

Hey HOSA

The NC HOSA monthly newsletter

WASHINGTON LEADERSHIP ACADEMY

HOSA REWIND

This past September, your state officers attended the Washington Leadership Academy alongside other state officers. They worked to improve their leadership in order to better serve you, utilizing CliftonStrengths leadership training, and engaging with guest speakers from many different healthcare industries. Be The Match—HOSA's two-year partner and provider of bone marrow transplant connection services—presented at the conference to stress the

importance of advocating for transplant and organ donor awareness. At WLA, your state officers also planned and prepared for the Regional Leadership Conferences coming up next month and are excited to meet everyone across the state either virtually or in person! With Regional Leadership Conferences around the corner, it is important to be familiar with competition submission deadlines, guidelines, and event times.

THIRD
EDITION



Regional Leadership Conference Dates & Locations

North Central: Virtual, Date TBD

Southwest: Nov. 6th, St. Andrews University--Charlotte Campus

Piedmont-Triad: Nov. 13th, Mount Airy High School

Sandhills: Nov. 6th, St. Andrews University

Northeast: Nov. 6th, John A. Holmes High School

Northwest: Nov. 6th, Watauga High School

Southeast: Nov. 13th, Dixon High School

Western: Nov. 12th, Southwestern Community College

SCHOOL SPOTLIGHT: ASHEVILLE HIGH SCHOOL



October's school spotlight is on Asheville High School! Nestled in the Blue Ridge Mountains, Asheville High's HOSA Chapter has a strong member base that enjoys giving back to their local community. Every year, Asheville High's HOSA Chapter helps to run a big school-wide blood drive, signing-up students, staff, and administrators, as well as volunteering the day of. This year, Asheville High's HOSA Chapter plans on expanding their membership base, expanding their community outreach, and participating in the upcoming conferences. Asheville High HOSA is looking forward to the year ahead!

Cytotechnologist

CAREER HIGHLIGHT



What is a Cytotechnologist?

Cytotechnologists are responsible for studying the microscopic structures of body cells in order to detect abnormal conditions, including cancer, viral, and bacterial infections. Often working alongside pathologists, they conduct laboratory procedures to identify both precancerous and cancerous cells, often performing pap test evaluations, whereby cell samples are taken from the patient's cervix to identify if an abnormal condition is present. The typical daily routine of a cytotechnologist includes conducting cell examinations using a microscope, interpreting signs of cellular abnormalities, and collaborating with a pathologist to prepare a timely diagnosis for physicians.

How do you become a Cytotechnologist?

You must obtain a bachelor's degree in cytotechnology, biology, or the life sciences. It is also often a requirement to complete specific certifications and an accredited cytotechnology program.

Competitive Events:

HOSA's Pathophysiology, Biomedical Laboratory Science, and National Geographic Microbiology competitive events most nearly reflect the cytotechnology occupation!

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COMPETITIVE EVENT SYNOPSIS

PHARMACY SCIENCE

Pharmacy Science is a secondary and post-secondary/ collegiate health professions event.

Competitors in Pharmacy Science gain the knowledge and skill-set for pharmacy-related careers. The event contains two rounds: the first consists of a written test with 50 multiple choice questions and a 60-minute time limit, and the second round requires competitors to perform pharmacy-related tasks, such as identifying equipment, and filling a prescription. At International Leadership Conference, a score of 70% or higher is required for participants to be award-recognized. Pharmacy Science is intended to foster a pharmacologic skill-set and expose students to the field for a deeper understanding of clinical operations. The event is especially helpful for students interested in getting hands-on experience with basic clinical procedures and pursuing a foundation of knowledge in pharmacology. If this sounds like you, learn more about this event [here!](#)



DOWN SYNDROME AWARENESS MONTH



October is National Down Syndrome Awareness Month! Also called trisomy 21, down syndrome occurs when abnormal cell division results in an extra chromosome (full/partial) in the 21st pair. The mutation usually leads to development changes (mentally and physically) in those affected and has a wide scale of severity. Down syndrome can lead to developmental delays and even lifelong intellectual disabilities, making it significantly harder to process information. Some commonly seen physical features of down syndrome patients include a flattened face, small head, short neck, palpebral fissures (upward slanting eyelids), and small stature. For more information

regarding down syndrome and how you can help make a difference, check out this [link!](#)

MONTHLY AWARENESS ARTICLE



REGIONAL LEADERSHIP CONFERENCE

Make sure you begin looking for an event that is perfect for you -- **Regional Competition** is approaching faster than you think! In the coming weeks and months, each of our 8 regions will hold their annual Regional Leadership Conferences across the state, either virtually or in-person. For more information, all competitive events guidelines/event rules can be found at hosa.org/guidelines.

As they say, "*Practice makes perfect.*" Begin studying or practicing as soon as you can, so you'll be able to bring home some gold!

OFFICER SPOTLIGHT

Jessica Contreras-Murillo | Northeast/
Southeast Region



School: Greene Central High School

Grade: 12th

Favorite Subject: Culinary Arts

Career Goals: Pursuing a career in dermatology!

Competitive Event(s): Health Career Display

Hobbies/Interests: Reading, cooking, gardening, and running

Reason for joining HOSA: Jessica joined HOSA in her junior year of high school because of her growing interest in the medical field. By joining, she has made new friends, developed her leadership, and has become a more active member of her community.

Fun Fact: Jessica works at her local Boys & Girls Club, helping to lead 4th and 5th graders in educational

October 6th

Regional Officer Applications Open

October 7th

Regional Officer Recommendations Due

October 8th

Regional Officer Candidate Slate
Announced

RLC Registration Deadline

Online Testing Proctor Registration
Deadline

Voting Delegate Form Deadline

January 4th

State Officer and Scholarship
Application Opens

February 4th

State Officer and Scholarship
Application Deadline

February 11th

Competitive Event Uploads Due

March 9th-12th

State Leadership Conference



MEET YOUR COUNCIL

The 2021-2022 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!