a journey of constant inspiration
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by Public Health Foundation’s TRAIN Team

As HOSA members, you know that it’s going to take dedication, experience, and training to get to where you want to be – a rising star in the health professions! But did you know that you can begin your training right now?

TRAIN (www.train.org) is a free online network that helps prepare current and future health professionals. We work with health departments, government agencies, and other organizations to bring thousands of training opportunities to health professionals. You can register for and participate in the very same training as professionals in the field. Go to www.train.org to register and be sure to put HOSA in the “Organization” field.

Here are 3 ways that you can build your health knowledge and skills right now:

1. **Explore the spectrum of health careers and topics.**
   Many organizations and universities offer free online courses, such as Coursera or edX. On TRAIN, you can explore health topics that interest you by searching for courses by Subject Area in TRAIN (http://bit.ly/TRAINbySubject).

2. **Complete a Training Plan.**
   Training Plans are collections of courses that, when taken together, advance knowledge and skills. TRAIN offers a variety of national Training Plans on topics ranging from epidemiology to emergency preparedness: http://bit.ly/TrainingPlansonTRAIN.

3. **Build a transcript of your training.**
   Keep a record of everything you take, including any certificates, to show prospective employers, schools, and professional organizations. TRAIN’s Transcript feature also allows you to store information about courses taken outside of TRAIN and add any certificates earned alongside courses taken through TRAIN.

Remember, TRAIN (www.train.org) is free for you to use!
Most sixth graders want to be professional athletes when they grow up. However, I wasn’t like most sixth graders, I wanted to become a dentist. At the time it was just a dream, but HOSA has allowed this dream to become a reality.

Throughout elementary and middle school, I was constantly bullied. People laughed at my awkward demeanor, twisted my words, and practically critiqued my every movement. This treatment caused me to become shy and introverted, believing that if I said nothing and blended in, people would have no reason to make fun of me. I remember constantly lying in bed late at night, worrying about what the next day would hold, another day wishing that I wasn’t at school. Things didn’t really seem to turn around until I got into high school. My family recently moved to a new state and I chose to attend a school that had just started a dental assisting program. As I stated before, I already wanted to be in the dental field by this time, but this class solidified my love for the profession. I remember the first time I assisted a dentist in the dental clinic. All I did was pass instruments and suction, but for some reason I loved it. While I knew that this profession was the right fit for me, I never thought that I’d be able to actually pursue it because I told myself that there would always be someone smarter and better than me. My damaged confidence almost kept me from pursuing this dream, but early in my sophomore year I was introduced to HOSA, an organization that gave me the confidence I needed to push forward.

It was in September of 2012 when my dental teacher pulled me and a few of my classmates aside to ask if we would like to compete in Dental Science, an event requiring competitors to take a challenging written test and perform various clinical procedures. My classmates and I jumped at the opportunity. I was immediately filled with excitement over the thought of possibly attending a national leadership conference, but anxiety was already building inside of me over the thought of competing against so many other intelligent individuals. I remember the day I had to compete at locals, being judged by my teacher and a dental assistant she had worked with in the past, feeling so nervous that I could leave the room, but wanting to win more than words can explain. To my surprise, I placed second at that competition and eventually placed third at states. I earned myself a ticket to Nashville. “Maybe I can do this,” I thought, “maybe I have what it takes to win it all.”

The HOSA National Leadership Conference is an experience like no other. Not only had I gotten the chance to travel to amazing destinations, but I got to meet students from all over the country who want to be health professionals in the future - a truly inspiring experience. Sure, I’d be lying if I said that I wasn’t nervous when I competed at HOSA NLC’s the past three years, I was terrified, but in the end, the months I had spent with my nose in a dental textbook and practicing procedures in my school’s dental clinic are what made me a more confident future health professional.

“The HOSA National Leadership Conference is an experience like no other.”
“Over the course of one year, I have overcome my fear of public speaking, become much more outgoing and professional, and have met amazing people from all over the country.”

That first year in Nashville, I placed sixth in Dental Science. This accomplishment was enough in itself but standing on the podium as a top three national finalist in front of thousands individuals the following two years was life changing. I’ve realized that as long I work hard and don’t give up I’ll be able to become a dentist. The road to my dream may be paved with plaque and cavities, but I won’t give up on this dream, not until I can call myself Dr. Pinto.

While competing and placing at nationals was an experience I’ll never forget, being named the Delaware HOSA State Vice-President was an honor that validated my love for HOSA and my dedication to its mission. Over the course of one year, I have overcome my fear of public speaking, become much more outgoing and professional, and have met amazing people from all over the country. After not seeing my friends from WLA in months, I finally met back up with each of them in Anaheim, California, for the 2015 National Leadership Conference. It was like seeing a family member for the first time in a while, shouts of excitement, hugging, and catching up with one another. Yes, HOSA has allowed me to grow immensely as a person, but my family has grown as well, only this awesome family consists solely of future health professionals!
Georgia Campuses Host Recruitment Rally

Thanks to the diligent efforts of three Everest campuses, hundreds of students joined the state of Georgia’s newest postsecondary chapters of HOSA—Future Health Professionals, a professional organization geared toward building future leaders with career goals in health.

Over the course of three days, staff members from Everest Institute Marietta, Everest College Atlanta West and Everest Institute Norcross all worked hard to promote the benefits of HOSA membership to their students.

Campus leaders visited classrooms, spoke to medical students, distributed information packets, manned a booth and even provided a fun raffle drawing—all to engage students in the potential membership opportunity. More than 280 students saw the value and took action.

“Thanks to the hard work of all of our advisors, our healthcare students can now be part of the largest organization of its kind run by and for the students!” said Jill Cochran, AVP, Admissions. “We believe HOSA membership will lead to greater student satisfaction and employer networking.”

“We’ve been long-term partners with the HOSA organization at the high school level, and for years they’ve suggested that we start postsecondary chapters,” Jill said. “We were able to do this with money received from my recent Campaign for Innovation grant submission.”

Today, the grant is providing free student memberships in the National chapter, as well as the local Georgia chapters for all new participants. Funds will also support students who want to attend healthcare leadership conferences in Georgia and meet other like-minded students, employers and companies. Even after students graduate, they will maintain their HOSA membership as alumni. An effort of this magnitude doesn’t happen by chance.

Special thanks go to Adrianne Holliman and Alonso Whitfield, HOSA advisors for Atlanta West; Jasmin Quillian, HOSA advisor for Marietta; Betty Wilkins, HOSA advisor for Norcross; Sylento Lewis, campus president, Atlanta West and Jonesboro, and Darrell Rhoten, campus president, Marietta.

“We believe HOSA membership will lead to greater student satisfaction and employer networking.”
National Secondary Board Representative Tammy Philips and National Region I Vice President Santina Cherian volunteered at the Leukemia and Lymphoma Society’s 2015 Oklahoma City Light the Night Walk at the Oklahoma City University. During the event, they helped distribute registration packets and lanterns as well as had the privilege of welcoming survivors, supporters, and their family members. Seeing the community come together for a worthy cause touched the hearts of both national officers. Meeting the families and survivors of those affected by Leukemia or Lymphoma and hearing their stories of courage and perseverance were beyond inspiring. Tammy and Santina thank the members of HOSA for serving an earnest cause to impact the lives of those affected by this illness in a positive way. It is evident that through the collective efforts of every HOSA member, strides can be made towards a better and brighter future for all.
“Stop the Bleed” Campaign is a federal initiative that aims to save lives and build resiliency in our communities.

The Administration launches the “Stop the Bleed” campaign to provide people with the tools to stop life threatening bleeding in the event of an emergency.

The “Stop the Bleed” campaign was launched during an event at the White House, to provide bystanders of emergency situations with the tools and knowledge to stop life threatening bleeding. Working with the private sector and nonprofit organizations, the “Stop the Bleed” campaign will put knowledge gained by first responders and our military, into the hands of the public to help save lives. dhs.gov/stopthebleed

Uncontrolled bleeding injuries can result from natural and manmade disasters and from everyday accidents. If this bleeding is severe, it can kill within minutes, potentially before trained responders can arrive. Providing bystanders with basic tools and information on the simple steps they can take in an emergency situation to stop life threatening bleeding can save lives. Research has shown that bystanders, with little or no medical training, can become heroic lifesavers. Similar to the use of CPR or automatic defibrillators, improving public awareness about how to stop severe bleeding and expanding personal and public access to Bleeding Control Kits can be the difference between life and death for an injured person.

Our national preparedness is the shared responsibility of all levels of government, the private and non-profit sectors, and individual citizens. The goal of the “Stop the Bleed” initiative is to build national resilience by empowering the general public to be aware of the simple steps that can be taken to stop or slow life threatening bleeding, and to promote the general public’s access to Bleeding Control Kits in public spaces, while they travel, and in the home.

Members of HOSA-Future Health Professionals are asked to help build awareness of this initiative. For more information on these efforts and how you can get involved in the “Stop the Bleed” campaign, please visit dhs.gov/stopthebleed.
Registration Now Open!

2016 ADEA GoDental Recruitment Fair

Saturday, March 12, 2016 | 10:30 a.m. – 3:00 p.m.
Colorado Convention Center, Denver, CO

REGISTER TODAY

Registration is free for students.

• Meet dental school admissions officers from over 40 U.S. dental schools.

• Attend interactive presentations to help you become a successful applicant.

#GoDental16
The following are some tips to help make your next meeting successful, effective and maybe even fun.

BEFORE THE MEETING

1. Define the purpose of the meeting.
2. Develop an agenda in cooperation with key participants.
3. Distribute the agenda and circulate background material, lengthy documents or articles prior to the meeting so members will be prepared and feel involved and up-to-date.
4. Choose an appropriate meeting time. Set a time limit and stick to it, if possible. Remember, members have other commitments. They will be more likely to attend meetings if you make them productive, predictable and as short as possible.
5. If possible, arrange the room so that members face each other, i.e. a circle or semi-circle. For large groups, try U-shaped rows.
6. Choose a location suitable to your group’s size. Small rooms with too many people get stuffy and create tension. A larger room is more comfortable and encourages individual expression.
7. Use visual aids for interest (e.g., posters, diagrams, etc.). Post a large agenda up front to which members can refer.
8. Vary meeting places if possible to accommodate different members. Be sure everyone knows where and when the next meeting will be held.
**DURING THE MEETING**

1. Greet members and make them feel welcome, even late members when appropriate.
2. If possible, serve light refreshments; they are good icebreakers and make your members feel special and comfortable.
4. Review the agenda and set priorities for the meeting.
5. Stick to the agenda.
6. Encourage group discussion to get all points of view and ideas. You will have better quality decisions as well as highly motivated members; they will feel that attending meetings is worth their while.
7. Encourage feedback. Ideas, activities and commitment to the organization improve when members see their impact on the decision making process.
8. Keep conversation focused on the topic. Feel free to ask for only constructive and non-repetitive comments. Tactfully end discussions when they are getting nowhere or becoming destructive or unproductive.
9. Keep minutes of the meeting for future reference in case a question or problem arises.
10. As a leader, be a role model by listening, showing interest, appreciation and confidence in members. Admit mistakes.
11. Summarize agreements reached and end the meeting on a unifying or positive note. For example, have members volunteer thoughts of things they feel have been good or successful or reiterate the organization’s mission.
12. Set a date, time and place for the next meeting.

**AFTER THE MEETING**

1. Write up and distribute minutes within 3 or 4 days. Quick action reinforces importance of meeting and reduces errors of memory.
2. Discuss any problems during the meeting with other officers; come up with ways improvements can be made.
3. Follow-up on delegation decisions. See that all members understand and carry-out their responsibilities.
4. Give recognition and appreciation to excellent and timely progress.
5. Put unfinished business on the agenda for the next meeting.
6. Conduct a periodic evaluation of the meetings. Note any areas that can be analyzed and improved for more productive meetings. See a sample meeting evaluation.

And remember, effective meetings will keep them coming back!
**What is HOSA?**

*By Clayton Sims*

HOSA has a lot to offer; most people, within and without HOSA, would likely agree to such a statement. But what does that mean, exactly? Does HOSA provide a lot of scholarship money for graduating seniors? Does it give college and university students networking and job opportunities? Does it give the youth something to do besides playing video games and pirating music? The official HOSA website (hosa.org) lists many of the benefits to joining and being active in HOSA—Future Health Professionals. Scholarships are, indeed, an important facet of these benefits, as are networking opportunities (which may very well lead to internships or jobs), internship opportunities, self-development, and travel. But, when it is laid out in this way, HOSA hardly sounds unique. Most other Career and Technical Student Organizations (CTSOs) would likely boast the same benefits, each to its own extent of truth.

I’ve been with HOSA for five years to date, from my sophomore year of high school up to my entrance into junior year at the Harriet L. Wilkes Honors College of Florida Atlantic University. I’ve seen HOSA’s functioning from the outside, before my affiliation; from the inside, both as a relatively inactive member and as a national competitor; again, from the inside, as a state officer for Florida HOSA; and now as a local postsecondary member at a university with a rather small chapter. In examining these past five years, I feel that HOSA’s benefits could be shown to surpass all other CTSOs simply by virtue of the character and the emotional growth I’ve undergone as an individual and as a leader. But HOSA’s benefits are, of course, far more measurable than that.

In connection with my HOSA chapter and with my medical magnet program at my high school, I was given the opportunity to volunteer at a nearby hospital and to intern as a pharmacy technician at a nearby Walgreens Pharmacy. HOSA led me into the professional realm while I was little more than a child and showed me what a life in the health professions could be like.

One of my teachers (and HOSA advisors) nominated me for attendance to a conference dedicated to showing high school students life in medical school and in the health professions. The lessons I learned in those positions prepared me for a lucrative internship at The Scripps Research Institute in Jupiter, FL, and the lessons I learned through HOSA prepared me for many leadership positions at FAU. HOSA’s opportunities are vast and varied, to be sure, but it is not simply the scholarships and internships and conferences that make this organization great.

When you think of your future, what do you see? Do you see yourself in an emergency operating room or saving a child from the horrid physical injuries resultant of a tragic car accident? Do you see yourself advising patients and filling prescriptions at the local pharmacy? Do you see yourself helping a recent amputee adjust to her new prosthesis? Do you see yourself consoling a patient’s family after news of death has just been delivered? Perhaps you see nothing at all but open doors and endless possibilities.

What you see matters almost as much as what you can do. We call HOSA the best CTSO because of what it teaches its members. We call HOSA the best because of where its members go, of what they become capable, of how they treat their fellow humans. HOSA is not defined by its membership counts or its scholarship amounts or its internship opportunities, though those are certainly valuable and important aspects of a high-functioning and professional CTSO. No, HOSA is instead defined by its members. HOSA teaches its members how to succeed, how to think, how to approach strangers with nothing but a handshake and a smile and sway them to believe in the future of medicine and healthcare. What makes HOSA’s members different? As Julius Wade said in his election speech, it’s “that something special… that something real.” It’s that paradoxically perceivable-yet-insubstantial stuff, that moxie that allows HOSA’s members to so consistently perform so well. HOSA’s members spectacularly exuded that “something special” to the point that the HOSA fever has begun to spread worldwide, with Canada and Mexico in attendance at NLC 2015.

So I ask again, what do you see when you think of the future? You don’t have to see yourself surrounded by trophies and awards like Ronald Weasley. You don’t have to see a distinct and successful career in healthcare. You don’t even have to see endless possibilities. But when others are asked that same question, one thing is certain: they see you. No matter what the future holds, this country and this world will always need health professionals, and health professionals will always need HOSA, and HOSA will always need you. For nearly 40 years this organization has grown far larger than its founders could have imagined, and it will only continue to break boundaries. The reason for this is not legal precedence or large donations or publicity. The reason for this is HOSA’s members decided that they had something worth working for. Something that the world needed to see, one way or another. “Something real.”

When I think of the future, I don’t see a 100% effective cure for cancer, I don’t see a space station on the moon, and I certainly don’t see Sharknado making another sequel; what I do see, however, is HOSA and its members reaching gargantuan levels of professionalism and effectiveness and size. HOSA’s members make impressions and pass laws; they save lives and invent cures. HOSA’s members change the world every day. HOSA’s members are the titans of the modern world. So when I think of the future, what do I see? I see you.
In high school, HOSA was a big part of my average school day. During class and after school, I was constantly involved with HOSA. However when I started my college career, I realized that college is very different from high school, especially HOSA. In high school, I had time in my directed health studies class to work on HOSA related work. In college, you don’t have a specific class to do your HOSA work in. College is also different from high school in the aspect that you make your own schedule. This makes it difficult for members to meet at a specific time. Some members might have class or others might have returned home whereas in high school, all the students end classes at the same time so it is easier to get members together.

So a big aspect of membership as a postsecondary/collegiate member is “time.” College students value time due to jobs and various other responsibilities. This is the biggest concern I hear from postsecondary/collegiate members, that they don’t have the “time” to be in HOSA. Why is this a problem? College students are constantly looking for opportunities to build their skills and experience however they claim HOSA is “too” time consuming. This is due to their conception of HOSA as a competition focused organization. Because many high school HOSA chapters focus primarily on competition, members are missing out on valuable opportunities HOSA could provide them to grow as a person, leader, and a future health professional. The key is to entice and motivate members to join HOSA again and to increase membership by bringing in opportunities for experiences and professional growth.

Keeping members excited and motivated is what continues a HOSA chapter. As a leader of HOSA, you serve the members. To do so, ask your members what they expect out of HOSA and try to plan the year with their expectations in mind. Also, use your community; set up community service events, collaborate with local medical schools or medical professionals programs and even your own school. I believe that opportunities are always there, however, it is up to you to open your eyes and mind to see it and grasp it. Collaborate with other pre-health/pre-medical cubs and organizations on campus. It provides members a chance to network. There is always something out there, you have to make the most of what you have and make it into something you want.

Since the postsecondary/collegiate division is smaller in membership compared to the secondary division, it would be great if postsecondary/collegiate chapters could get together to do different activities. I encourage chapters within close distance to contact each other and collaborate on fundraisers, events, socials, etc. In Hawaii, for fundraisers, the postsecondary chapters get together to plan out events together. This is very beneficial as one chapter may have a beneficial resource that other chapters don’t have but lack something another chapter has. I like to think of each chapter as a puzzle piece, where if we all come together, we make a whole complete picture.

Another important point is that HOSA does continue on into college and some members are not aware of that. If the postsecondary/collegiate institution does not have a HOSA chapter, it is fairly simple to set one up. All you need to start a chapter are a chapter advisor and a few other members. There is a handbook on how to start a postsecondary/collegiate chapter on the HOSA website that is very helpful.

Most importantly, I encourage all members to be innovative to increase membership, be inspiring to motivate members and to ignite the passion of HOSA in members through your service to the organization. HOSA is a wonderful organization for professional and personal growth. HOSA has helped me become the person I am today. Because of HOSA, today I lead, inspire, innovate and ignite.
Your personal essay provides information about you that test scores, grades, and transcripts simply cannot. Great essays capture the reader’s attention and show how you are exceptional. Here’s a step-by-step guide to writing your own knockout application essay.

STEP ONE: BRAINSTORMING
You should expect to devote about one to two weeks simply thinking up possible essay subjects or responses to specific essay prompts. Here are some helpful questions to consider:

What Are You Like?
• What is your strongest personality trait? Does any attribute, quality, or skill distinguish you from everyone else? How did you develop this attribute?
• Consider your favorite books, movies, works of art, etc. Have these influenced your life in a meaningful way? Why are they your favorites?

What Have You Done?
• What are your major accomplishments, and why do you consider them accomplishments?
• What have you done outside of the classroom that demonstrates qualities sought after by universities? Of these, which means the most to you?

Where Do You Want to Go?
• Of everything in the world, what would you most like to be doing right now? Where would you most like to be? Who, of everyone living and dead, would you most like to be with?
• What are your dreams of the future? When you look back on your life in thirty years, what would it take for you to consider your life successful?

STEP TWO: CHOOSE YOUR CONTENT
After brainstorming, start thinking about execution. What originally sounded like a good idea might prove impossible to write or write well. Most importantly, consider how to make your story original. With an essay theme in mind, think over the following questions:

• Will your topic only repeat information listed elsewhere on your application? If so, pick a new topic. Don’t mention GPAs or standardized test scores in your essay.
• Can you offer vivid supporting paragraphs to your essay topic? If you cannot easily think of supporting paragraphs with concrete examples, you should probably choose a different essay topic.
• Will an admission officer remember your topic after a day of reading hundreds of essays? What will the officer remember about your topic? What will the officer remember about you? What will your lasting impression be?

The best essays tell a story about the applicant. The essay does not have to be the story of your whole life but rather a glimpse of it, one rich with meaning and alive with imagery.
STEP THREE: WRITING THE ESSAY
As you sit to put words on paper, keep in mind two vital goals: persuading the admission officer that you are worthy of admission and showing the admission officer aware that you are much more than a GPA and test score. To convince an admission officer of this, you need to start by grabbing his or her attention.

The Introduction
Most admission officers spend at most 4 minutes reading your essay. With this reality in mind, spend ample time on your introduction. One effective technique is to create mystery or intrigue right off the bat. At very least, don’t give away the whole story right at the beginning. Give the admission officer a reason to keep reading.

The Body
After the intro has been perfected, you must ensure that the body paragraphs relate to the introduction. It helps to have a theme that runs throughout the entire essay.

Many students think that big words make good essays. To the contrary, powerful ideas are often best expressed in simple and elegant prose. Another way to impress an admission officer is by using specific examples and evocative touches of imagery that stay clear of cliché. The application essay lends itself to imagery, since the entire essay requires your experiences as supporting details. Successful essays stick to the mantra, “Show, don’t tell.”

The Conclusion
The conclusion is your last chance to persuade the reader or impress upon them your qualifications. Wrap up any loose ends and ensure that your story has a clear, logical narrative from start to finish.

Don’t be surprised if the writing process takes many days. Few writers can dash out a quality essay in one sitting. It takes time to find the perfect structure, wording, and imagery. If you have the time, spend a week away from your draft. When you return to it, you will read it with fresh eyes.

STEP FOUR: REVISE, REVISE, REVISE
Word limits are strictly enforced for application essays, meaning that you can’t afford to waste space. Your content will need to be polished to perfection to make the most of this opportunity. If Thoreau couldn’t write a good essay without revision, neither can you. Delete anything in the essay that does not relate to your main argument. Are your introduction and conclusion more than summaries? Did you find every single grammatical error?

Here’s a checklist to keep in mind as you revise:
- Have I answered my question?
- Does my introduction engage the reader? Does my conclusion provide closure?
- Do my introduction and conclusion avoid summary?
- Do I use concrete experiences as supporting details?
- Have I used active-voice verbs wherever possible?
- Is my sentence structure varied, or do I use all long or all short sentences?
- Are there any clichés such as cutting edge or learned my lesson?
- Do I use transition appropriately?
- What about the essay is memorable?
- What’s the worst part of the essay?
- What parts of the essay do not support my main argument?
- Is every single sentence crucial to the essay? This must be the case.
- What does the essay reveal about my personality?

Finally, be sure to ask someone else – ideally several people – to read your essay before submitting it. Whether a family member, friend, teacher, or editor, getting third-party feedback on your writing is vital to making it shine. Seeking the advice of others will give you fresh perspectives on your work and help you catch mistakes you may otherwise miss. HOSA members can save 25% off any EssayEdge essay editing service by using code HOSA25.

Overall, the application essay writing process can take several weeks. With this simple guide, though, you can make the most of your efforts and create an essay that will maximize your chance of admission at your target schools. Good luck!

About the Author
Ryan Hickey is the Managing Editor of Peterson’s & EssayEdge and is an expert in many aspects of college, graduate and professional admissions. A graduate of Yale University, Ryan has worked in various admissions capacities for nearly a decade, including writing test-prep material for the SAT, AP exams, and TOEFL; editing essays and personal statements; and consulting directly with applicants.
how can HOSA students change a life?

ONE IPOD AT A TIME!

Today, over 5 million people in the US are impacted by Alzheimer’s Disease. Every 76 seconds another person develops Alzheimer’s Disease, leading to nearly 500,000 new cases each year. Alzheimer’s is the 6th leading cause of death in the US overall, and the 5th leading cause of death for people over the age of 65. By 2050, nearly 14 million people aged 65 and older will be living with Alzheimer’s Disease in the United States.

Personalized music is a kind of road map of our lives
Founded by Dan Cohen, MUSIC & MEMORY℠ is a non-profit organization dedicated to enhancing the quality of life for elders through personalized music using iPods and other digital technology. Research has shown that music, particularly music associated with significant personal memories, can help people with Alzheimer’s or other forms of dementia reconnect with the world and greatly improve their quality of life. The documentary film about Cohen’s work, Alive Inside, won the 2014 Sundance Film Festival Audience Award. The impact music can have on a person with dementia can be seen here: https://search.yahoo.com/yhs/search?p=Alive+Inside&ei=UTF-8&hspart=mozilla&hsimp=yhs-002

In May 2015, the Texas Department of Aging and Disability Services (DADS) teamed up with MUSIC & MEMORY℠ to launch a pilot program in 32 nursing homes. The impact of the program on residents has been remarkable, as shown in A Story of Hope, a video filmed in one of the facilities participating in the pilot program. Other states that have implemented MUSIC & MEMORY℠ programs include Ohio, Utah and Wisconsin.

This presents a remarkable opportunity for HOSA chapters in these states, and across the United States, to expand the benefits of this program to even more residents who are living with Alzheimer’s Disease or other dementia-related conditions. HOSA members have the power to directly impact the quality of life of nursing home residents throughout the nation by spreading the MUSIC & MEMORY℠ program to facilities in their communities. Volunteer opportunities include:

• Adopting a nursing home to help develop personalized playlists for residents and load the music onto iPods
• Create an iTunes Library for the facility
• Raise community awareness to identify sponsors
• Host a screening of the documentary “Alive Inside”
• Coordinate a donation drive to collect gently used or new iPods, iTunes gift cards or headphones
• Raise funds to help nursing homes become certified MUSIC & MEMORY℠ facilities, and then work with the facilities to develop the program.

Dan Cohen sees a number of benefits to nursing home residents, as well as the HOSA students who volunteer with the MUSIC & MEMORY℠ program. “HOSA volunteers will be able to introduce a tech savvy approach to improving therapeutic outcomes and quality of life via Music & Memory,” says Cohen. “They will learn how this non-pharmaceutical approach is effective not only with dementia care, but also pain management, rehabilitation, depression and psychiatric diagnoses, allowing them to be one step ahead of their peers and opening opportunities in the medical field.” As Cohen notes, “Personalized music is a kind of road map of our lives” and through their efforts as volunteers, HOSA members can help these residents reconnect with their lives.

DADS appreciates the services provided by volunteers, and recognizes them on an annual basis through the Vision Awards. In addition, from February to April of 2016, Texas HOSA volunteers can enter the DADS Music and Memory Essay Contest, sharing their experiences as MUSIC & MEMORY℠ volunteers in nursing homes. The winning essay will be brought to life through a video produced by DADS Media Services Division, and will help inspire others nationwide to get involved.

Unfortunately, antipsychotic medications are often inappropriately used in nursing homes to treat the behavioral symptoms that people with dementia may exhibit. In fact, the In the United States, people with Alzheimer’s are prescribed antipsychotic medications more frequently than in any other nation. Across the United States, a number of initiatives are in place to reduce the use of antipsychotic medications in nursing homes; one of those initiatives is the MUSIC & MEMORY℠ program.

HOSA members have the ability to transform resident’s lives through personalized music…One iPod at a time! For more information about MUSIC & MEMORY please visit their website at http://musicandmemory.org/.
You can radically transform a life through personalized music! One iPod at a time...

DADS Vision Awards
The Texas Department of Aging and Disability Services (DADS) appreciates the service of volunteers and honors them each year through the Vision Awards. Exemplary service is recognized on a state-level in three areas — wellness, dignity and choice. HOSA members volunteering with the MUSIC & MEMORY™ program can be nominated for recognition through the DADS Vision Awards.

Music and Memory Essay Contest
From February to April of 2016, HOSA volunteers can enter our Music and Memory Essay Contest. Put your HOSA chapter, your high school and the nursing home with which you volunteered on the map by sharing your achievements. We want to know:
- About your organization’s journey and how you got started.
- How volunteering with the Music and Memory program impacted the nursing home, residents and yourselves.

The winning essay will be brought to life through a video produced by DADS Media Services Division. This video will be a vehicle to inspire thousands of others nationwide to get involved.

More information will be available on the DADS website in January 2016.

Have you ever heard of Jake Andraka or Joe Landolinda? If you have not, we think you will. At the age of sixteen Jake Andraka developed a screening test for pancreatic cancer. At the age of seventeen Joe Landolinda invented VetiGel. VetiGel is called the band-aid of the future. Currently in trials in veterinary clinics, the invention is shown to instantly stop bleeding.

The future of health care lies in the hands of HOSA- Future Health Professionals. Competitive events are designed to allow students to develop their leadership and technical skills and to promote critical thinking. There are over fifty-four events from which students can select. From written test to team events that educate the community, all members should be able to find an event that works for them.

If Andraka and Landolinda were given the choice, Medical Innovation would probably be a perfect fit. The event, which moves from pilot status to a regular event this year, is designed for a two to four member team. According to the guidelines the event’s purpose is to encourage HOSA members to analyze up-and-coming technologies in health that relate to science, computers, engineering, biotechnology, math, and/or the delivery of healthcare, and to share their understanding with others. Medical Innovation seems the perfect event for the inventors and researchers of the future.

Check out the event guidelines and begin preparing now to be part of the competitive events offered to HOSA-Future Health Professionals. Ask your advisor to assist you in finding the perfect event for you. Get busy and plan to attend the National Leadership Conference this summer in Nashville, Tennessee. Participation in competitive events is a great way to represent your state, your school and yourself!
The Healing Power of Music...

DADS recognizes the power youth has to positively impact the lives of older Texans. We want to encourage HOSA members to get involved with the MUSIC & MEMORY™ program and radically change lives!

The MUSIC & MEMORY™ program is an innovative approach to dementia care that uses personalized music to help people reconnect with the world and improve their quality of life. The program gives participating nursing home residents an iPod, managed by staff, that contains their own personalized playlist.

Familiar music helps to:
- Revive memories in people with advanced dementia or Alzheimer’s disease.
- Provide an enjoyable and fulfilling activity for people with restricted movement.
- Increase cooperation and attention, reducing resistance to care.
- Reduce the need for antipsychotic medications.

The need
No one wants to end up alone and isolated in a nursing home. It’s hard to lose someone you love to Alzheimer’s or other forms of dementia, and it’s scary to imagine that someday you could end up there yourself.

Unfortunately, as the population of the U.S. grows older, more and more people are affected by dementia and isolation.

- Every 67 seconds, another person develops Alzheimer’s.
- Alzheimer’s disease is the 6th leading cause of death in the U.S. and the 5th leading cause of death for those over the age of 65.
- The U.S. has the highest usage of antipsychotic medications in people with Alzheimer’s disease.

Alone and isolated no more
Give someone the gift of music, and watch their eyes light up. The immediate difference that listening to familiar music can make is powerful. A favorite song can calm chaotic brain activity, enabling someone with dementia to focus on the present and connect with those around them.

With the help of people like you — who share a love of music and compassion for others — people with dementia can tap into parts of themselves long forgotten through personalized music.

How to get involved
Bring the Music and Memory program to your community, and brighten someone’s world.
- Recruit volunteers from your local HOSA chapter.
- Share clips from “Alive Inside” on social media to encourage your friends to get involved.
- Adopt a nursing home to help develop personalized playlists for residents and load music onto iPods.
- Raise community awareness to identify sponsors.

Register as a volunteer at the Music and Memory website, www.MusicandMemory.org
You will receive a packet with all the information needed to participate in the Music and Memory program.

“Alive Inside: A story of Music and Memory”
Founder Dan Cohen’s remarkable journey in developing the Music and Memory program is captured in the compelling documentary, “Alive Inside,” winner of the Audience Award at the 2014 Sundance Film Festival. Check out clips on YouTube, or watch the entire documentary on Netflix.

- Host a screening of “Alive Inside.”
- Create an online fundraiser through a site such as GoFundMe.
- Coordinate a donation drive to collect gently used or new iPods, iTunes gift cards or headphones.
- Coordinate a benefit concert to raise funds and collect iPods.

Go to the Music and Memory website, and register as a volunteer.
Milken Foundation Chairman Lowell Milken traveled from California to the small and diverse New Jersey city to surprise Moreno with the award in front of a school-wide assembly. Not only Moreno, but everyone else in the school, minus the superintendent and principal, thought they were at the assembly to hear the state’s assistant education commissioner, who was present, speak about the importance of college.

Moreno, who has worked in the Union City school district for seven years, teaches anatomy, physiology, emergency care and the dynamics of health. She has also led the district’s now-four-year-old health-related professions training program since its inception.

Moreno is also a curriculum writer and course developer for the university’s department of interdisciplinary studies, one of the coordinators of the American Chemical Society’s Project SEED that allows economically disadvantaged students to research with a scientist during the summer. Also, as the Union City district’s advisor of HOSA-Future Health Professionals, a national health-focused student organization, she recently took the students to their first national HOSA competition.

As the advisor of HOSA-Future Health Professionals, a national student organization focusing on health-related careers, Moreno has been instrumental in helping her students enter local, state and national health competitions.
in which they routinely receive local awards and prizes. Recently, her students swept most of the awards at a regional competition and qualified to compete at the national level in Anaheim, California. Under her leadership, the Union City HOSA chapter is over 140 members strong and conducts two blood drives annually, collecting over 400 pints of blood.

At her school, Moreno is known as a role model to younger teachers. When a new teacher joined the department last year, Moreno took her under her wing and collaborated with her to teach a course in allied health. She often stays after school to coach students and is the ski coach for the winter Special Olympics team.

At Union City High School, where 94 percent of the students qualify for free or reduced lunch, the Milken Foundation chairman said the future was promising because of teachers like Moreno.

After winning the award, Moreno gave some brief public remarks, telling the students that “the harder you work, the bigger the impact on our lives.”

“I loved the (dynamics of the health care) class,” said Moreno’s former student Nicole Albornoz, 17. “She’s very helpful as a teacher. She would push you forward to do your best. She’s very committed.”

Moreno said she grew up in Paterson, graduating from DePaul Catholic High School in Wayne, before going on to Montclair State University to graduate with her bachelor’s in biology in 2006, and later getting her master’s in special education from Grand Canyon University in Phoenix. She also received her ESL and supervisory certificates from William Paterson University.

Currently, she is attending a doctoral program for educational leadership at the College of St. Elizabeth, to which she said she expects to devote her prize money.

In connection with Rutgers University Medical School, Union City’s health care program offers students college credits and a pre-med honors program, but Moreno’s students have recently made history since Rutgers began offering this program with schools 20 years ago.

“The first year we were part of the program, I had one of my students get a perfect score on their Rutgers Dynamics of Health Care exam which had never been done before,” she said. “It was my first year out... To have all of my students earn college credit, it was unimaginable.”

It was because of this feat, she said, that the university decided to appoint her as an adjunct professor.

“It doesn’t seem like work when you enjoy what you do you,” she said of her packed schedule. “Just prioritize what needs to get done first. My husband supports me in all of my educational endeavors.”

“The harder you work, the bigger the impact on our lives.”
10 Things Every New Teacher Needs to Know

On Edutopia’s Facebook page, they asked teachers what advice & encouragement they would give to newbies. Their answers were so awesome and most valuable!

1. Be patient with yourself. Being a good teacher is a skill that takes time.
2. It’s okay to make mistakes. Admit them, learn from them, & move on!
3. Get a good, supportive pair of shoes.
4. Get connected as fast as you can with the best teachers & resources you can find, both online and in real life.
5. Be yourself.
6. There never will be the perfect lesson plan. They’re forever evolving like you and your students.
7. Take one day at a time.
8. Always remember that the child that challenges you the most, might be the child that need you the most.
9. Keep a journal that you can read later in your career and laugh!
10. Now buckle up and enjoy the ride. 😊

If I had known the fabulous feeling of helping young people, I would have signed up sooner!
**Minerva Schools**

REINVENTING THE UNIVERSITY EXPERIENCE

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**HOSA is partnering with the Minerva Schools to offer a need-based scholarship covering half of Freshman year tuition ($5000) for HOSA members. Students can apply before the March 15th deadline here.**

Ten international and national Math and Science Olympiad medalists, a children’s safety advocate from India, a professional ballerina from Canada, and the cofounder of a nonprofit providing mentorship to youth and women in Rwanda. What do these students have in common?

They are members of the most recent class at the Minerva Schools at KGI, a new 4-year accredited university offering a reinvented Liberal Arts & Sciences education for the brightest and most motivated students around the world. Combining rigorous academics, small seminars, and four years of immersive global study, Minerva is the first university experience built for the 21st century.

Minerva is not only changing what students learn, but how they learn. Although faculty come from institutions such as Harvard and Stanford, there are no lectures at Minerva. Classes are intensive, highly interactive seminars that include no more than 18 students and are conducted on Minerva’s proprietary Active Learning Forum technology platform.

When the world is your campus, learning is applied and practical. After spending their first year in San Francisco, students change locations every semester, living and studying in up to seven different cities during their four years of studies -- to maximize immersion in different cultures and languages, take advantage of location-specific co-curricular activities, and to develop a global network of connections prior to graduation. Minerva learning cities include: Berlin, Buenos Aires, Seoul, Bangalore, Istanbul, and London.

Minerva’s goal is to make an exceptional academic experience accessible to anyone who meets our qualification criteria. Tuition at Minerva is $10k/year, supplemented by generous need-based financial aid. Admission to Minerva is based on rigorous intellectual standards and assessments with no weight given to ancestry, athletic ability, state or country of origin, or capacity to donate.

Minerva is currently recruiting exceptional students to join the Class of 2020. Interested students can apply for the Minerva-HOSA need-based $5000 tuition scholarship here. There is no cost to apply, and the deadline is March 15th, 2016.

Students wanting to learn more are welcome to visit the website, review a brief summary, or join an information session with a Minerva student.

PS: Minerva was recently featured in the New York Times and on the cover of The Atlantic Magazine.
My journey of inspiration began in Trenton, North Carolina. The high school I attended was a total of five hallways and everyone knew you by name! However, I still questioned where my journey would lead after I left those brick walls that defined our school. Would I be a farmer? Perhaps an engineer? The possibilities were endless!

As a state officer, I look back to my first time in the health science classroom. It was all because of a mistake on my schedule. Little did I know that a small mishap on my schedule would open so many doors of opportunity! My health science teacher, Mrs. Paige-Jones, was a middle-aged woman and retired from the Air Force. If that doesn’t set off a CAUTION sign in your head, I don’t know what does. Walking into her class on the first day of school was probably one of the most intimidating experiences of my life! As I sat at my desk, she explained the basics of what the class consisted of, what we needed, etc. Then, the term “HOSA” came up. I had never heard of it. She went on to tell us about competitions, community service and recognition opportunities! Okay, deal. I joined the next day.

Over the next few months, I was introduced to several different competitive events and prepared for district competition. I remember sitting in the room where my event was being held, surrounded by close to twenty students who all wanted the same thing: success. Now, I can’t say that writing was my forte, but I felt pretty confident. Then, the wait began. As they called winners to the stage, I didn’t hear my name until the very end. If I didn’t have a sternum, I’m sure my heart would have jumped out of my chest!

I went on to compete and place at the district level for the next three years; however, I craved a new form of success! I fell in love with HOSA. So, during one of my local conferences, I noticed something different. On stage, there was this one young man who was a little different. No, not the pink suit-wearing kind of different, but he had on this awesome name badge shaped like the State of North Carolina! I knew instantly that was what I wanted. Hence, my journey towards state officer candidacy began!
The current state officer was Pier Dick, a student at a local high school fairly close to mine. I didn’t come to know Pier very well until I became a district officer and had the opportunity to work with him on several local events. Pier took me under his wing, gave me advice when needed and showed me the “ropes” of being a state officer! In other words, Pier inspired me.

During my time on the district office team, I worked very closely with Pier and the other officers. I headed up local fundraising events, planned district officer dinners and had the opportunity to represent HOSA in the State Capitol. Pier would offer words of encouragement when I felt nervous, congratulate when I did well and would offer constructive criticism so that I could improve as a leader. I remember sitting in my seat as during the 39th NC HOSA State Conference and feeling a rush of emotions as Pier said his final goodbyes and I became the District 2 Representative. It made me realize that HOSA is more than competitive events, medical seminars and preparing for careers. HOSA is an opportunity to develop family and inspire others.

We, as HOSA members, have the opportunity to inspire others every day! The leadership experiences I gained in HOSA will continue to impact my life. Maya Angelou once said, “try to be a rainbow in someone’s cloud.” It up to YOU, to become an inspiration to others and motivate them to achieve success in all areas! HOSA gives us each the opportunity to do that. As I walked across that stage as a newly elected state officer, I know that Pier felt just as successful as I did, because he inspired me to take the next step on my HOSA journey.
Fanning ourselves with our hands, we definitely felt the presence of a hot summer afternoon at the camp in Georgia. We were standing in line with our officer teams, ready to compete in the one challenge that we knew would truly test our willpower and our determination – the mud course.

As we looked out to what seemed like a never-ending obstacle course filled with mud, we certainly felt our stomachs drop and our faces showed pure anxiety and excitement. However, as soon as the referee yelled, “GO!” those feelings were wiped out. We were not only immersed in that wonderful, deep mud, but we embraced feelings of motivation as our teams screamed and cheered for us and as we all modeled the concept of effective team work to overcome our biggest challenges. This was the beginning of Georgia’s Summer CTSO Training, one of the most exciting times of the year where state officers from HOSA, DECA, FBLA, FCCLA, Skills USA, TSA, and CTI come together to participate in several activities that allowed all of the state officers to learn more about each organization as well as learn effective skills and presentation techniques that would help each and every one of us serve as more efficient advocates of our organizations. The three days at this camp marked the beautiful beginning to a summer full of productive work, with all CTSOs working towards the same cause – raising awareness for the importance of allowing CTSOs to stand as a great resource to supplement Career and Technical Education as well as the students who wish to gain more experience and further their passions in the various fields provided.
One of the biggest lessons we walked away with from this training was that it’s not about us individually, but about the difference that we could all make as a team and with our organizations to give the best experiences to students, teachers, and industry professionals across the state. This could not have been more accurate.

Attending the HOSA National Leadership Conference, my team and I witnessed the wonders that occurred as thousands of people came together to create the best experiences for the members who shared a passion for medicine.

Leveraging the excitement and energy from NLC, we went straight into Advisor Success Day, the Georgia Association for Career and Technical Education (GACTE) Conference as well as Officer JumpStart. Everything we learned at Summer CTSO Training proved to be extremely beneficial at each of these events! Advisor Success Day was a free event for all Georgia HOSA Advisors, held in conjunction with GACTE. The purpose of this event was to equip our chapter advisors with the tools they need to make their jobs easier. With over 100 advisors in attendance, we are excited about the year ahead! At the GACTE Conference, state officers from all of the CTSOs came together again to promote the different organizations. Georgia HOSA was not only able to help existing advisors prepare for their year ahead with HOSA but was also able to reach out to several teachers who had never even heard of HOSA before and provided them opportunities to start new chapters! It was absolutely amazing to see each CTSO use the skills they had learned earlier that summer and put it in action to raise awareness for their organizations. Officer JumpStart gave us the chance to work with chapter officers from all around the state of Georgia and help further their HOSA journeys as leaders of the organization they love.

It gives me chills to think about how all it takes is passion to make some sort of an impact on others’ lives. I’m definitely thankful for the experiences my team and I received this year and it’s absolutely mind blowing to see the types of differences that all of the state officers have been able to make with what they have learned. Specifically within HOSA, we can’t wait to Innovate, Inspire, and Ignite this year as we strive to make an impact with our dedication to this student-led organization. It excites me knowing that this year will bring so many more powerful and inspirational experiences to everyone!

“I’m definitely thankful for the experiences my team and I received this year and it’s absolutely mind blowing to see the types of differences that all of the state officers have been able to make with what they have learned.”
This is taken during our chapter dinner at Downtown Disney in Orlando, Florida during the 2014 National Leadership Conference. In the back we have Amitoj Sandhu, a Kimball Alumni and the current National President. We also have a photobombing waiter.

This is John C. Kimball High School’s HOSA chapter and my first Region 1 Area Leadership Conference in Stockton, CA where I placed 2nd in Prepared Speaking. (2013)

This picture was taken in front of the Sacramento Convention Center during the 2013 California State Leadership Conference, which was also my very first SLC.

The
One step. The first step. The hardest step. I still vividly recall the day I stepped foot into a foreign classroom my freshman year of high school. The class was full of juniors and seniors. I was one of only a few freshmen. There was a teacher in the front of the class and he was speaking very excitedly about this organization known as HOSA. He spoke about HOSA with so much passion, enthusiasm, and fire that I was intrigued. I wanted to experience that passion for myself because before HOSA, I was never passionate about anything. One meeting led to another. One conference led to many more. Four years later and here I am as the President of John C. Kimball High School’s HOSA Chapter in Tracy, California. Every HOSA story is unique, one of kind, and worth telling, so here’s mine.

Becoming a member of John C. Kimball High School’s HOSA Chapter was already a pretty big step for me. I was quite the introvert my freshmen year. I didn’t like to socialize and I tend to stay inside my bubble. However after attending my first HOSA meeting, I felt different. I felt welcomed. This may even sound absurd but I felt it was a calling, a calling I couldn’t ignore. I attended the 2013 California State Leadership Conference and competed in Prepared Speaking. Although I did not place, the experience itself was simply indescribable. To be in a room filled with 3,000 future health professionals like myself was a sensation I will never forget.

I came back from the conference as a new and ambitious person. I took another step and became the blood drive manager for my chapter my sophomore year. I wanted HOSA not to just be about competing but also about giving back to the community in a healthy way. At the next state conference in 2014, I competed in Job Seeking Skills and placed 3rd in the event. I went on to compete on the National level in Orlando, Florida that same year. I thought State was an amazing experience, but when I went to Nationals, I was mind-blown. Meeting hundreds of people from all over the country who shared the same passion as me really lifted my spirits. Not only did I form so many new relationships, but I also realized that the future starts now and that future is in our hands, so now is the time to make a difference.

My junior year I was elected as the Vice President of my chapter, but I knew I could do more for this organization as a whole. From that moment on I decided to run for State office. Running for a State position was the best decision I have ever made. I got to connect with so many student leaders in my own state as well as the previous Cal-HOSA state officers. I had the opportunity to hear their HOSA story and how HOSA changed their lives. They taught me so much about being a leader and inspired me in so many ways. Although I was not elected in the end, I was still so grateful to have experience the whole process. The loss was really a victory because I gained so many new friendships and grew bigger in character.

Due to my amazing advisor, Dean Medek, I was also able to attend the National Leadership Conference in Anaheim, California this year. It was another memorable experience where I got to connect with so many more people from all over the nation as well as reconnecting with the members I met at last year’s national conference. I also had the opportunity to meet with numerous state officers from other states well as the national officer candidates. Hearing their leadership stories and experiences motivated me not to give up. They all had such kind personalities and bright futures that I began to look up to them. To have such phenomenal young adults lead their state and this nation was quite comforting. From the outstanding keynote speaker, Dr. Sampson Davis, to participating in the LLS Lemon challenge, this past NLC was definitely one for the books.

That’s how my HOSA story goes, however it isn’t over yet. I still have many blank pages that needs to be written by more upcoming experiences and events. For now, I am just so thankful and blessed to be a part of this amazing organization and what it stands for. I am where I am and who I am today because of HOSA, its members, and my advisor. HOSA has given me a home, a future, a family, and a purpose. HOSA has helped me innovate my future, inspire my peers, and ignite my passion. I am still walking this thousand mile HOSA journey and I am excited to see what else will come along my path. So here’s my HOSA story. What’s yours?
My name is Alex Rodriguez and I am from Edmond, Oklahoma. As a child, I was always interested in finding out how things work the way they do. My family and I knew that I had a future in science, but I initially did not know which career path I wanted to follow. In the winter of my freshman year of high school, my grandfather became gravely ill and had to receive long term care until his passing. When I would visit him, I was intrigued with the medical treatments and the compassion given to him by his healthcare providers. From that point, I became interested in pursuing medicine as a career. Later on in my freshman year, I learned about the Biosciences and Medicine Academy, a local science and math program for high school students interested in medical careers. I figured that I could get a jump start in preparing for college by attending the program.

From the start, the Academy immersed students in the biomedical sciences. Aside from academics, an integral part of the experience was HOSA. When we first-year students first started hearing about the organization from upperclassmen, we were all excited about the competitive events, but were not completely aware of everything else HOSA offered. In my first HOSA event, I joined a group of friends to compete in the Public Service Announcement event. As a team, we worked countless hours researching and producing our PSA, learning invaluable communication and delegation skills that will carry us far in our careers as future health professionals. After presenting to the PSA panel at SLC, my group anxiously waited to hear the results of our event. We agreed that no matter the result, the most important thing was the camaraderie and friendship we developed working together. The moment the announcer revealed that our group won first place, we all ecstatically jumped from our seats and went up to receive our medals. It was quite the rush of emotion when the whole state assembly was cheering us on. After crossing our first milestone, we prepared for the next leg of our journey, the NLC.

After arriving and settling into the Gaylord Opryland Hotel in Nashville, all of the delegates from my program were told to prepare for the opening ceremony. From what I had already seen, I knew it was going to be a big convention. Carrying the Oklahoma HOSA banner, our state marched into the convention hall and my jaw dropped. I had never seen so many people packed into a single space before in my life. There were tens of thousands of HOSA delegates in attendance at NLC, all with the same fiery determination to earn national recognition. As the ceremony began, I couldn’t help but feel like a small fish in a vast sea. Being in a room with all these champions made me wonder how I could set myself apart and stand out. Around this time, the national officers announced the NLC 2013 keynote speaker, Dr. Ben Carson.
Before attending NLC, I knew that Dr. Carson was the world-renowned Johns Hopkins pediatric neurosurgeon that created breakthroughs in medicine, but that was the extent of my knowledge of him. Fortunately, Dr. Carson was able to enlighten the national HOSA audience about his road to success. He told us the story of his rough upbringing in Detroit and how he faced the odds in his endeavor for higher education. He explained how by going into pediatrics, he is able to give children decades of life, which he considered a gift bestowed upon him. Dr. Carson believed that every person has a gift to offer the world and that we should use these gifts to elevate other people. His words inspired me to seek out my inner potential and do the best that I could for the world and for myself. The rest of the NLC experience was something I will never forget. At the end, my team and I placed second in the nation for PSA. It was an absolute honor to be bestowed this recognition, especially in a sea of top-tier teams, and we returned back home with a sense of accomplishment. In addition, I returned with a more solid direction I wanted to take the next two years of high school.

Today, I am student at Johns Hopkins University studying to become a medical doctor. As a volunteer and researcher at the Johns Hopkins Hospital, I have the opportunity to walk down the same hallways Dr. Carson and other medical leaders like him used.

“By being among the greats, I aspire to develop my own skills and gifts in order to help people live long and happy lives. Thank you HOSA for deepening my knowledge and dedication to the health care profession.”
HOSA
40th Anniversary Celebration
June 22-25, 2016
SEE YOU THERE!
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MUSIC CITY