

Hey HOSA

The NC HOSA monthly newsletter

SEVENTH
EDITION

HOSA REWIND

STATE LEADERSHIP CONFERENCE

A major highlight of SLC is electing our next North Carolina HOSA Executive Council! This year, our candidates came to Durham, North Carolina for their officer screening. The screening process, which includes a test on HOSA knowledge, an interview, and an oral presentation, is the last step before candidates campaign at Charlotte! NC HOSA would like to thank each individual for taking time out of their busy schedules to dedicate leadership and service to our organization. We are proud of all of our amazing candidates and would like to wish them all good luck! We would also like to extend our gratitude to our current Executive Council, who dedicated this day to preparing for this year's State Leadership Conference! Your NC HOSA Executive Council will be united for the last time in Charlotte, North Carolina to ensure that the 44th State Leadership Conference is one of the best! Less than 2 months until SLC - the countdown has begun and we can't wait to see you all soon!



PREPARING FOR SLC

With SLC quickly approaching, it's time to get last minute preparations underway! Here are a couple of reminders to ensure your experience at SLC is smooth and successful:

1. **Don't forget your guidelines!** Read over your guidelines to make sure you have everything you need for your event. Guidelines will be required to compete, so make sure you bring them to SLC.
2. **Bring extra money** for the HOSA store and food! We are excited to be able to provide a NC HOSA store stocked with sweatshirts, t-shirts, and much more!!
3. **Bring PHOTO ID!** Photo IDs will be required to gain entry into competitive events, so it is crucial that all competitors bring an acceptable form of ID to SLC. These include Driver's Licenses, Passports, and School IDs. Be sure to confirm with your advisor whether your ID will be accepted before you leave for SLC!
4. **Bring a water bottle!** Bring dehydrated is never a good option, so bring a water bottle to quench your thirst.
5. **Follow NC HOSA** on Instagram, Twitter, and Snapchat to get exclusive updates about SLC.!
6. **BE PREPARED TO HAVE FUN!** NC HOSA and your state officer team has worked for months preparing to make this SLC one of the best. We can't wait to see everyone there!



COMPETITIVE EVENT SYNOPSIS

BEHAVIORAL HEALTH

Behavioral Health is a knowledge test centered around psychology, with a focus on mental illness and substance use disorders. The event is a 90 minute written test where competitors apply, analyze, synthesize and evaluate information related to behavioral health. The test is a 100 item multiple choice test plus one tie-breaker essay question about behavioral health terms, including statistics and psychology terminology. This event tests your basic psychology knowledge, so members who have already taken AP Psychology are encouraged to compete in this event, as the textbook aligns closely to the AP Psychology curriculum. This is also a great event for future psychologists, psychiatrists - anyone looking to pursue a career in the mental health fields!

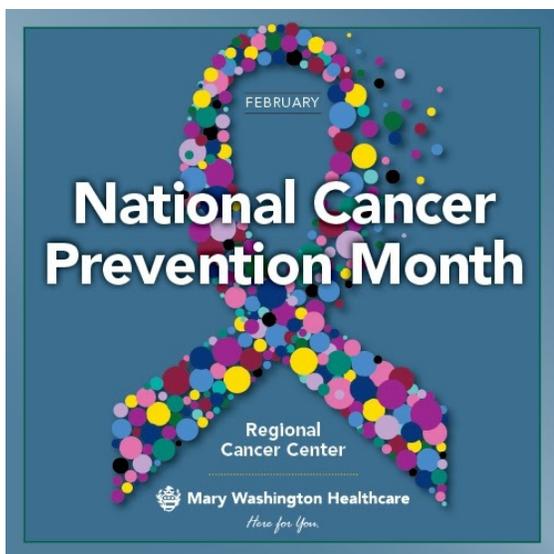
For more information about Behavioral Health, click [here!](#)



NATIONAL CANCER PREVENTION

MONTHLY AWARENESS ARTICLE

February is **National Cancer Prevention Month**, a month where efforts are made to inform the public of the preventative measures they can take to decrease their chances of developing cancer. According to the American Association for Cancer Research, 40% of all cancers diagnosed are due to preventable factors. These factors include smoking, unprotected and prolonged exposure to the sun, obesity, and unhealthy lifestyle choices. On average in the United States, 1,735,350 people are diagnosed with cancer annually. However, with successful efforts to inform the public, we can decrease the number of people developing cancer that could have been prevented. To support the cause, wear the color lavender in the month of February and spread the word about cancer prevention tips! To learn more about National Cancer Prevention month click [here!](#)



ADVISOR SPOTLIGHT

The advisor spotlight is Cox Mill High School's **Jodi Yow** and **Jennifer Ripper**! Cox Mill had the largest HOSA chapter in the 3A division during the 2018-2019 school year and that would not have been possible without their hard-working advisors. From helping the members prepare for their events to helping the CMHS executive board plan for volunteer events at the nursing home and hospitals, they take time out of their busy lives to ensure that these aspiring medical professionals get unique experiences in healthcare. HOSA is one of the biggest organizations that Cox Mill students take part in, with multiple students placing at the state level and becoming state officers. This immense participation is heavily influenced by Mrs. Yow and Mrs. Ripper. Thank you for all that you do for HOSA-Future Health Professionals!



**JENNIFER
RIPPER**



**JODI
YOW**

Cox Mill High School HOSA

EPIDEMIOLOGIST

CAREER SPOTLIGHT

What is an Epidemiologist?

An Epidemiologist or "Disease Detective" is a medical professional who focuses on the identification and prevention of diseases. They look at the source of the disease and work to find a way to prevent it from spreading. For example, whenever a city has a flu outbreak an epidemiologist works to prevent its spread, while also gathering data on who is most susceptible and what treatment methods work. Due to a major shortage, there is currently a high demand for epidemiologists within the United States, making it a great career choice. Most epidemiologists have a master's degree in Public Health, and work for either the government or major universities performing research.

Organizations

The International Epidemiological Association is a great resource to learn more about a career in Epidemiology. To learn more about this organization, click here!



Competitive Events

Public Health, Epidemiology, Community Awareness



OFFICER SPOTLIGHT

Sarah Whittington | Northwest Region



School: West Wilkes High School

Grade: 12th

Favorite Subject: Biology

Career Goals: Biomedical Engineer

Competitive Event(s): Job Seeking Skills & Outstanding HOSA Chapter

Hobbies/Interests: Piano, Traveling, Gardening, Eating, and Volunteering

Reason for joining HOSA: As a freshman, I enrolled in a health science course and fell in love with the medical field. I joined our local HOSA chapter and began competing with some of my friends. Since then, I have watched my chapter grow into the successful chapter it is today, cultivating the future leaders of tomorrow.

Fun Fact: I work in a year-round Christmas shop!



February 29th

Scholarship Interviews

State Officer Candidate Screening

March 15th

Tallo Upload Deadline - Competitive Events

April 1st-4th

State Leadership Conference

June 24th - 27th

International Leadership Conference

Houston, Texas

MEET YOUR COUNCIL

The 2019-2020 NC HOSA State Executive Council



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STAY TUNED!

The next edition of *Hey HOSA* will be released March 9th! Be sure to check back at www.nchosa.org for more NC HOSA news, articles, and fun!

Got questions? Contact us at nchosa@gmail.com



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