlighting how classroom learning and chapter experiences combine to develop the technical, leadership, and professional skills essential for success in the health professions. Through a short, inspiring video, participants can share their personal HOSA journey and showcase how HOSA truly prepares future health professionals to lead, learn, serve, innovate, and succeed.

#### Eligibility

- **HOSA Members** may participate by creating a **2-minute informational and inspiring** video using the prompt below:
- **HOSA Member:** Create a video that illustrates how the combination of classroom (health and biomedical science) and chapter (HOSA) are preparing you to be a future health professional with technical, leadership, and professional skills to pursue a pathway that leads to a career in healthcare or a job that you wish to pursue.

#### Tips for Video Production:

- **Create a storyboard.** Draw what scenes you would like to capture in your video. Plan your project before you start shooting.
- **Clear sound is essential.** Make sure that you are in a quiet environment when you start recording your HOSA Story. The audio must be clear and at a normal volume.
- **Check the lighting.** Good lighting is vital. When shooting outside, it is best to record on a day when the sun is bright and everything is clearly visible. When inside, make certain there is proper lighting.
- **Vimeo Academy.** Take advantage of the free courses, tutorials, and learning resources available at [www.vimeo.com/vimeo-academy](http://www.vimeo.com/vimeo-academy).

#### Recognition Process

1. **Members** create a 2-minute video.
2. The submission deadline is **April 1, 2026 (midnight CST)**.
3. Entries should be submitted via the online **form** (<https://hosafhp.wufoo.com/forms/the-hosa-story-video-recognition/>).
4. Plaques and a cash award will be presented to the top five (5) (overall across all categories) at HOSA's 50th Anniversary Celebration.
  - a. 1st: \$500
  - b. 2nd: \$200
  - c. 3rd: \$150
  - d. 4th: \$100
  - e. 5th: \$50
5. Videos will be shared across multiple channels during the 50th Anniversary celebration at ILC.