JANUARY 2021

SIXTH EDITION

# Heu The NC HOSA monthly newsletter

### HOSA REWIND

#### NEW YEAR, NEW HOSA

Welcome back and Happy New Year NC HOSA! We hope to make this year the best that it can be, and that starts with our members from the ground up. Due to COVID-19 precautions, this year's Regional Leadership Conference will be

held virtually, with online testing open between January 18th-27th and an Awards Session on February



6th. In extension, this year's State Leadership Conference (SLC) will also be held virtually from April 7th to 10th, with more information to come in the coming weeks.

this pandemic, we encourage members to continue reaching out to neighboring students and schools, and broadcast the many amazing opportunities in store for health science students in North Carolina as well as around the world. We hope you were able to make the best of 2020 and we look forward to the opportunities that await in 2021!

Even though our membership numbers took a hit during

### **CONTEST DEADLINE: FEBRUARY 12TH** 2020 ILC PINTRADING & TSHIRT CONTEST

Are you interested in designing this year's ILC Pin or T-shirt for NC HOSA?

The 2020 ILC Pin and T-shirt contests are both open on the NC HOSA website To enter, simply submit a design through the form link by the deadline. The winning designs will be used as inspiration for the official North Carolina International Leadership Conference pin/t-shirt at this year's International Leadership Conference.

For more information, click on "State Leadership Conference" under the Conferences tab on nchosa.org. We can't wait to see what you come up with!



## SCHOOL SPOTLIGHT:

# WATAUGA MIDDLE SCHOOL



This month's school spotlight is Watauga Middle School. Despite being fully remote, Watauga Middle School has found numerous ways to keep their chapter active. They've held officer elections, remote meetings, and more! They also signed up for our Adopt-A-Chapter Program and attended a virtual meeting with a state officer. Watauga Middle School is very motivated to stay active in this up and coming year and is ready for whatever obstacles that may be ahead. NC HOSA is exicted to see all that they can accomplish this year!



#### What is a Dentist?

Dentistry is a healthcare profession which specializes in the treatment of oral health. Some responsibilities of dentists include diagnosing oral diseases, interpreting x-rays, creating treatment plans to maintain/restore oral health, monitoring development of teeth and jaws, and performing surgical procedures on teeth, bone, and soft tissues.

#### How do you become a Dentist?

As a high schooler, the best steps to take include taking science based courses such as Anatomy, Biology, and Chemistry to gain foundational knowledge regarding the field.

Once you enter college, you will have to take Prerequisite courses for dental schools such as Organic Chemistry, Biology, etc... Dental school typically takes four years to complete after your undergraduate. To get into dental school you will have to take the Dental Admission Test (DAT), and upon admission you will have to take the National Board exams to receive licensure. Be ready to hit the books!

#### **Competitive Events:**

As a dentist, you will know many aspects of the science spectrum. Competitive Events that are solefly focused on dentistry include *Dental Terminology* and *Dental Science*. You can find more about these and other competitive events at hosa.org/guidelines!



#### COMPETITIVE EVENT SYNOPSIS

### EMERGENCY MEDICAL TECHNICIAN

event that provides HOSA members with an opportunity to develop and demonstrate knowledge and skills as a team in emergency medical care. Round one consists of a written, 50-item multiple choice test assessing you and your teammates knowledge of emergency medicine. Those with qualifying scores will advance to round two, where teams will use critical thinking in an emergency care scenario. Skills required for this event include the ability to assess a patient, immobilze an injury, control a patient's bleeding, and adminster oxygen. This is a great event for those who are hands-on learners as well as those interested in emergency medicine and trauma. Does this sound like you? If so, you can find more about this event here!







MONTHLY AWARENESS ARTICLE



January is National Glaucoma Awareness month! Glaucoma is a condition that damages the optic nerve in the eye, with symptoms varying on the type (Open-angle, Acute angle-closure) and stage of the disorder. It is the leading cuase of irreversible blindness in the United States and an estimated 3 million Americans have glaucoma, a number projected to pass 4.2 million by the year 2030. Glaucoma usually comes without warning and many people (an estimated 50% of active cases) don't even know they have it. For more information regarding Glaucoma, 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

Shalyn Barker | Western Region



School: Cherokee High School

Grade: 12th

Favorite Subject: Math

Career Goals: Pediatric Oncologist

Competitive Event(s): CPR, Health Career Photography, and

Prepared Speaking

Hobbies/Interests: Softball, volleyball, golf, and spending

time with family and friends

Reason for joining HOSA: Shalyn joined HOSA her freshman year after being approached by her advisor after hearing how she wanted to be an oncologist. Soon after, Shalyn along with her friends all joined HOSA and it

became an integral part of her life!

Fun Fact: Shalyn once caught a dolphin and a bird on the same fishing trip!

#### January 15th

Tallo/Formstack Deadline

January 18th-27th

**RLC Online Testing** 

February 6th

**RLC** Awards

February 12th

State Officer and Scholarship Application Deadline

SLC Registration Deadline

## MEET YOUR COUNCIL

The 2020-2021 NC HOSA State Executive Council



Nihar Thakkar

President North Central Region Representative Nihar.Thakkar@nchosa.org



Erin Greene

Northeast Region Representative Erin.Greene@nchosa.org



Romae Smith

Sandhills Region Representative Romae.Smith@nchosa.org



Brianna Martin

Northwest Region Representative Brianna.Martin@nchosa.org



Darius Walker

Shiva Gadireddy

Shiva.Gadireddy@nchosa.org

Jamison Sheaffer

Southeast Region Representative

Jamison.Sheaffer@nchosa.org

Southwest Region Representative

Vice President

Piedmont-Triad Region Representative Darius.Walker@nchosa.org



Shalyn Barker

Western Region Representative Shalyn.Barker@nchosa.org



Kathryn Sears

Postsecondary/Collegiate Vice President Kathryn.Sears@nchosa.org













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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!