



Raising Student Leaders

by Mike Glover, CAVIT HOSA Advisor

Are leaders made or born? I believe that leaders are made and the leadership opportunities provided through HOSA can provide young people with valuable life-long skills to guarantee success!

Developing HOSA student officers into dynamic leaders is not an easy task. It requires dedication, a quality program, high standards within the chapter and most importantly, it requires self-motivation from the chapter officer team. Working with your officer team to take the lead in providing quality instruction to students can be the biggest motivator for all of your HOSA membership.

When CAVIT's Arizona chapter came on board with HOSA last year, the goal was to develop a monthly student professional development program that would offer students a variety of opportunities to participate in new and innovative leadership training. We wanted our officers to develop a monthly event that would give HOSA students a working knowledge of leadership, including group dynamics, diversity, ethics and team building traits. This year, we have set a goal to make our monthly program better than the year before.

By training CAVIT officers to lead training activities at meetings, students have been exposed to progressive leadership training programs that taught the topics needed to be valuable health care workers. Officers presented programs such as Who Moved My Cheese?, FISH! Philosophy and A Peacock in the Land of Penguins. These commercially available programs teach students how to adjust to change, create positive attitudes and to appreciate the diversity among others. Officers lead sessions by participating in engaging activities such as role play and group discussions.

We don't expect students to know how to lead when they begin CAVIT classes and we know that leadership does not just happen overnight. It is the result of hard work, training and dedication to improving the HOSA chapter. Using officer teams as an instructional tool can bring HOSA chapter members pride in raising future health care leaders.

CAVIT officers provided a Who Moved My Cheese? skit, a lesson on change and led discussions.



HOSA Week Activities at East Haven High School

by Sean Connelly

Recently students of East Haven High School's HOSA club organized a free blood pressure screening clinic. The free clinic exercised the student's abilities to take blood pressure on patients as if they were in a real working environment. The clinic was offered over the course of two days to anyone within East Haven High School who wished to have his or her blood pressure tested. Because of East Haven High School's vast student and faculty population, this gave students the opportunity to work with patients that they have never met before, such as they would in a hospital or medical facility. In preparation to the clinic, students posted instructional posters across the school to raise awareness and to attract patients.

Over the course of the two days many attended the clinic including teachers, students, principals, and even security guards. Ninety seven blood pressures were taken in all. After a patient's blood pressure was taken, wallet sized cards were given to them with their blood pressure on it. Also found on the card were various facts and statistics regarding the various levels of blood pressure. This information was explained to each patient broadening their knowledge of how important getting their blood pressure checked is.

As a member of HOSA, I was given the firsthand experience of being able to participate in this clinic. I feel it gave us a very accurate showing of what it is like to work in a medical environment. For me personally, I found that you truly feel like you are helping people like you would in any medical career. Even though we were participating in such a simple task such as taking and recording a patient's blood pressure, we were still spreading awareness to many people across the school. The knowledge that was passed on through this clinic has influenced many people to the dangers of high blood pressure. Overall, I feel that the clinic was a very beneficial project for both the students who participated and those who were tested.

Student officers from East Haven High School, Warren Harding High School, Hill Regional Career High School and Central High School attend a workshop on Re-Sharpening your Interpersonal Skills at the Fall Leadership Conference on December 11, 2006. The workshop was facilitated by Mark Schnieder and Bob Dickson from the Dale Carnegie Training of Western Connecticut.

