

# Hey HOSA

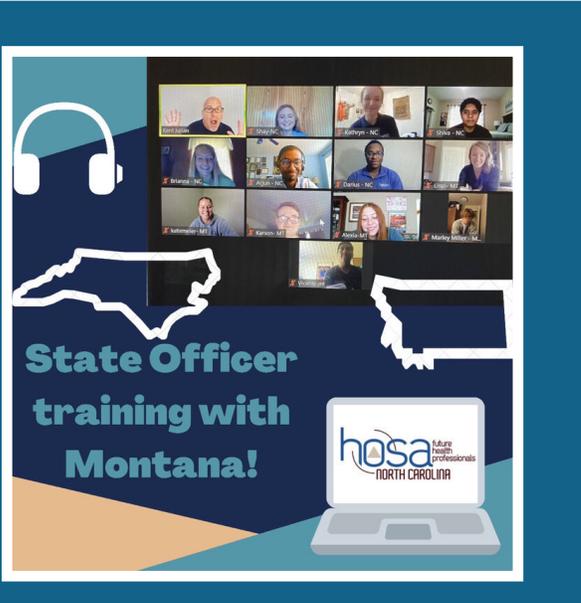
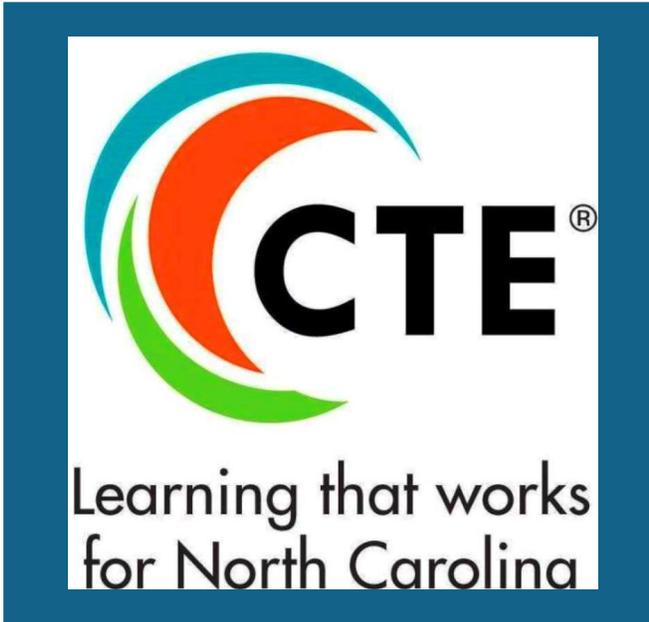
The NC HOSA monthly newsletter

**SECOND EDITION**

## CTE SUMMER CONFERENCE

### HOSA REWIND

The North Carolina Career and Technical Education (CTE) Summer Conference this year was held from July 13-17! The virtual conference, featuring hosted presentations and webinars for educators to attend, consisted of discussions on HOSA and certification training, while also demonstrating how to utilize new technology in the classroom. Additionally, this year's Summer Conference resulted in a record turnout of health science educators across the state. Thank you to those teachers who helped host a virtual session and those who took time out of their summer to schedule and participate!



Over the past month, your Executive Council has been getting the knowledge and training necessary to successfully lead North Carolina HOSA! They participated in a joint-training with Montana HOSA, learning the fundamental skills (Communication, teamwork, public speaking) necessary of any good leader. The Middle School Promo video was filmed and released, so if you haven't already, check out the NC HOSA Social Media pages to view it! As the school year begins, we encourage each of you to start seeking new chapter members, participate in community service, and consider competitive events to participate in at your upcoming Regional Leadership Conference! North Carolina HOSA is here to serve you and we can't wait to see how YOU *Unlock Your Potential!*

# CAREER HIGHLIGHT

## MUSICAL THERAPIST



### What is a musical therapist?

A musical therapist uses music as part of the therapeutic process to address the psychological, cognitive, and social needs of individuals. After successfully assessing the strengths and needs of a patient, they construct a treatment plan that involves singing, listening, and moving to music.

### What training do musical therapists undergo?

Musical therapists intensely study psychology, biology, behavioral sciences, and music theory. They must also be highly skilled at critical thinking, research, communication, and musical performance in order to succeed. The career generally requires a bachelor's degree in music, sometimes with a master's, along with a national board certification to practice.

### COMPETITIVE EVENTS

Competitive events related to this career center around the skills needed to succeed as a musical therapist: Human Growth & Development, Behavioral Health, Physical Therapy, Clinical Specialty, etc... You can find more about these and other competitive events at [hosa.org/guidelines](https://hosa.org/guidelines)

# PICKING YOUR COMPETITIVE EVENT

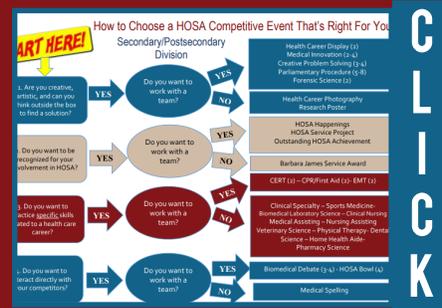
Students, Regional Competition is right around the corner! That means it is time to pick an event that is right for you. Information on event rules can be found at [hosa.org/guidelines](https://hosa.org/guidelines), however, some events may require competition at the Regional level, while some are State/International level only. Check out these links for the latest update on competitive events and how to choose the right one for you!

**COMPETITIVE EVENTS UPDATE 2020 - 2021** hosa the organization

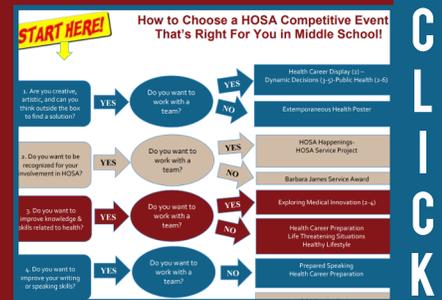
NO APPLICATION WILL BE USED FOR JOB SKILLS OR INTERVIEW SKILLS. THE LAW FOR THE DISCOUNT ASSISTANCE TEXT HAS BEEN UPDATED. THIS UPDATE SUMMARIZES HOSEA RULES CHANGES TO THE EVENT GUIDELINES, BUT IT DOES NOT INCLUDE ALL CHANGES. CHANGES TO THE HOSA RULES AND RULES ARE MADE EVERY YEAR FOR CONSISTENCY AND CLARITY. FULL EVENT GUIDELINES SHOULD BE REFERRED TO FOR MORE INFORMATION. PLEASE NOTE THAT THE HOSA UPDATES AND REVISIONS ARE BEING USED. \*\*DUE TO COVID-19 AND UNCERTAINTY AROUND EDUCATIONAL FORMATS, MORE UPDATES AND REVISIONS WILL CONTINUE TO BE RELEASED FOR MEMBERS AS WE RESPOND TO THE CHANGING EDUCATIONAL ENVIRONMENT.

Event	Update
General Event Limitations	For consistency, there will be changes to the language regarding formatting of the paper, portion, and event.
Skills	When skill categories indicate a specific "level" (i.e., "all reg. skill" or "all int'l. skill"), the skill will be weighted higher to ensure the skill is done on the correct level. Verification of skills will not be allowed if equipment is available or should have been brought by the competitor.
Broker Packets	Broker packets have been streamlined from all applicable events. Additional pages have been added to the public relations pages to assist in marketing material that was previously added via the broker packet.
In Person Orientation	There will be no in person orientation at E.C.
Health Science & Recognition Events	<ul style="list-style-type: none"> <li>Medical Reading (25 &amp; 26)</li> <li>Medical Reading: To Lead Others You Must First Lead Yourself by Bethel Grant</li> <li>The Magic Feather: The Science of Alternative Medicine and The Surprising Power of Belief by Michael Horne</li> <li>The Road to Anatomy: A Behind the Scenes Look at the Real Lives of Surgical Residents by Helen Hall</li> <li>Eight Measures: One Doctor, 7 Billion Patients by Jeremy Smith</li> <li>Compensation: The Revolutionary Scientific Evidence That Calling Salaries a Difference by Andrew Mazonik and Debrah Trinkle</li> </ul>

CLICK



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If your event requires competition at the Regional level, be sure to talk to your chapter advisor and register for the Regional Leadership Conference soon!



## COMPETITIVE EVENT SYNOPSIS

# DENTAL SCIENCE

Dental Science is a Health Professions Event that is offered at the state and international level. The event is split into a testing and skills scenario rounds. The testing round consists of a 50 item multiple choice test with a maximum time limit of 60 minutes. Qualifying scores move competitors to the skills scenario, in which a written prompt tests individuals on one or more of the key skills for Dental Science. Skills that may be tested include: preparing the Dental treatment room and anesthetic syringe, preparing an alginate impression, or even treating a contaminated tray in a sterilization center. Test and skills scores are then combined to determine the top 10 placements. This is a great event for anyone interested in the field of Dentistry and offers competitors a closer look at what dentists experience on a day-to-day basis. For more information regarding the event, please click [here!](#)



# LEUKEMIA

## MONTHLY AWARENESS ARTICLE

September marks the start of National Leukemia Awareness Month! Did you know that approximately every 8-9 minutes an individual is diagnosed with Leukemia? Leukemia is a form of cancer that affects the body's blood cells and tissues, including the bone marrow and lymphatic system. Occurring when blood cells

undergo DNA mutations that result in an increase and overcrowding of white blood cells in the body, Leukemia is generally categorized by whether it grows rapidly (acute) or slowly (chronic). Treatment, generally a form of chemotherapy, is highly variable on whether the disease is acute or chronic and is the most common form of cancer among teens. To lower your risk for leukemia, follow a healthy diet and avoid smoking and long-term contact with chemicals such as benzene For more information on Luekemia, visit [lls.org](http://lls.org)



# OFFICER SPOTLIGHT

Jamison Sheaffer | Southeast Region



**School:** Pamlico County High School

**Grade:** 12th

**Favorite Subject:** Health Science

**Career Goals:** Athletic Trainer/Physical Therapist

**Competitive Event(s):** Sports Medicine/CPR/First Aid

**Hobbies/Interests:** Dance, sports management, and hanging out with family

**Reason for joining HOSA:** After touring her high school and listening to the many experiences and opportunities HOSA can provide, Jamison knew she wanted to join HOSA. Since then, her HOSA journey has helped define her career pathway and create chances to build leadership and experience growth. Jamison can't imagine life without it!

**Fun Fact:** Jamison's favorite game is Scrabble

September 19th- 22nd

Washington Leadership Academy

January 4th

State Officer and Scholarship Application Opens

February 12th

State Officer and Scholarship Application Deadline

March 26th

Competitive Event Uploads Due

April 7th-10th

State Leadership Conference

# MEET YOUR COUNCIL

The 2020-2021 NC HOSA State Executive Council



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# FOLLOW OUR SOCIALS!

Be sure to check out North Carolina HOSA's social media accounts for updates and new information!

We will be posting weekly and want to keep you informed, you don't want to miss this!



@NCHOSA @NC\_HOSA @NCHOSA NCHOSA.ORG @NCHOSA