DECEMBER 2020

Hey HOSA

The NC HOSA monthly newsletter

FIFTH EDITION

WHATS IN STORE THIS MONTH?

RLC AND THE HOLIDAYS DRAW NEAR...

As we approach the end of the year and begin to settle down for the holidays, North Carolina HOSA has not slowed down in their efforts. Your Executive Council has been working harder than ever to end 2020 on a strong note and start 2021 even stronger. During the month of November, the State Officer team has begun to meet with various chapters across the state as a part of the newly founded "Adopt-a-Chapter" program, which allows chapters to meet virtually with state officers and learn about topics such as leadership, chapter involvement, fundarising, and competitive events. So far, these virtuals visits have gone wonderfully, and we are excited about the opportunity of continuing this tradition in the years to come.

As 2020 nears its end, it's important to recognize what made this year so great amidst the COVID-19 pandemic. Many of us got to quarantine and spench some much-needed time with our families. We were able to learn new hobbies, improve our technology skills, and catch up on sleep. Although it is important to realize that this pandemic is far from over, it is in our hands as future health professionalsl to advocate the importance of safety to those both near and far. Remember, we are all going through this together as a HOSA family, and as a collective force, we CAN make a difference. One day, many of us will find ourselves in the shoes of frontline healthcare workers who are working day in and day out to combat the next public health crisis. We take a minute to thank these healthcare workers who are paving the way for futures generations like us. NC HOSA wishes everyone happy holidays and a new year!

SCHOOL SPOTLIGHT:

GREEN HOPE HIGH

This month's school spotlight is Green Hope High School! Green Hope High School's HOSA chapter has been known for its large member base and turnout. With over 100 active members this year, Green Hope HOSA plans to continue supporting NC HOSA by spreading the word, recruiting new members, and teaching at elementary schools. Green Hope HOSA and its members are excited for the upcoming conferences and are ready to take on the new year!

CAREER HIGHLIGHT

Physical Therapy Assistant

What is a Physical Therapy Assistant?

A physical therapy assistant (PTA) provides physical therapy services under the supervision and direction of the physical therapist. The PTA assists clients and patients who have movement difficulty due to injury or disease. Therapies are designed to help the patient with their mobility, relieve pain, and to prevent or limit permanent physical disability.

How do you become a Physical Therapy Assistant

Job training is typically two years (5 semesters) in a Physical Therapy Assistant program. While in school, students learn primarily the fields of anatomy, phsyiology, exercise, biomechanics, kinesiology, neuroscience, clinical pathology, behavioral sciences, communication, and ethics/values. In North Carolina, the PTA student must pass a state-administered national exam to obtain a licensure.

Competitive Events:

Competitive events related to this career center around the therapy treatment that a PTA provides to patients or clients. *Physical Therapy, Sports Medicine, Clinical Speciality, etc...* You can find more about these and other competitive events at hosa.org/guidelines!

COMPETITIVE EVENT SYNOPSIS

PARLIAMENTARY PROCEDURE

This event provides a great opportunity for HOSA members to work together in a team and to understand the skills necessary to conduct business meetings through parliamentary procedure. Offered at all levels, the event consists of 2 rounds with teams between 5-8 people. The first round is a 35 question multiple-choice test with a 30 minute time limit. Questions focus on different parts of a meeting: Classifications and descriptions, types of motions, quorum and order of business, debate and voting, and officer reports. In the second round, teams will be given a secret problem to prepare for and ultimately present in a meeting with a panel of judges. Scoring is determined by the best presentation and the highest overall test score will be used in case of a tie. You can find more about this event here!

MONTHLY AWARENESS ARTICLE

HIV/AIDS

December is HIV/AIDS awareness month! HIV is a human immunodeficiency virus that attacks the immune system. This virus attacks the white bloods, decreasing the body's immune response. During the end stages of HIV, an immunodeficiency known as AIDS can reduce one's blood cell count to under 200 per cubic milimenter. During December, organizations such as Golab Funds, the International AIDS Socity, and the Kaiser Family Foundation help to spread awareness, reduce its global impact, and reduce the stigma around HIV/AIDS. For more information regarding HIV/AIDS, check out this link!

LINKTREE

North Carolina now has a link tree, a one stop destination for all your NC HOSA needs! You can find our official website, newsletter, social media accounts, and more at linktr.ee/NCHOSA. Be sure to check it out often to catch any updates and important information in the coming months!

OFFICER SPOTLIGHT

Brianna Martin | Northwest Region

School: East Wilkes High School

Grade: 12th

Favorite Subject: English

Career Goals: Obtain a master's or doctorate in Psychology and work as a Child Psychologist

Competitive Event(s): Researched Persuasive Writing and Speaking

Hobbies/Interests: Reading, writing, and tennis

Reason for joining HOSA: Brianna joined HOSA her freshmen year because of her deep interest to be apart of the medical field.

Fun Fact: Brianna has a corgi puppy named Suki (from Avatar The Last Airbender)!

January 4th
State Officer and Scholarship Application Opens

January 8th
RLC Registration

January 15th
Tallo/Formstack Deadline

January 18th-27th
RLC Online Testing

February 6th
RLC Awards

February 12th
State Officer and Scholarship Application Deadline

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