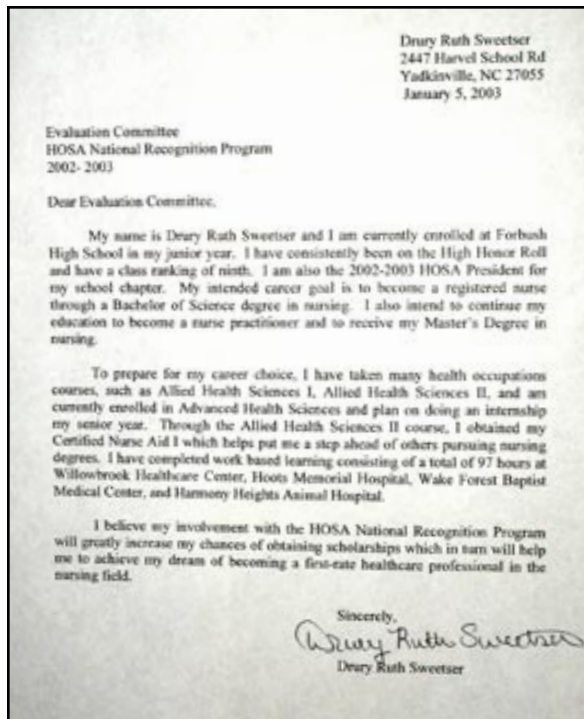


# National Recognition Program – in Pictures

The HOSA National Recognition program underwent major changes last year. The revised event is designed to give the HOSA member a tangible record of achievements and a tool to use when filling out college and job applications, now and in the years to come.

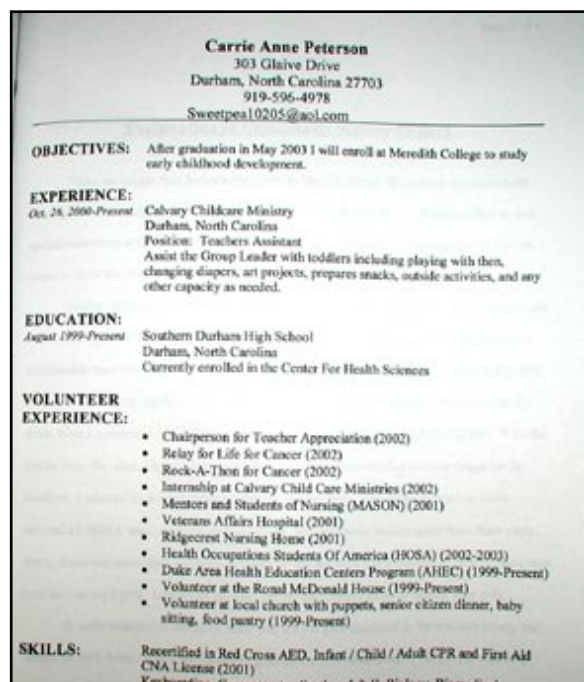
You may have noted an article about the National Recognition Program in the HOSA E-magazine – "Tips for Success" at [http://www.hosa.org/emag/articles/leadership\\_march03\\_pg2.pdf](http://www.hosa.org/emag/articles/leadership_march03_pg2.pdf)

Since then, some HOSA members who have completed the new National Recognition Program are willing to share pages from their portfolio to give other HOSA members an idea of what it will look like when it's done!



## Letter of Introduction

This letter is addressed to the evaluation committee and serves as an introduction – telling the person who reads it who you are. It must be free of spelling and grammatical errors and should describe your career goal and other relevant information.



## Resume

Professional resume to include educational and work experience, honors, awards and other activities.

Styles of resumes may vary and can be found in many Health Occupations/Health Science Education textbooks. For the event, be sure the resume is neat, printed on good quality paper, and one page in length.



**PROJECT**  
THE "OBESITY WALL"

The "Obesity Wall" is a project proposed by Mr. Gary McDonald, our principal, to our HOSA advisor. When this project was presented to the HOSA officers, Katiyn Joyner and I decided to make a display because of the increasing number of students dealing with obesity or being overweight at Forbush High School.

In order to make this display, we researched the problem of obesity on the Internet and other resources. We were amazed at the statistics found showing the prevalence in America of this problem, especially among our peers. A speech entitled "Obesity and Being Overweight" was written and the brochure "Overweight and Obesity" was designed on the computer. A PowerPoint display was also produced.

We then decided how to display our presentation. We chose to put the display outside the cafeteria because this is a high traffic area at our school. Also, being near the lunchroom was a strategic position, since food was on everyone's mind. The "Obesity Wall" also held brochures to be taken by the students. All the brochures were taken in the first week of display.

## Project

Health care knowledge/skills application project that may connect to HOSA (such as a community awareness project) or other activity that requires problem solving and hands-on application.

In the example to the left you can see the project that the HOSA members developed and a copy of a fact sheet they created and distributed.

**Facts about Obesity and Being Overweight**

- Obesity is considered to be genetic
  - 1 out of 5 Americans are obese
- 3 out of 5 Americans are either overweight or obese
- Obesity affects more people than smoking, heavy drinking, or poverty
- The obesity rate grew by 60% between 1991 and 2000
- Some health problems resulting from obesity are: Asthma, Sleep Apnea, Diabetes, Heart disease, Arthritis, certain types of Cancer, and Gallbladder disease

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- Making physical activity a part of your daily life is an important way to help control your weight and lower your risk for health problems
- Some ways to exercise and be physically active are: taking the stairs instead of the elevator, walking, jogging, gardening, and raking leaves
  - If you are not overweight, but it runs in your family, make sure you keep your weight steady

**FORBUSH HOSA ENCOURAGES YOU TO WORK TOWARDS A HEALTHIER WEIGHT!**

**HOSA National Recognition Program and National Healthcare Skills Standards – Portfolio Standards**  
**WRITING SAMPLE**

**Instructions:** All questions/statements must be answered in the space provided in the competitor's own handwriting. These short essays should include specific details and should reflect who you are. These pages will be included in the portfolio.

1. **Discuss your reasons for wishing to pursue a health care career.**  
I wish to pursue a health care career because I feel that I have the passion and ambition to be an effective worker. I am a caring and understanding person and enjoy helping other people. I like to spend my time doing for others and helping anyone who is in need. I want to have the opportunity to cure people and help them feel better. It is my personal opinion that many people need a provider who is easy to talk to and understanding of what they are going through. Having a career in the health care field is my ultimate goal.

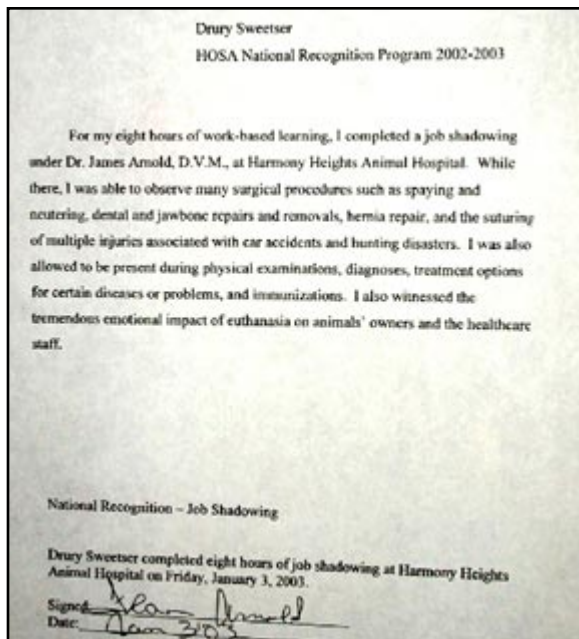
2. **What have you already done to begin to accomplish the goals you described in the first question?**  
I studied anatomy and physiology. I feel that

## Writing Sample

The ability to write effectively will be important to you in college and in a career. HOSA members are asked to answer the questions in the attachment following the instructions given.

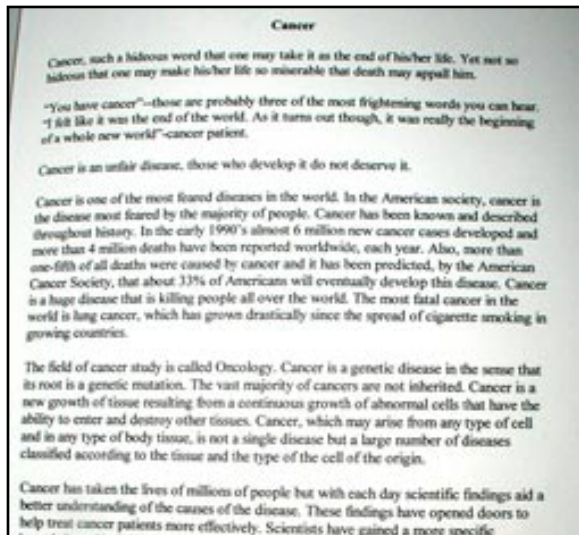
BE SURE the answers are clearly thought out and neatly handwritten. DO NOT use a computer!





## Work-based Learning

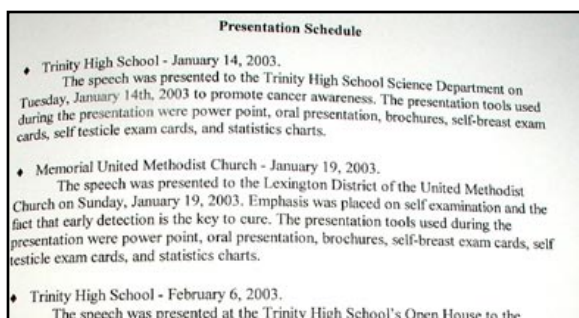
This section includes a summary of 8 or more hours of a work-based learning experience or supervised practical experience such as Job shadowing, career exploration, internship, volunteering.



## Oral Presentation

Script of HOSA or health-related speech and short description of who, where, what and when the speech took place. Must be a speech for school faculty, civic or community organization, local health care group, school classroom (any grade) or as part of a HOSA competitive event above the chapter level. Presentation tools may be used.

The page to the left shows the beginning of a HOSA's member's speech on Cancer. The next page shows the presentation schedule.



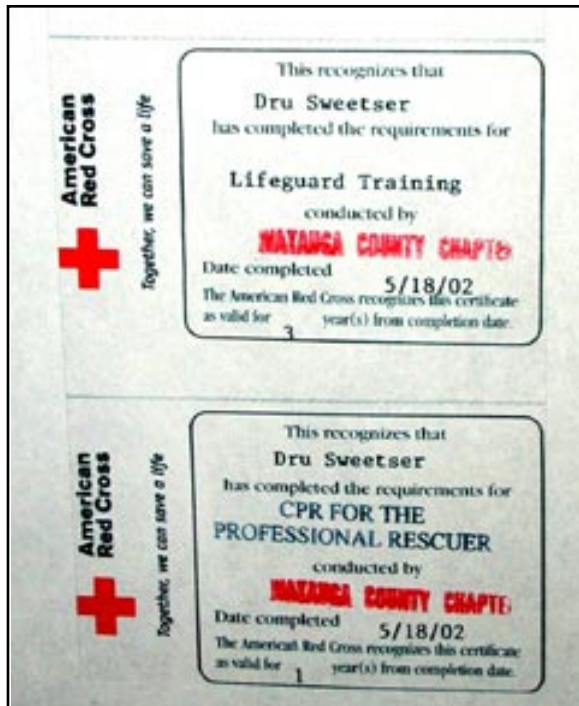
7. SERVICE LEARNING

Name of Activity	Dates	Hours	Location	Learning Outcome
North Carolina Big Sweep	9/28/02, 9/15/01, 9/23/00.	41	High Rock Lake, Trinity High School	Learned the importance of keeping our environment and waters clean (volunteer).
Project Teen Peace	05/04/02, 05/05/01, 05/06/00.	107	Washington Terrace Park, High Point-Thomasville Chapter of the American Red Cross	Red Cross anti-violence project for teens (orientation chairperson). Learned how to promote anti-violence among teens.
Recycling	Every 4 <sup>th</sup> week of every month from 2000-2003.	83	Trinity High School, Archdale-Trinity community	Learned the importance of recycling and the proper ways to dispose recyclables.
Blood Drives	02/06/03, 12/30/02, 12/17/02, 10/01/02, 02/26/02, 10/16/01, 02/28/01, 10/17/00, 02/10/00, 10/05/99.	127	Trinity High School, Showplace, High Point-Thomasville Chapter of the American Red Cross	Learned the importance of blood drives and their need in our community. Learned how to register new donors. (Volunteer Chairperson)
Halloween Safety	10/31/02, 10/31/01, 10/31/00.	54	John Lawrence Elementary School	Being able to teach kids how to be safe on Halloween night.
Disaster Relief Aid	09/17/01 to 10/05/01.	58	Trinity High School, High Point-Thomasville Chapter of the American Red Cross	Learned the importance of blood drives in our community after September 11 <sup>th</sup> 2001 and collected cancer supplies to

## Service Learning

This is a one page summary of one or more service learning projects or activities to show the dates, hours, location, and learning outcomes.





## Credentials

This section includes up to five pages. Most HOSA members included a school transcript or recent report card. Also included were copies of certificates or documentation that shows completion of training in health-related competencies –

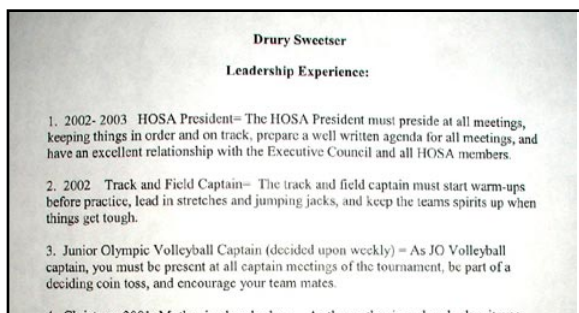
Examples include and are not limited to: CPR certification, First Aid certificate, CNA, EMT, Brainbench certificates: successful completion of the two Foundation Standards assessments, etc.



## Technology

Evidence of the use of technology beyond the basic skill level. Examples might be of something you created such as a web site, electronic newsletter, PowerPoint presentation, etc., OR other evidence of advanced technology skills (certificate, etc.).

This example is the first of four pages of a PowerPoint presentation that the HOSA member created.



## Leadership Experience

In this section the HOSA member should list and describe his or her principal leadership activities in the approximate order of interest. These should include leadership roles in the arts, athletics, and organized school or community activities. Be sure to include dates and fit it all on one page.

