

Chapter Success Guide 2018–2019



HOSA OUERUIEW

HOSA - Future Health Professionals is the premier organization for student leaders pursuing careers in the healthcare industry. HOSA's two-fold mission is to promote career opportunities in health care and to enhance the delivery of quality health care to all people.

History, Size and Reach of HOSA

Founded in 1976, formerly as Health Occupations Students of America, HOSA - Future Health Professionals has over 200,000 members each year in over 4,000 secondary and postsecondary/collegiate chapters across the nation.

HOSA Endorsements

HOSA is endorsed by the U.S. Department of Education, Oregon Department of Education, the Health Science Education Division of the Association for Career and Technical Education, National Health Science Consortium, and over 50 other health-related partners and industry associations.

HOSA is Co-curricular

HOSA is a national organization that operates as an integral component of the health science education curriculum. Through its network of state and local chapters, HOSA provides powerful instructional tools, recognition, leadership, networking, scholarships, and connections to the healthcare industry to thousands of members across the U.S.

Through the HOSA Competitive Events Program members compete in teams or as individuals in over 30 different events related to all aspects of health care. HOSA integrates into the Health Science Education curriculum to develop and recognize smart, dedicated, and passionate future health professionals.

HOSA offers numerous health leadership conferences and professional development opportunities including the International Leadership Conference, Washington Leadership Academy held in Washington, DC, HOSA University, Oregon Leadership Institute, and the Oregon State Leadership Conference.

HOSA Mission Statement

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.



HOSA Facts

- HOSA is one of Oregon's seven Career and Technical Student Organizations (CTSOs) along with National FFA Organization; Future Business Leaders of America (FBLA); DECA; SkillsUSA; Family, Career and Community Leaders of America (FCCLA); and Future Natural Resource Leaders.
- Dr. Jim Koeninger is the National HOSA Executive Director.
- HOSA is the largest student organization in America concentrating 100% of its mission and programs on developing future health professionals and leaders.
- Nationwide there are over 200,000 HOSA middle school, high school, and college members. The U.S. Department of Education endorses HOSA with all state chapters endorsed by the State Department of Education.
- National HOSA conferences feature high profile speakers. Dr. Vivek Murthy, U.S. Surgeon General, was the keynote speaker at the 2016 HOSA International Leadership Conference (ILC). The 2018 International Leadership Conference featured the U.S. Surgeon General, Dr. Jerome Adams, as well as Dr. Rick Rigsby, known for empowering and motivating audiences worldwide.
- Over 10,000 attendees are present at the ILC each year.
- Each year HOSA awards over \$400,000 in scholarships at the national and state levels to deserving members.
- National HOSA offers 59 healthcare industry endorsed competitive events.



Keynote speaker at the International Leadership Conference, Dr. Rick Rigsby.

- The competitive events program can be utilized throughout the academic school year as an instructional resource.
- HOSA's Competitive Events Program includes four events specifically designed for students with disabilities.
- The U.S. Surgeon General's office hosts summer internships in Washington, D.C. for HOSA members annually.
- During the summer of 2012, National HOSA launched a new brand for HOSA to modernize the image, retain familiarity, and establish HOSA's identity worldwide.
- The 2018-2019 National Theme is "Define Your Purpose"



KEY CONTACT INFORMATION

Oregon HOSA Contact Information

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NATIONAL HOSA

National HOSA Headquarters

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National HOSA Staff

Dr. Jim Koeninger, Executive Director Karen Koeninger, Deputy Executive Director Laura Sheppard, Chief of Staff Nancy Allen, Associate Director Jeff Koeninger, Assistant Director Dennis Van Peeren, Director of Finance Bobby Crandall, Director of Technology

Bergen Morehouse, Director of Competitive **Events**

Jan Mould, Assistant Director of Competitive

Events

Carie Staub, Assistant Director of

Competitive Events

Leif Ackerman, Director, HOSA Washington,

DC, Office

Jason Koeninger, Software Architect Brandon Chairez, Administrative Assistant

HOSA Supply Service – Awards Unlimited

Supplies all chapter materials, member emblematic supplies and official HOSA blazer

Larry King, Larry Loomis

Phone: (800) 950-3553 | Fax: (402) 474-3782 | Web: www.awardsunlimited.com

SOCIAL MEDIA

www.facebook.com/OregonHOSA www.facebook.com/NationalHOSA

@OregonHOSA @NationalHOSA



WEBSITES

Oregon HOSA www.oregonhosa.org National HOSA www.hosa.org



STATE MANAGEMENT TEAM

Shelly Kinnunen | **State Advisor**

Operations Lead, Conferences, Membership, Conferences, Competitive Events, Industry Partnerships,

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Curtis Haley | State Officer Coach

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BOARD OF TRUSTEES

Jeffrey Crapper | Board Chair
Sara Pimley | Vice Chair
Jane Manning | Secretary/Treasurer
Kristen Kennedy | Board Member
Kimberly Herder | Board Member
Dr. Yanyun Wu | Board Member
Felipe Leon | Past Board Chair
Art Witkkowski | Oregon Dept. of Education
Silke Katterle | State President
Danielle Tolentino Tuason | Executive Director



STATE OFFICER TEAM

Silke Katterly | **State President** *Tualatin High School*president@oregonhosa.org

Rushi Surampudi | **President-Elect** *Westview High School* pres-elect@oregonhosa.org

Ritika Jain | **Vice President of Membership** *Westview High School*vpmembership@oregonhosa.org

Sai Hitesh Vavilapalli | **Vice President of Leadership** *Westview High School* vpleadership@oregonhosa.org

Kavya Balasubramanian | **Vice President of Communication** *Tualatin High School*vpcommunication@oregonhosa.org



KEY EVENTS AND DATES

Oregon CTSO Aduisor Conference

Registration Fee: Complimentary Registration Register online at www.oregonhosa.org

Don't miss out on the exciting Advisor Conference with training and content specifically for HOSA advisors and prospective advisors. Speakers and presenters will help you make the most of the HOSA program, tips on integrating HOSA into the classroom, HOSA's competitive events, best practices, idea sharing, and more!

Hillsboro

September 28, 2018 Embassy Suites | Hillsboro

Oregon Leadership Institute (OLI)

Registration Fee: \$60 per person, \$45 optional plated etiquette dinner

Registration Deadline: October 10, 2018 Information available at <u>www.oregonhosa.org</u>

Start your year off right! The Oregon Leadership Institute is designed for general chapter members and leaders, with a keynote speaker and training sessions on personal excellence, HOSA involvement, leadership training, and more!

Eastern Oregon

October 28-29, 2018 Wildhorse Casino & Resort | Pendleton, Oregon

Western Oregon

October 31-November 1, 2018
Inn at the Commons | Medford, Oregon

State Leadership Conference (SLC)

Registration Fee: \$95

Conference Registration Window: January 21-February 8, 2019

The pinnacle of Oregon HOSA is the State Leadership Conference. Students from all over Oregon come to compete for an opportunity to advance to the International Leadership Conference. Aside from competition, this conference includes many networking opportunities, leadership sessions, and a chance to create lasting friendships among chapter members. *All members must have paid their affiliation fees prior to registering for the conference.*

Portland

March 8-10, 2019

DoubleTree by Hilton Portland Lloyd Center | Portland



International Leadership Conference (ILC)

Registration Fee: \$115

The HOSA International Leadership Conference (ILC) is the highlight of the HOSA year. Over ten thousand middle school, high school, and postsecondary/collegiate students, advisors, industry leaders, and alumni gather for several days of HOSA excitement. Most participants at ILC compete in one of HOSA's competitive events and the top competitors in each event are recognized for their outstanding achievements. In addition to the competitive events, many students and advisors participate in HOSA University and the Educational Symposiums.

Orlando, FL

June 19-22, 2019 Disney's Coronado Springs Resort | Orlando, FL

> To view the all dates and deadlines for the 2018-2019 year, download our yearly calendar at www.oregonhosa.org



YEARLY CALENDAR

July 6 Board of Trustees Meeting

Virtual Meeting

July 9 – 13 Public Health Leadership Scholars

August 2 – 4 Oregon CTSO Summer Meeting for State Officers

September 28 Oregon CTSO Advisor Conference

Hillsboro Embassy Suites

October 5 Oregon Leadership Institute Conference Registration

Deadline

October 15 Initial Affiliation Deadline

Earn HOSA 100 Club Recognition

October 28-29 Oregon Leadership Institute

Pendleton, OR

October 31-November 1 Oregon Leadership Institute

Medford, OR

November 4-10 National HOSA Week!

November TBD Board of Trustees Meeting

Virtual Meeting

January 24 – 27 State Officer Meeting/Retreat

Portland, Oregon

January 21 – February 15 State Leadership Conference Registration Window

Must be registered HOSA members to participate

Deadline: February 15

February 11 – February 22 Online Testing Window

February 15 State Leadership Conference Deadline Day!

Advisor Statement of Assurance Form Conference Registration Payment State Officer Candidate Applications

Recognition Event Entries

National Health Science Honor Roll Application

March 8-10 State Leadership Conference

DoubleTree Portland (Portland)



March 10 Board of Trustees Meeting

DoubleTree Portland (Portland)

March 15 2018 Public Health Leadership Scholars Application Due

March 15 National HOSA Scholarship Deadline

April 12 International Leadership Conference Intent to Compete

Deadline

April 19 International Leadership Conference Competitor

Notification to Chapters

From Oregon HOSA

May 15 International Leadership Conference Registration

Deadline

May TBD Oregon CTSO State Officer Orientation Meeting

Portland, Oregon

June 19 - 22 International Leadership Conference

Disney's Coronado Springs Resort | Orlando, FL

July TBD Board of Trustees Meeting

Virtual Meeting



MEMBERSHIP INFORMATION

Since 1976 HOSA has grown to over 200,000 members. The 2017 - 2018 membership year was HOSA's 33^{rd} year of membership growth! The challenge has been set for 2018 - 2019 to continue the trend and help HOSA reach a record 34^{th} straight year of membership growth.

Affiliate early and achieve HOSA 100 Club Recognition. Oregon HOSA Chapters are encouraged to affiliate early in the year to achieve HOSA 100 Club recognition. To achieve HOSA 100 Club Recognition, Oregon HOSA chapters should meet the requirements listed below by **October 15**th.

All chapters achieving HOSA 100 Club affiliation status will receive a certificate, be recognized in HOSA online publications.

Affiliation Requirements

To be an officially recognized Oregon HOSA chapter, the following requirements should be met:

Submit Initial Affiliation Application

Complete application through National HOSA Online Affiliation System

Submit annual payment for National HOSA affiliation fees and Oregon HOSA curriculum fees

Send payment to: National HOSA

548 Silicon Drive, Suite 101 Southlake, TX 76092

Before You Begin

Gather all information you will need to enter into the Affiliation System. This includes the following:

- ✓ Chapter Charter Number and Affiliation Password

 This password remains the same each year. If you need to request your user name and password, contact your HOSA State Advisor at stateadvisor@oregonhosa.org.
- ✓ Membership list

You will be asked to provide information about each member to include:

- Classification (grade or class in school)
- o Organization and title (for professional members)
- Complete mailing address
- o Phone, Fax, and E-mail Address



Initial Affiliation Application

The Affiliation Process is online and it is easy!

- 1. Go to the National HOSA web site at <a href="https://hosaconf.ncbi.nlm.n
- 2. Click on **Login** in the upper right hand corner of the page.
- 3. You will then be asked for your national charter number and password. Enter the information and begin the online affiliation process.



- 4. After successfully logging in, proceed to **Chapter Membership and Conference Registration**.
- 5. You will reach the main menu Then select **Complete the Affiliation Application**.

TIP: REVIEW THE ONLINE AFFILATION INSTRUCTIONS

To access instructions for online affiliation, please click on the first link in the main menu. It is recommended that you review the instructions if you are unfamiliar with the online affiliation system.

Affiliation and Curriculum Fees & Payments

Once local members are entered into the affiliation system, the chapter is ready to submit payment.

Fees. The National HOSA affiliation fee is \$10.00 per member. The Oregon HOSA affiliation fee is \$10.00 per member. Fees total \$20.00 per member.

Submit payment. To make payment, follow the following steps:

- 1. Print Invoice. To access the invoice, go to the Main Menu of the National HOSA Affiliation System. Select **View and Print an Affiliation Account Statement (PDF)** in the main menu.
- 2. Make check payable to National HOSA. Both national affiliation fees and state curriculum fees are submitted and paid to National HOSA.
- 3. Mail payment and copy of invoice to:

National HOSA 548 Silicon Drive, Suite 101 Southlake, TX 76092



National HOSA Chapter Membership Recognition

HOSA 100 Club: Chapters that submit their paid affiliation fees by **October 15** will be recognized as members of the HOSA 100 Club and will be listed in the HOSA Spring E-Magazine.

HOSA 100% Affiliation Club: Chapters that affiliate 100% of their Health Science students with HOSA will be recognized as a member of the HOSA 100% Affiliation Club and will be listed on the HOSA web site.



STARTING A CHAPTER

Requirements

To start a HOSA chapter, identify a faculty member to serve as the chapter advisor and recruit at least **five** members interested in pursuing a career in a health profession.

Affiliation Process

Get started today! Just follow these steps:

- 1. Contact Oregon HOSA State Advisor at state-advisor@oregonhosa.org and indicate your interest in starting a HOSA chapter!
- 2. Decide which method your program will use to organize one or more HOSA chapters. The options are:
 - i. **Classroom-based chapter.** A HOSA chapter is formed for each health science class of five (5) or more students.
 - ii. **Instructor-based chapter.** A chapter is formed by one health science instructor for all students enrolled in his/her classes.
 - iii. **School-based chapter.** A single chapter is formed for all students in all classes regardless of the number of teachers.
- 3. Contact local school/college officials (e.g. activity directors, Dean of Student Activities) and inform them about starting a HOSA chapter. There may be additional rules, regulations, or approval processes to fulfill in order to start a HOSA Chapter. This is also a great opportunity to educate school officials about the benefits of HOSA.
- 4. Complete the Online Chapter Affiliation Application
- 5. Elect chapter officers and develop a Program of Work.
- 6. Set up a school visit by the state officers to help guide your chapter into the world of HOSA!



COMPETITIVE EVENTS PROGRAM

HOSA's Competitive Events Program provides members with the opportunity to showcase their skills, knowledge, and leadership abilities in over 30 different healthcare related events and recognition events. The Competitive Events Program recognizes members for their excellence in competition on the state and international level. The top state performers qualify to compete at HOSA's annual International Leadership Conference.

HOSA's Competitive Events Program

HOSA's competitive events are divided into six categories:

- Emergency Preparedness Events
- Health Professions Events
- Health Science Events

- Leadership Events
- Teamwork Events
- Recognition Events

Please Note:

- 1. There are additional National HOSA competitive events not offered in Oregon.
- 2. Competitive event guidelines are in the HOSA Handbook, Section B at http://www.hosa.org/quidelines

Eligibility for State Competitions

Students must be affiliated and paid members to compete at the State Leadership Conference. The following is the eligibility policy adopted by the Oregon HOSA Board of trustees in 2017:

- Each Oregon HOSA member is eligible to compete in a maximum of three (3) Oregon HOSA Competitions in Category I, II, III, IV, and V combined.
- Category I Competitors may register for a maximum of three (3) events in this category
- Category II, III, IV, & V Competitors may register for a maximum of one (1) event in all of these categories combined.
 - Exception: HOSA Bowl and Category VI events do not count towards the event maximum limit

Eligibility for National Competitions

If students qualify for more than one event for the National HOSA competition, students must choose only one (1) competitive event for the International Leadership Conference, with the exception of Category VI – Recognition Events. Students may compete in an unlimited number of Recognition Events at the international level.

future health professionals

Chapter Success Guide 2018–19 Page 16

Oregon HOSA State Level Competitive Events

Category I: Health Science Events

Dental Terminology Knowledge Tests

Medical Law & Ethics

Human Growth and Development

Nutrition

Pathophysiology

Pharmacology

Transcultural Health Care

Behavioral Health

Medical Spelling

Medical Terminology

Medical Math

Category II: Health Profession Events

Biotechnology

Dental Science

Medical Assisting

Nursing Assisting

*Personal Care

Sports Medicine

Category III: Emergency Preparedness Events

CPR/First Aid

Emergency Medical Technician - NEW to Oregon!!

*Life Support Skills

MRC Partnership

Category IV: Leadership Events

Extemporaneous Health Poster

Medical Photography

*Interviewing Skills

Extemporaneous Writing

Job Seeking Skills

Prepared Speaking

*Speaking Skills

Healthy Lifestyle

Category V: Teamwork Events

Creative Problem Solving

HOSA Bowl

Health Career Display



Forensic Science

Category VI: Recognition Events

Barbara James Service Award Outstanding HOSA Chapter Health Care Issues Exam HOSA Happenings National Service Project MRC Volunteer Recognition

Oregon HOSA Written Events (Oregon HOSA Only)

Skeletal ID Muscle ID National Health Science Honor Roll

*Must be classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17.

How to Prepare for a Competitive Event

- 1. Connect with HOSA Chapter Advisor and let him/her know about their interest in entering a competitive event at the State Leadership Conference.
- 2. Review the National Competitive Events Program and select the event that is consistent with career objective.
- 3. Review the current edition of event guidelines, and specifically concentrate on the "General Rules and Regulations" in preparing for the event.
- 4. Study the detailed guidelines and the judge rating sheet(s) to know the criteria by which competitors are evaluated.
- 5. Practice, practice and practice the event at the local chapter level before competing at the state conference.
- 6. Talk with other members who participated in competition previously and gain as much as possible from their experiences.
- 7. Ask the chapter advisor to conduct event simulations in the classroom to allow all members to have an event experience.
- 8. Know all rules and procedures for the event in which they are entering to avoid disqualification or point deductions.
- 9. Enter state competition and carefully review all instructions to event participants.
- 10. Bring a copy of the Competitive Event Guidelines to the competition.
- 11. Enjoy the Competition the real benefit was realized in the preparation.



Competitive Event Changes and Updates for 2018 — 2019

General Updates and Reminders

- There will be no additional events added to the Middle School Division for 2018-2019.
- Beginning with ILC 2019 ALL competitors will be required to show a photo ID prior to competing. This is a new ILC rule – check with your State Advisor for policies at any regional and/or state conferences.
- For consistency, the use of notes and how team members are scored for taking an active role in the presentation has been clarified in all applicable events.
- Health Career Photography facility and subject permission forms as well as written descriptions of photos will be uploaded to STEM Premier.
- Health Education and Community Awareness portfolios will now be a required upload to STEM Premier.
- Clearer language for APA formatting will be released with new guidelines.
- The option for competitors to bring their own tablecloths for display times has been removed.
 Competitors will use tables as they are provided in the event room.

Knowledge Test – Nutrition

Nutrition and Diet Therapy by Roth 12th Edition has been released

Knowledge Test - Pharmacology

Roach's Introductory Clinical Pharmacology 11th Edition has been released

Medical Math

• Formulas for Standard Deviation and Body Surface Area have been added to the guideline conversion chart.

Nursing Assisting

 The glass thermometer in Skill VI has been removed. The skill will be done via electronic thermometer.

Biomedical Laboratory Science

• The list of laboratory equipment to study in Skill I will be updated to match current resources. The 2nd edition of Biotechnology: Science for the New Millennium has been released.

Sports Medicine

• In Skill I the warm up will now be verbalized as opposed to demonstrated. The stretch will be demonstrated for 5 seconds instead of 20 – 30 seconds. The CE Committee is working with National Partners for overall guideline revision coming in 2019-2020.



EMT

• The HOSA guidelines for EMT are aligned with the NREMT psychomotor skills. Those guidelines from NREMT were updated June 1, 2018. With the release of the 2018-2019 guidelines, look for changes in the order of steps in some skills.

Health Career Photography

• Competitors will be allowed to use notes in Round Two.

Forensic Medicine

• Name will be changed to Forensic Science.



Euent Topics for 2018 — 2019

2018 – 2019 National HOSA Theme: "Define Your Purpose"

Extemporaneous Health Poster

Topic:

The topic is secret and will be given to the competitors right before they begin to compete. Topics will be related to HOSA or Health Science curriculum competencies. Support documentation (articles, pamphlets, etc.) may be provided. For example:

- Eating right
- Tips for Skin Cancer prevention
- Benefits of HOSA membership

Skill Events

Each skill event with procedures is written up as a scenario that requires the competitor to demonstrate 1-3 skills (procedures) as listed in the event guidelines as part of a potential "situation" in which a health care worker might actually perform the skill(s). The competitor performs the procedures of the event and is evaluated by a judge or judges.

National Service Project

National Pediatric Cancer Foundation https://nationalpcf.org/

Outstanding HOSA Chapter

- The Middle School Division will have the same areas of work but a decrease in the number of activities needed for recognition. Needed points will be 24 for state and 28 for ILC.
- Clarification has been added that the Outstanding HOSA Chapter book is the property of the chapter.
- Alumni Gold Chapter Recognition will be added to the rating sheet worth 4 total points.

HOSA Happenings

A state submission option in electronic format via STEM Premier has been added. This means the submissions can be either in hard copy or via STEM Premier. Check with your state for which process will be used.



RECOGNITION EUENTS

HOSA's Recognition Events are designed to recognize members and chapters for outstanding work in HOSA and HOSA related projects. There are six Recognition Events that students are able to choose from, with recognition on both the state and national level.

Although students can only compete in one competitive event at the state and national conference, they can participate in as many recognition events as they wish.

The Recognition Events are:

- Outstanding HOSA Chapter
- Health Care Issues Exam
- National Service Project
- Barbara James Service Award
- MRC Volunteer Recognition
- HOSA Happenings

A brief overview of each recognition event is below. Complete rules and guidelines, criteria, applications and verification forms are available on the HOSA website, http://www.hosa.org/quidelines.

Outstanding HOSA Chapter

Purpose: To encourage local HOSA chapters to achieve the goals of HOSA by implementing a plan of work with a focus on the development of leadership skills, career opportunities, and service learning among chapter members, and to document their achievements in the form of a scrapbook.

Description of Event: The Outstanding HOSA Chapter event is a scrapbook prepared by HOSA student members describing the chapter's yearly program of activities that are consistent with the purpose of HOSA. It must include such items as: verification of membership, officers, local activities participation, state participation, and community activities.

Competition Details: To be considered for recognition for this event a chapter must put together a scrapbook. This scrapbook is then turned in at SLC during registration. They are then judged based off its contents. Each book that earns 35 points at the State Leadership Conference will earn recognition and books earning 40 points at the International Leadership Conference will earn recognition. This scrapbook is due and turned in at registration during SLC.



Healthcare Issues Exam

Purpose: To encourage Health Science students to investigate, analyze and apply their knowledge of current healthcare-related issues.

Description: This event shall be in the form of a 50-item multiple-choice test and one essay question that will be graded only to break a tie. All questions will be written at a level to measure thinking skills. Competitors will have 1 hour to complete the test.

Competition Details: This event uses the following news outlets as resources: Medline Plus, CBS, NBC, and CNN. The state test will contain questions pertaining to articles dated July 1^{st} – November 1^{st} ; the ILC test will contain questions pertaining to articles dated January 1^{st} – May 15^{th} . This event will take place during online testing.

National Service Project (HOSA Service Project)

Purpose: To encourage Health Science students to provide community service through the adoption of goals and implementation of strategies related to the support of a national health care organization.

Description: The HOSA National Service Project involves the sponsorship of a national healthcare organization by local HOSA chapters. Local chapters plan service projects to support the selected organization. Chapters document their involvement and submit documentation to their state advisor by the state deadline to be eligible for national recognition.

2018 – 2020 Service Organization: National Pediatric Cancer Foundation Website – https://nationalpcf.org/

Competition Details: More information on how this event will be recognized will come out at a later time from National HOSA. Visit the National HOSA website for updates. Entries into the HOSA Activity must be completed by the members and approved by the local advisor, for recognition at SLC by February 8th. The deadline for ILC is May 15th.

Barbara James Seruice Award

Purpose: To encourage Health Science students to become contributing members of their communities by performing community service.

Description: The Barbara James Service Award is in memory of Barbara James, 1982-83 HOSA Inc. Board Chairman. Her leadership skills and contributions to HOSA exemplify the caring and compassion of HOSA members. This award seeks to recognize individual HOSA members whose commitment to community service is worthy of recognition.

Competition Details: To be recognized students must serve at least 100 hours of community service. They hours must be entered into the HOSA Activity Tracking System. Entries into the HOSA Activity must be completed by the members and approved by the local advisor, for recognition at SLC by February 16th. The deadline for ILC is May 15th.



MRC Volunteer Recognition

Purpose: To initiate and/or grow a partnership between a local chapter of the Medical Reserve Corps and HOSA chapter members.

Description: The MRC Volunteer Recognition is designed to encourage individual HOSA members and chapters to participate with the Medical Reserve Corps. This opportunity will promote and support the mission of HOSA, the mission of the Medical Reserve Corps, and the priorities of the United States Surgeon General. The event will consist of HOSA members participating in one or more activities with the Medical Reserve Corps, and then reporting the activity through an online submission process.

Competition Details: Members must volunteer at least 30 hours to be recognized. These hours must be entered into the HOSA Activity Tracking System and approved by the local advisor. Entries into the HOSA Activity must be completed by the members and approved by the local advisor, for recognition at SLC by February 16th. The deadline for ILC is May 15th.

HOSA Happenings

Purpose: To encourage HOSA chapters to share chapter activities and professional learning.

Description: Chapters will tell their chapter's story throughout the year using a print newsletter, electronic newsletter, or website. For this recognition event, chapters will select ONE (1) newsletter or website to submit to the HOSA State Office to be judged. All submissions that reach a predetermined standard will be awarded a Certificate of Excellence.

Competition Details: To be recognized for this event chapters must submit one copy of their newsletter or website at SLC registration. Chapters earning 80 points will be recognized at SLC. There is not judging of this event at ILC, therefore those chapters earning 80 points at SLC will be recognized at the ILC. Entries for recognition for HOSA Happenings must be turned in during registration at SLC.



INTERNATIONAL LEADERSHIP CONFERENCE

The Annual International Leadership Conference (ILC) brings together thousands of future health professionals from across the country and the world! This conference features:

- Exciting general sessions
- Educational and social learning activities
- Leadership academies
- Tours to healthcare facilities
- Exhibits presented by professional healthcare associations
- International Competitive Events
- Annual business of the national student organization of HOSA, including the election of national leaders
- Educational symposiums
- Opportunities to meet people from across the United States, Canada, America Samoa, and Puerto Rico
- Fun, excitement, recognition, and opportunities for HOSA members!

Welcome to Orlando!

This year's International Leadership Conference will be held June 19 - 22, 2019 in Orlando, FL at Disney's Coronado Springs Resort. For more information visit ilc.hosa.org.

Eligibility

All members registered by the Oregon HOSA ILC deadline are eligible to attend ILC.

For competitive events, Oregon HOSA sends the top three competitors/teams in each event to compete at ILC. To be eligible to compete, chapters must complete every step in the Registration Process including the Intent to Compete Form and Online Conference Registration.

ILC Registration Process

Each year, Oregon HOSA will publish an ILC Registration Guide, which serves as your guide in preparation for ILC. Although National HOSA provides registration information and deadlines, it is important to adhere to Oregon HOSA's process in order to be eligible to attend.

State Winners List: Following the State Leadership Conference, Oregon HOSA publishes the list of winners. The top three individuals or teams in each event are eligible to compete at ILC. However, if a competitor decides not to attend ILC, Oregon HOSA will move up the next competitor. This means that members placing 4th or 5th may still have the opportunity to compete at ILC.



Intent to Compete: All <u>top five</u> winners in all competitive events must submit an Intent to Compete form. This form serves as official notification to Oregon HOSA regarding a competitor's intent to compete. This form is important because it assists Oregon HOSA in establishing the final list of competitors and ensures that Oregon HOSA will be fully represented in all competitive events. Every competitor who received 1st, 2nd, 3rd, 4th, or 5th place should have an Intent to Compete form completed, even if the competitor(s) will not attend ILC. Any forms not received by the Intent to Compete deadline will be assumed as "No, will not attend" response.

Intent to Compete Deadline: April 12, 2019

ILC Competitor Notification: All Intent to Compete Forms will be processed and chapters notified with a final ILC Competitor List. This list will be published on the Oregon HOSA website at www.oregonhosa.org.

ILC Competitor Notification Release Date: April 19, 2019

ILC Online Registration: The Oregon HOSA ILC Registration Guide will provide the steps to register for conference. Although National HOSA provides registration information and deadlines, it is important to adhere to Oregon HOSA's process. Chapters are responsible for registering students for events and confirming chapter details. Registration must be completed by the Oregon HOSA deadline as a validation process takes place immediately after the deadline.

ILC Registration Payment: Registration payments should be directed to Oregon HOSA. Please make checks payable to Oregon HOSA and mail check to:

Oregon HOSA Financial Office

PO Box 1440 Owasso, OK 74055

TIP: IT'S NEVER TOO EARLY!

It's never too early to start planning for the International Leadership Conference! Start planning ahead by saving the dates in the calendar, studying competitive event guidelines, and fundraising.



STATE PROGRAMS AND OPPORTUNITIES

Chapter Uisits

The state officers and HOSA alumni want to visit the local chapters! Having a state officer visit a local chapter connects state officers with local members while giving the state officers an opportunity to promote state and national conferences, programs, and initiatives. State officers and alumni can discuss a particular event, explain HOSA to a new chapter or class, and encourage students to get involved. To schedule a visit, contact stateadvisor@oregonhosa.org.

Chapter Officer Council Calls

The state officers will be hosting monthly conference calls for chapter officers to network, share ideas, and learn about important updates in Oregon HOSA. Call dates and times will be sent out soon. If your officers would like to receive the call information and join the council, please have them email coach@oregonhosa.org.

State Officer Goals and Initiatives

This year, the State Officers have many goals that they are excited to work towards. One of the main goals of the State Officer team this year is to increase the promotion of Oregon HOSA. The team is especially excited about visiting chapters this year and communicating with members and advisors. They want the success of local chapters to be shared with other Oregon HOSA chapters and nationally as well. They are proud of how far Oregon HOSA has come and want everyone to know what great things local chapters are doing.

Oregon HOSA Online Newsletter

Get your voice heard! Receive publicity for your chapter's successes! Highlight a member's achievements! The Oregon HOSA Online newsletter is always looking to promote the outstanding work of the local members, officers, advisors and chapters. Have an officer or member write an article about a recent chapter activity or member success and email president@oregonhosa.org. Or, email the state officers with a story idea and they will follow-up and develop a story! The Oregon HOSA state newsletter is available at www.oregonhosa.org.



Oregon HOSA Social Media



Oregon HOSA is on Twitter (<u>www.twitter.com/oregonhosa</u>) where we regularly post quick updates and announcements about events, activities, programs, health related news and announcements, and key accomplishments. Visit us on Twitter and sign up to follow Oregon HOSA to stay up to date on what's new and happening with Oregon's Future Health Professionals!

Follow us! @OregonHOSA



Oregon HOSA is on Facebook (www.facebook.com/oregonhosa) where we post more detailed updates, pictures, and videos that allow us to report on key accomplishments, events, activities, chapter accomplishments, and more. The Oregon HOSA State Officer Team uses Facebook to stay in touch with members, advisors, alumni, and supporters. Members are also able to leave comments, share information, and more. Visit us on Facebook and like Oregon HOSA!

Like Us! www.facebook.com/Oregonhosa



NATIONAL PROGRAMS AND OPPORTUNITIES

Public Health Leadership Scholars

The Public Health Leadership Scholars, hosted by the U.S. Department of Health and Human Services' (HHS) Office of the Assistant Secretary for Preparedness and Response, are available to HOSA-Future Health Professionals members, students, alumni and advisors, who are interested in learning about public health while interacting with leading professionals within the Office of the Assistant Secretary for Preparedness and Response (ASPR), Office of the U.S. Surgeon General (OSG) and the United States Public Health Service Commissioned Corps



(USPHS). For a short period of time, participants are able to experience first-hand the mission of HHS, ASPR, and the OSG, as well as responsibilities carried out by USPHS officers. The next round of seminars will occur in summer of 2019. Visit www.hosa.org for more information.

Washington Leadership Academy

The Washington Leadership Academy in Washington, D.C. has been hosted annually by HOSA for State Officers, and for Local Chapter Leaders. It is a training experience for future HOSA leaders who are interested in learning more about running for local chapter office, becoming a more effective leader, understanding and valuing people, interacting with others, and serving the organization and others. This action-packed experience provides the highest level of HOSA leadership training available. We encourage local chapter leaders and members who want to strengthen their leadership skills and build their resume to join HOSA in Washington, D.C. There are also opportunities for local chapter advisors to interact and share valuable ideas with other HOSA advisors. The Washington Leadership Academy will be hosted September 15-18, 2018. For more information, visit www.hosa.org.

HOSA E-Magazine

The HOSA E-Magazine is the official publication of National HOSA for its members, advisors, partners and supporters. The E-Magazine includes articles and information on chapter spotlights, alumni success stories, HOSA partners, healthcare related news, HOSA conferences, events, and opportunities, and more! Many of the articles are written by individual members and every chapter is encouraged to write and submit an article. The E-Magazine is published three times a year and articles can be sent to hosa@hosa.org/ at any time for inclusion in the next issue. Visit www.hosa.org to view the latest E-Magazine!



National Service Project

The National Pediatric Cancer Foundation (NPCF) is the HOSA National Service project from 2018-2020. The National Pediatric Cancer Foundation is a nonprofit organization dedicated to funding research to eliminate childhood cancer. Their focus is to fund research to fast-track less toxic, more targeted treatments by partnering with 22 leading hospitals nationwide. The Nevada HOSA State Officer team will be encouraging members to raise funds throughout the year. Visit their website for more information at https://nationalpcf.org.

Oregon Leadership Institute and State Leadership Conference. At the Oregon Leadership Institute this fall and at the State Leadership Conference in the spring, the officers will host a fundraiser for Valiant Seed. More information about the fundraisers will be distributed by email and through Facebook and Twitter.

School Blood Drives. The State Officer team also encourages chapters to host blood drives to help increase blood donations for people who need them, which includes many patients with blood cancers. Oregon HOSA has partnered with BloodWorks this year for blood drives. You will receive more information on hosting a BloodWorks blood drive from Andrea Chiller. If you have any questions or want to get more information on how to host a drive, you can contact her at AndreaCh@bloodworksNW.org. If your HOSA chapter hosts or volunteers at a blood drive, send us photos and a short description so that we can recognize your chapter on the Oregon HOSA web site and social media feeds. Submit photos and descriptions to president@oregonhosa.org.



RUNNING FOR OFFICE

Become a Local, State, or National Leader!

If your dream is to be a Future Health Professional, community leader, or public servant then getting involved in the HOSA Officer Leadership Program is for you! Get started at the local level as a chapter officer or a committee member. Take the extra step to become a state officer and maybe even go onto become a national officer following your state officer term!

As an officer you'll receive premier training, plan incredible projects, meet with civic and industry leaders, lead service projects, design public relations and communications efforts, and plan leadership conferences. If you enjoy training and traveling, networking and new friends, or simply want to be recognized as a leader in the world's premier student organization for those pursuing careers in the

healthcare industry, then get started today in the HOSA Officer

Leadership Program.

The Oregon HOSA State Officer Program provides tremendous opportunities for students to gain new leadership skills, learn critical thinking, improve their planning and organization skills, become stronger speakers, demonstrate initiative, and much more. In short, it is a unique and valuable experience that Oregon HOSA is excited to make available to its members.



2018-2019 OR HOSA State Officer Team

Interested in Applying for State Office?

It is never too early to start thinking about running for state office! The first thing every member interested in serving on the state level should do is first gain experience on the local level. Whether this is as a local officer or a committee member, gent involved!

The State Officer Application for 2019 – 2020 will be available on the state website this fall. The deadline to submit State Officer applications is February 8, 2019. All candidates must be active members of their local chapter and in good standing. Candidates must have a strong commitment to their education and have a 2.5 GPA or higher.

Candidates will be scheduled for an interview with Oregon HOSA State Staff, the State Officer Coach, and members of the Board of Trustees. The interviews will take place on February 19, 2019 and each will last approximately 10 minutes. After interviews candidates will be notified if they have been slated for a State Officer position. Candidates will give a two-minute speech during the Opening Session of the 2019 State Leadership Conference.



Is State Office Right for Me?

The opportunities provided to state officers are tremendous. Many state officer alumni count this time as a pivotal experience in their life. Along with the opportunities and benefits of being an officer comes many important responsibilities. Those interested should carefully consider the decision to run for office and what it requires.

The average state officer spends five to ten hours a week working on their state officer assignments and responsibilities. Prior to state officer meetings, conferences, and HOSA events the amount of time required tends to spike as officers finalize preparations and polish up assignments. It is important to realize that although academics remain the number one priority, officers will not be able to fall behind in their responsibilities as a HOSA officer. Officers are required to participate in the team decision-making process, perform assigned tasks, and attend required conferences and events.

It is important to understand that if elected, officers will be required to attend conferences, officer meetings, and HOSA events throughout the year. Officers are not allowed to leave early, come late, or miss any parts of these events (except in the case of an extreme emergency) without permission. Officers have frequently had to miss out on big games, dances, trips, etc., because they conflicted with their state officer responsibilities. The expectation is that state officer responsibilities and commitments will take priority after an officer's academics.

Anyone willing to make this kind of commitment and that has the drive to succeed and the dedication to get the job done should seriously consider running for state office! If unsure, it is recommended members consult with their local advisor and get their opinion and advice. Those who decide to run for office can be assured that holding state office will be one of the most memorable experiences of their life, and one of the most effective career preparation experiences they could ever have while in high school.

National Officer Selection Process

Members wishing to take their HOSA involvement to the highest level can serve on the National Executive Council. National officers are the ambassadors of HOSA and represent the over 200,000 HOSA members. Any Oregon HOSA member interested in running for national office must first be approved by the State Management Team. The National Officer Candidate applications are due to Oregon HOSA by February 8, 2019. It is highly recommended that members serve as a State Officer prior to seeking approval to run for National Office.



LeAna Truong
National HOSA Executive Council
Member and former Oregon HOSA
State Officer



SCHOLARSHIPS

HOSA's inter-curricular program fosters a culture of learning, discovery, and hard work. HOSA members look to prepare for their futures and many continue their education into the postsecondary/collegiate level. HOSA's scholarship program is designed to support members' pursuit of a higher education and reward outstanding members with scholarships.

Scholarships are provided by sponsors such as:

- Nursing Spectrum
- Kaiser Permanente Healthcare Issues Exam Scholarships
- National Technical Honor Society
- National Consortium on Health Science Education
- Delmar
- Philip R. Patton (HCA Hospital Corporation of America)
- U.S. Public Health Service
- HOSA General Scholarship Fund
- And more!

HOSA has partnered with STEM Premier to provide our members with the opportunity to apply for scholarships. Scholarships are generously provided by HOSA partners. There is one scholarship application for any member interested in applying for a scholarship awarded on the national level. Applications and supplemental documentation <u>must be **received by** National HOSA no later than</u> **March 15, 2019**, for consideration.

The Awards Committee will make the final decision on scholarship awards and scholarship recipients will be announced in May. Those receiving scholarships on the national level will be recognized during the general sessions and an awards dinner at the International Leadership Conference.



ALUMNI

Any supporters of HOSA are encouraged to become Alumni members!

In addition to past HOSA members, all supporters of HOSA are also eligible to participate at the local, regional, and state levels as alumni members. Alumni members have an opportunity to help build and inspire the next generation of HOSA healthcare professionals.

Alumni members have the privileges of active members with the exception that they cannot vote, hold office, or compete. Benefits of alumni membership include:

- Strengthening your network through continued involvement
- Having the satisfaction of helping others
- Serving others
- Continuing professional development and leadership opportunities
- Being part of a great organization

Suggested participation includes:

- Assisting the advisor of your local chapter
- Volunteering to assist in activities at the regional, state, and national level
- Serving as a local chapter mentor
- Judging events
- Serving as a competitive event section leader
- Assisting with Courtesy Corps
- Presenting and assisting with workshops
- Connecting your health care agency to Oregon HOSA
- Providing testimonials of how HOSA has impacted your life

How to become an alumni member:

- Complimentary alumni membership is available at both the state and national level. It's free!!!
- Go to http://apps.hosa.org/hosaconf/alumni/register.jsp and apply for Alumni Membership
- Complete the application and submit to National HOSA. That's all you have to do!
- Registration is one time only; you don't have to do it again!

Register to become a HOSA alumni member at http://apps.hosa.org/hosaconf/alumni/register.jsp



CONFERENCE ATTIRE

Official Dress Code for ALL General Sessions

This policy is for students. Advisors, family members, and guests are not required to wear the HOSA uniform or the black or navy-blue suit with a white shirt to the general sessions. The HOSA, Inc., Board of Directors approved the following dress policy that began at the 2011 NLC in Anaheim, California:

The official dress code for the student members for all general sessions will be either of the following:

- HOSA uniform (see below)
- Black or navy-blue suit with a white shirt (the white shirt can be the member's choice)
- Closed-toe blue or black shoes (hose optional)
- Male members MUST wear a tie.
- Female members may choose to wear knee-length skirt or slacks.

Student delegates not adhering to the above dress policy for all general sessions will NOT be admitted.

HOSA Uniform Policy

- Tailored navy blazer with emblem affixed over the heart.
- Shirt/blouse for females—white tailored or shortsleeve white jewel neck shell)
- Shirt for males—white closed-neck, man-tailored dress shirt, suitable for use with a tie
- Accent for female members maroon HOSA scarf or tie is optional but not required
- Accent for male officers navy or maroon long tie
- Matching navy slacks for males and matching navy slacks or skirts for females
- **Closed-toe** blue or black shoes (hose optional)





Competitive Event Dress Attire

Delegates must adhere to the Dress Code as specified in the individual competitive event guidelines for the orientation and event in which they are competing. Bonus points will be given according to the individual guidelines. For all competitive events, five (5) bonus points will be added once per competitor and/or team to the tally sheet for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are noted in the event guidelines.

Other Conference Attire

Conference delegate attire should be proper and appropriate since it reflects directly upon the State Association and National HOSA. Conference delegates are strongly encouraged to wear HOSA uniforms or appropriate business attire to all conference activities (other than the general sessions where the official dress code for general sessions will must be adhered).

Under no circumstances will blue jeans, shorts, or other casual attire be accepted at any Conference function (with the exception of tours, HOSA's dances, and other recreational activities). Delegates dressed in such casual attire will not be permitted to participate in official HOSA conference meetings.

Tips for Dress Code Success

No dress code can cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about acceptable HOSA attire should ask their HOSA local or state advisor.

Here are a few more tips to help you understand the HOSA Dress Code:

- <u>No denim</u> clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are not permitted. Blue jean skirts and dresses are NOT acceptable.
- Dressy pants of different lengths that are part of a suit/ensemble may be acceptable but "shorts" are not acceptable.
- Casual tank or tube tops, t-shirts, sweat pants/shirts, or tennis shoes are never acceptable.
- Business-casual attire may include khaki pants and polo tops.
- Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable.
 Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.
- Open-toed shoes and heeled sandals are permitted, except during general sessions.



HOSA BRAND

During the 2012 HOSA National Leadership Conference, the HOSA, Inc., Board of Directors launched a new brand for HOSA – Future Health Professionals. All chapters are highly encouraged to incorporate the new brand moving forward.

The goals in developing a new logo for HOSA were to modernize the image, retain familiarity, and establish HOSA's identity. The new HOSA brand took careful thought and some bold moves. In our eyes, this new logo design represents the most natural evolution of the HOSA brand. Its modern type of stylish color palette gives the brand a fresh face that will maintain its appeal among current and future generations of eager health science students, advisors, and our partners. So move forward with us as we take the organization into the new millennium with a crisp new identity for **HOSA – Future Health Professionals**!

- HOSA, Inc. Board of Directors (2012)

Meaning Behind the New Brand

Excerpts from the National HOSA Brand Style Guidelines

Main word in lower case: The main word is presented in lower case. On the surface, this creates a welcoming, organic look that conveys HOSA's connections to science and technology. But more than that, it is crucial in establishing HOSA as its own word, and not an acronym. When introducing HOSA's identity, Future Health Professionals, it is important to move away from "Health Occupations Students of America." In lowercase, it is much less likely that the H, O, S, and A will stand out as individual letters. When written, it should be HOSA or HOSA – Future Health Professionals.

HOSA's identity: The HOSA identity is positioned directly after HOSA so that it completes the natural eye line, making it hard to miss. "Future Health Professionals" is colorized with maroon to empower students and remind employers that HOSA members leave the program ready to join the workforce and/or purse further education.





Presence of the HOSA emblem: Anchoring the logo is a simplified version of the HOSA emblem. The encircled triangle has long been the emblem of HOSA and is key in retaining familiarity and celebrating the organization's long history. The points on the triangle represent today what they did in 1976: the three aspects of humankind's wellbeing; social, physical, and mental.



Color palette and textures: The accompanying color palette and textures offer support to the logo by positioning HOSA as friendly and fresh. Colors were chosen on what would feel crisp and clean and fit naturally into the health environment. The circles and dots further support the curvy and organic feel of the logo. Typography is kept lowercase as well, to support the friendly nature of the identity.

Stationery and marketing: The stationery and marketing elements feature these colors and shapes in a variety of ways to create a rich and vibrant system of collateral that stands out – reminding those who see it that HOSA is always moving forward.

Using the Brand

For more information about how to use the new brand, please refer to the National HOSA Brand Style Guidelines. Nevada HOSA chapters may acquire access to HOSA logos, fonts, and other resources by contacting statedirector@nevadahosa.org.

HOSA should **not** be referred to as "Health Occupations Students of America"

HOSA is no longer an acronym.

HOSA is simply... **HOSA – Future Health Professionals**