1. **Shark Tank Style** - “Think like an entrepreneur because you will either be one, or work for one.” Bill Brown. (may be done verbally or written)

Sell me in less than two minutes:
- Describe yourself as the best future health professional.
- Is it better to go to school for a long time to finish a degree and then enter the workforce; or enter the workforce right away and climb the career ladder?
- Is it better to have longer life or better health?

**HOSA Competitive Event Connection:** Job Seeking Skills, Health Career Preparation, Health Career Display, Healthy Lifestyle, Extemporaneous Writing.

2. **Life Purpose:** [How to Know Your Life Purpose in 5 Minutes](https://www.youtube.com/watch?v=dQw4w9WgXcQ), Adam Leipzig.

Watch video, then answer:
A. Who you are:
B. What you do:
C. Who you do it for:
D. What those people want/need:
E. How they change as a result of what you do:
F. Your elevator speech:

**HOSA Competitive Event Connection:** Behavioral Health, Healthy Lifestyle


Read this article, then: Create a specific self-care plan that addresses your physical, intellectual, and emotional well-being. Be sure to include answers to the 3 questions below for each of these areas of wellness.

A. What will I do for self-care?
B. Whom can I call at any time?
C. Whom can I reach out to if I need more help?

**HOSA Competitive Event Connection:** Behavioral Health, Healthy Lifestyle
4. **Apple Activity:**

Equipment Needed: Apple (students brought in), googly eyes, toothpicks, construction paper, plastic knife, glue or tape, yarn & pipe cleaner (with thanks to Arlette Robinson)

- Students use plastic knife to score the apple for the planes (transverse, midsagittal, frontal)
- Label planes using toothpick with small banner glued or taped
- Students make the apple into a human with eyes, arms & legs in correct anatomical position
- Apple must be checked by teacher to make sure planes are correct and anatomical position is correct.
- Apples are judged for creativity and accuracy.

_HOSA Connection:_ Medical Terminology

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If you are a HOSA Advisor and would like to contribute to this ongoing list, we’d love to add your resources and give you credit for such! Please email Jan Mould Jan.Mould@hosa.org