



Chapter Success Guide 2022–2023

HOSA OVERVIEW

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 230,000 members each year in over 5,000 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.

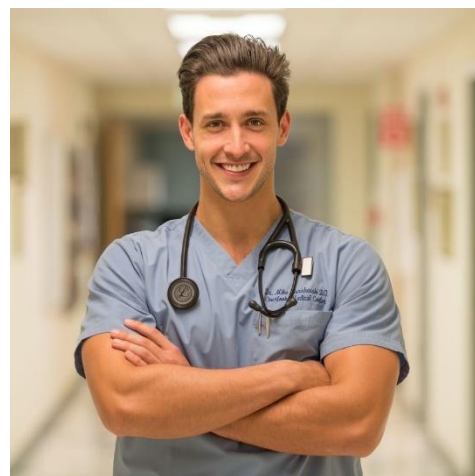
HOSA offers numerous health leadership conferences and professional development opportunities including the International Leadership Conference, Washington Leadership Academy held in Washington, DC, HOSA University, Oregon Leadership Institute, and the Oregon State Leadership Conference.

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 230,000 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. Mike Varshavski was the keynote speaker at the 2022 HOSA International Leadership Conference (ILC).
- Over 11,000 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 nearly 60 healthcare industry endorsed competitive events.



Keynote speaker at the 2022 International Leadership Conference, Dr. Mike Varshavski

- 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 2022-2023 National Theme is "Beyond All Limits"

KEY CONTACT INFORMATION

Oregon HOSA Contact Information

Phone: (541) 633-4287 | Fax: (971) 404-0903

Mailing Address: Oregon HOSA
PO Box 1440
Owasso, OK 74055

NATIONAL HOSA

National HOSA Headquarters

548 Silicon Drive, Suite 101, Southlake, TX 76092

Phone: (800) 321-HOSA (4672) | Fax: (972) 874-0063 | E-Mail: hosa@hosa.org

National HOSA Staff

Dr. Jim Koeninger, Executive Director
Sarah Walters, Deputy Executive Director
Karen Koeninger, Director, Partnerships & Sponsorship
Laura Sheppard, Senior Director
Jeff Koeninger, Director
Hope Antrim, Director of Finance

Bobby Crandall, Chief Solutions Officer
Bergen Morehouse, Director of Competitive Events
Jan Mould, Deputy Director of Competitive Events
Carie Staub, Deputy Director of Competitive Events
Jason Koeninger, Software Architect
Janet Nelson, Director for New State Advisor Development

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: <https://awardsregalfrostys.amercommerce.com/>

SOCIAL MEDIA

www.facebook.com/OregonHOSA

www.facebook.com/hosafhp

@OregonHOSA

@NationalHOSA

WEBSITES

Oregon HOSA www.oregonhosa.org

National HOSA www.hosa.org



Instagram



STATE MANAGEMENT TEAM

| **State Advisor**

Operations Lead, Conferences, Membership, Competitive Events, Industry Partnerships, Advocacy/Public Relations

Email: stateadvisor@oregonhosa.org

Jason Ishibashi | **State Officer Coach**

Executive Leadership Program

Email: coach@oregonhosa.org

Danielle Tolentino Tuason, MPA | **Senior Director**

Governance, Industry Partnerships, Advocacy/Public Relations, Board Support

Email: director@oregonhosa.org

Ryan Underwood | **Senior Director**

Email: director@oregonhosa.org

Jane Shovlin | **Executive Director**

Governance, Board Support, Industry Partnerships, Advocacy/Public Relations

Email: executivedirector@oregonhosa.org

BOARD OF TRUSTEES

Jeffrey Crapper | **Board Chair**

Carlie Harris | **Secretary/Treasurer**

Kimberly Herder | **Board Member**

Heidi Gorka | **Board Member**

Martha Robertson | **Board Member**

Ramyar Eslami | **Board Member**

Joshua Martich | **Board Member**

Art Witkowski | **Oregon Dept. of Education**

Shrey Goel | **State President**

| **State Advisor**

Jane A Shovlin | **Executive Director**

Danielle Tolentino Tuason | **Senior Director**



STATE OFFICER TEAM

Shrey Goel | **State President**

Westview High School

president@oregonhosa.org

Fabliha Maliyat | **President-Elect**

Westview High School

pres-elect@oregonhosa.org

Namrata Venkatesan | **Vice President of Communication**

Jesuit High School

vpcommunication@oregonhosa.org

KEY EVENTS AND DATES

State Leadership Conference (SLC)

Registration Fee: \$95

Conference Registration Window: January 16-February 3, 2023

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.*

International Leadership Conference (ILC)

Registration Fee: \$115

The HOSA International Leadership Conference (ILC) is the highlight of the HOSA year. Over eleven 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.

Dallas, TX

June 21-24, 2023

Dallas Convention Center | Dallas, TX

To view all dates and deadlines for the 2022-2023 year, download our yearly calendar at www.oregonhosa.org

YEARLY CALENDAR

September 23	Virtual Advisor Conference
September 24	Advisor Conference <i>Portland, Oregon</i>
October 15	Initial Affiliation Deadline <i>Earn HOSA 100 Club Recognition</i>
October 17-19	Oregon CTSO Fall Leadership Conference <i>Madras, Salem, and Pendleton</i>
January TBD	State Officer Meeting/Retreat <i>Portland, Oregon</i>
January 16 – February 3	State Leadership Conference Registration Window <i>Must be registered HOSA members to participate</i>
February 3	State Leadership Conference Deadline Day! <i>Advisor Statement of Assurance Form Conference Registration Payment State Officer Candidate Applications Recognition Event Entries National Health Science Honor Roll Application **Pin Design Entries** NEW for Oregon HOSA!</i>
February 6 – February 17	Online Testing Window
March 16-18	State Leadership Conference <i>Portland, Oregon</i>
March 15 (TENT)	National HOSA Scholarship Deadline
April 14	International Leadership Conference Intent to Compete Deadline
April 17	International Leadership Conference Competitor Notification to Chapters <i>from Oregon HOSA</i>
May 10	International Leadership Conference Registration Deadline
May TBD	Oregon CTSO State Officer Orientation Meeting <i>Portland, Oregon</i>
June 21 - 24	International Leadership Conference <i>Dallas Convention Center Dallas, TX</i>

MEMBERSHIP INFORMATION

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 15th**.

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

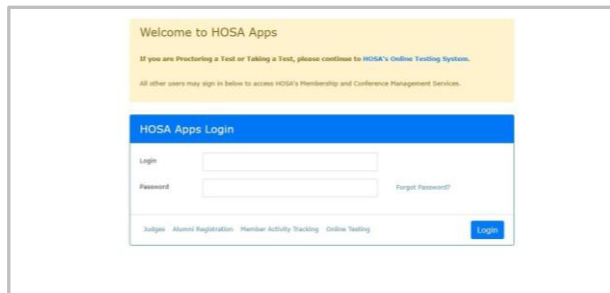
Gather all information you will need to enter into the Affiliation System. This includes the following:

- ✓ Chapter Charter Number and Affiliation Password
This password remains the same each year. If you need to request your username 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)*
 - *Organization and title (for professional members)*
 - *Complete mailing address*
 - *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: <https://apps.hosa.org/>
2. You will then be asked for your national charter number ("Login") and password. Enter the information and begin the online affiliation process.



3. After successfully logging in, click on the "+" sign to enter members into the HOSA online system.

TIP: REVIEW THE ONLINE AFFILIATION 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 stateadvisor@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/guidelines>*

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 Health Science, Health Professions, Emergency Preparedness, Leadership, and Teamwork combined.
- Health Science Events – Competitors may register for a maximum of three (3) events in this category
- Health Professions, Emergency Preparedness, Leadership, & Teamwork – Competitors may register for a maximum of one (1) event in all of these categories combined.
Exception: HOSA Bowl and Recognition 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 Recognition Events. Students may compete in an unlimited number of Recognition Events at the international level.

Oregon HOSA State Level Competitive Events

Health Science Events

- Dental Terminology
- Medical Law & Ethics
- Health Informatics
- Human Growth and Development
- Nutrition
- Pathophysiology
- Pharmacology
- Cultural Diversity & Disparities in Healthcare
- Behavioral Health
- Medical Reading
- Foundations of Medical Reading (Middle School Only)
- Health Career Exploration (Middle School Only)
- Medical Spelling
- Medical Terminology
- Foundations of Medical Terminology (Middle School Only)
- Medical Math
- Math for Health Careers (Middle School Only)

Health Profession Events

- Biotechnology **NEW EVENT**
- Clinical Laboratory Science ** New Name**
- Dental Science
- Family Medicine Physician
- Medical Assisting
- Nursing Assisting
- *Personal Care* *IDEA Qualified Event*
- Pharmacy Science
- Physical Therapy
- Sports Medicine
- Veterinary Science

Emergency Preparedness Events

- CPR/First Aid
- Emergency Medical Technician
- Epidemiology
- *Life Support Skills* *IDEA Qualified Event*
- Life Threatening Situations (Middle School Only)
- MRC Partnership
- Mental Health Promotion **NEW EVENT**
- Public Health

Public Health (Middle School Only)

Leadership Events

Extemporaneous Health Poster (Middle School Only)
Health Career Photography
Interviewing Skills *IDEA Qualified Event*
Extemporaneous Writing
Job Seeking Skills
Prepared Speaking
Prepared Speaking (Middle School Only)
Speaking Skills *IDEA Qualified Event*
Healthy Lifestyle
Healthy Lifestyle (Middle School Only)
Research Poster
Health Careers Preparation (Middle School Only)

Teamwork Events

Biomedical Debate
Community Awareness
Creative Problem Solving
HOSA Bowl
HOSA Bowl for Middle School ****NEW EVENT****
Health Career Display
Forensic Science
Health Education
Health Education (Middle School Only)
Dynamic Decisions (Middle School Only)
Public Service Announcement

Recognition Events

Barbara James Service Award SS/MS
Health Care Issues Exam
HOSA Happenings SS/MS
National Service Project SS/MS

*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, 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 2022-2023

General Updates and Reminders

- Substitutions - 25% of the original team any chapter, even state
- Photo Id's – photo of the ID is acceptable. EXCEPTIONS: BD, HB and MS

Health Science & Recognition Events

- Cultural Diversities and Disparities – Medline Plus and CDC websites retired. Health Disparities in the United States by Donald Barr added. Global Health site added: <https://ourworlddata.org>
- Health Career Exploration – (Middle School Division) – New resource – Health Science Concepts and Applications by Marshall & Roe
- Human Growth & Development – Leifer/Fleck Growth & Development Across the Lifespan by Saunders is retired. Lifespan Development by Kato added.
- Medical Math – Decimal expressions of less than 1 should be presented with a "leading zero." Whole numbers should never be followed by a decimal point and a zero, a trailing zero."
- Medical Spelling – Fishbowl method removed. Randomized word list will be used – competitors will spell in order from the list.
- Medical Terminology – Steadman's Terminology has been retired. Introduction to Medical Terminology by Stanhope & Turnbull has been added.
- Middle School – Foundations of Medical Terminology - Medical Terminology Express and Illustrated Guide to Medical Terminology have been retired. Introduction to Medical

Terminology by Stanhope & Turnball and Medical Terminology for Health Professionals by Anne Ehrlich have been added.

- Foundations of Medical Reading (Middle School Division) –
 - “You’re Going to Die! – My Journey to Survive” by Jesse Campbell
 - “The Student Leadership Challenge – Five Practices for Becoming an Exemplary Leader” by Kouzes and Posner
 - “Seven Signs of Life – Unforgettable Stories from an Intensive Care Doctor” by Dr. Abbey
- Medical Reading -
 - “The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine” by Janice P. Nimura
 - “A Good Time to be Born – How Science and Public Health gave Children a Future” by Perri Klass
 - “The Kissing Bug” by Daisy Hernandez
 - “Every Deep Drawn Breath” by Dr. Wes Ely
 - “Atomic Habits – Tiny Changes, Remarkable Results” by James Clear
- Pharmacology – Decimal expressions of less than 1 should be presented with a “leading zero.” Whole numbers should never be followed by a decimal point and a zero, a trailing zero.”
- Middle School – “Foundations of Nutrition” Williams’ Basic Nutrition & Diet Therapy has been retired. Nutrition & Wellness for Life by West has been added.

Health Professions

- Biotechnology ****New****
 - Resources
 - Brown, J. Kirk, Biotechnology A Laboratory Skills Course. Bio-Rad. Latest Edition
 - Starr & Taggart, Biology: The Unity and Diversity of Life AP. National Geographic Learning Cengage, Latest Edition
 - Biotechnology Innovation Organization [http://www,bio.org](http://www.bio.org) as posted as of September 1, 2022
 -
 - Skills (draft – to be finalized by September 2022)
 - Prepare Ingredients for 1x Agarose Gell in TAE
 - Pour Agarose Gel
 - Set up and Load Agarose Gel
 - Set up PCR Reaction
 - Gel Interpretation
 - Centrifugation
 - Bradford Essay
 - Qualitative ELISA – (Serum Antibody Detections by ELISA)
 - Bacterial Transformation
 - Use Aseptic Technique to transfer Bacteria

- Clinical Laboratory Science - ****New Name**** (Skills draft will be finalized in September 2022)
 - Resources
 - Estridge and Reynolds - Basic Clinical Laboratory Techniques – Cengage Learning, Latest Edition
 - Simmers, Simmers-Hartker, Simmers-Kobelak, Fuller – DHO Health Science. Cengage. Latest Edition.
 - Skill 1: Identifying Laboratory Instruments/Equipment
 - Skill II: Infection control and transmission – based precautions.
 - Skill III: Using a Microscope
 - Skill IV: ABO grouping
 - Skill V-A: Preparing a Blood Film or Smear
 - Skill V-B: Staining a Blood Film or Smear
 - Skill VI: Physical Examination of Urine
 - Skill VII: Microscopic Identification of Urine Sediment
- Pharmacy Science – Decimal expressions of less than 1 should be presented with a “leading zero.” Whole numbers should never be followed by a decimal point and a zero, a trailing zero.”

Emergency Preparedness Events

- CERT Skills – Lifts and Carries will be combined into one skill.
- EMT – Skills align with the textbooks instead of skill sheet.
- Mental Health Promotion ****NEW****
 - Team of 2-6 people
 - “Be There” certification
 - Resources
 - CVS Health,
 - Jed Foundation
 - SAMHSA
 - Surgeon General’s Advisory Report
 - Work as a Mental Health Professional
 - Select protective factors to address
 - Social media campaign for peers
 - 7-minute presentation for judges

Leadership Events None

Teamwork Events

- HOSA Bowl – Middle School Division) New event for next year. –
- Health Career Display Middle School - Round 1 and Round 2 with display time.

Event Topics for 2022–2023

2022 – 2023 National HOSA Theme: “Beyond All Limits”

Biomedical Debate

Topic: Medical Errors Should be Considered Criminal Offenses

Extemporaneous Writing

Topic: The topic is secret and will be given to the competitors right before they begin to compete. This can be any topic related to Health Science Education or HOSA, such as:

HOSA: A Contributing Member of the Healthcare Community

- *How does HOSA contribute to the healthcare community?*
- *What types of services does HOSA provide?*
- *What are the benefits to the healthcare community?*
- *What are the benefits to HOSA members?*

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*
- ***Reminder this is a middle school only event***

Medical Reading

Foundations of Medical Reading (Middle School Division) –

- “You’re Going to Die! – My Journey to Survive” by Jesse Campbell
- “The Student Leadership Challenge – Five Practices for Becoming an Exemplary Leader” by Kouzes and Posner
- “Seven Signs of Life – Unforgettable Stories from an Intensive Care Doctor” by Dr. Abbey

Medical Reading SS/PS

- “The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine” by Janice P. Nimura
- “A Good Time to be Born – How Science and Public Health gave Children a Future” by Perri Klass
- “The Kissing Bug” by Daisy Hernandez
- “Every Deep Drawn Breath” by Dr. Wes Ely

- “Atomic Habits – Tiny Changes, Remarkable Results” by James Clear

Public Service Announcement

Topic: How to Talk to Friends and Family about Mental Health

Public Health

Topic: Heart Healthy for Life: What you Need to Know Now

National Service Project

Be The Match

<https://bethematch.org/>

RECOGNITION EVENTS

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:

- 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/guidelines>.

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 1st – November 1st; the ILC test will contain questions pertaining to articles dated January 1st – May 15th. 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.

2022 – 2024 Service Organization: Be The Match

Website – <https://bethematch.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 5th. The deadline for ILC is May 15th.

Barbara James Service 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 5th. 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 pre-determined 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 Dallas, TX!

This year's International Leadership Conference will be held June 21 – 24, 2023 in Dallas, TX at the Dallas Convention Center. For more information visit <https://hosa.org/ilc/>.

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 top five 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 8, 2022

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 17, 2023

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 Visits

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 (www.twitter.com/oregonhosa) 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

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 24-27, 2022. 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

Be The Match®, operated by the National Marrow Donor Program® (NMDP), is a nonprofit organization that's dedicated to helping every patient get the lifesaving transplant they need. As trusted leaders in advancing treatments for those facing life-threatening blood cancers, we provide the ground-breaking research, innovative technologies, patient support and education that save lives. Visit their website for more information at <https://bethematch.org/>.

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. More information about BloodWorks can be found on their website: <https://www.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.



2019-2020 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, get involved!

The State Officer Application for 2023 – 2024 will be available on the state website this fall. The deadline to submit State Officer applications is February 3, 2023. 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 22, 2023, 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 2023 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 230,000 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 3, 2023. 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 Tallo 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 must be **received by** National HOSA no later than **March 15, 2023**, (TENTATIVE) 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 <https://apps.hosa.org/#alumni-registration> 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 <https://apps.hosa.org/#alumni-registration>

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)
- OR
- 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 short-sleeve 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 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:

- No denim 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, sweatpants/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 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 pursue further education.



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HOSA emblem: This is the new HOSA emblem. If you would like a file copy of the new emblem, please email stateadvisor@oregonhosa.org.



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. Oregon HOSA chapters may acquire access to HOSA logos, fonts, and other resources by contacting stateadvisor@oregonhosa.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**