

NOVEMBER 2021

Hey HOSA

The NC HOSA monthly newsletter

WHATS IN STORE THIS MONTH?

RLC, UPCOMING EVENTS, AND MORE...

**FOURTH
EDITION**



Congratulations competitors! Your state officer team is highly proud of the exceptional student achievements that students across North Carolina have exhibited at RLC. It's time to start preparing for the NC HOSA State Leadership Conference! Competitors, be sure to read over event guidelines before the conference date and to gather all required materials for your competitive event. Congratulations to everyone who has completed their HOSA test online, and we wish everyone competing at North Central RLC the best of luck. We can't wait for you to see what North Carolina HOSA has in store for you this year!

ADVISOR SPOTLIGHT: AMANDA COMBS



This month's advisor spotlight is Amanda Combs, the Northwest Regional Representative on the NC HOSA BOD and school nurse for Watauga County Schools. She is also the advisor for the Watauga County Schools middle school HOSA chapter. Amanda began her HOSA journey during her junior year of high school, knowing her career call was medicine and desiring to be involved with school blood drives. Her advisor deepened her desire to work in the medical field, and after high school, she received her nursing degree from a local community college and began working as a school nurse a few years later. As a school nurse, she loves to teach students about health maintenance, illness prevention, and overall wellness. She hopes to develop a love and passion for any career pathway or interest that students have. Amanda's favorite part of HOSA is seeing students plan and compete in competitions. She also enjoys witnessing the service projects and relationships that students develop!

Physical Therapist

CAREER HIGHLIGHT



What is a physical therapist?

A physical therapist, also known as a PT, helps individuals suffering from debilitating illnesses. They manage patients' pain, strengthen their muscles, and improve their functionality after the patient is referred from a physician. The therapist will first perform a physical exam, which assesses the current state of the patient, before restoring motion and muscle movement through exercise, stretching, and tools designed to expand the patient's physical capabilities. The average salary of a physical therapist is around \$80,000.

How can you become a physical therapist?

You must attend an accredited 4-year university and fulfill a Doctor of Physical Therapy program. Plan to major in a related healthcare field covering studies in topics like biology, anatomy, and physiology. DPT programs are typically 3 years, and must be accredited by the Commission on Accreditation in Physical Therapy Education. After completing the NPTE, you are eligible to fulfill additional state requirements that you wish to practice in. You can also join residency programs after you graduate to specialize in fields such as orthopaedics and sports medicine.

Competitive Events:

Competitive events related to this career center around the knowledge necessary to succeed: *Physical Therapy*, *Sports Medicine*, and *Anatomy & Physiology*. You can find more about these and other competitive events at hosa.org/guidelines!



COMPETITIVE EVENT SYNOPSIS

JOB SEEKING SKILLS

Job Seeking Skills is a Leadership Event that provides HOSA members with the opportunity to gain knowledge and skills necessary for employment. Prior to competing at the conference, competitors prepare a one-page cover letter and one-page resume that both must be factual and accurate, including real work experience and education. At the conference, competitors complete a job application on-site and are given their interview time. Each candidate completes a five-minute interview with a judge at their allotted time. The goal of this event is to inspire members to learn more about the application process for health-related positions. Competition in this event is a great opportunity to better improve your interviewing skills! If this sounds like you, check out the official HOSA guidelines by clicking on the arrow above.



PANCREATIC CANCER AWARENESS

MONTHLY AWARENESS ARTICLE



November is National Pancreatic Cancer Awareness month. The pancreas is an organ that aids in the digestion process, it also serves in the secretion of hormones. It is responsible for producing enzymes which break down all the fats, sugar, and starches in your food. When detected in its early stages pancreatic cancer is curable, but in the cases it is not the survival rate for this cancer is not high. During this month of November it is important to bring awareness to this disease which is not often heard of. Many organizations like the Hirshberg Foundation for Pancreatic Cancer Research bring awareness in many communities by hosting virtual events as well as fundraising for research.




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!

MONTHLY EXTRA

RLC REFLECTION

Congratulations NC HOSA competitors! As we wrap up regional leadership conferences across North Carolina, your state officer team is reflecting on ways they can improve future regional leadership conferences. They are excited for the North Central region, as competitors prepare for RLC on December 11th at Seaforth High School. North Central competitors, don't forget to read through the event rules at www.hosa.org/guidelines. With RLC just around the corner, make sure to print your event guidelines and communicate with your team members to bring all required materials. This year's North Central Regional Competition testing week will be held across the state from November 15th-19th, 2021. The awards ceremony will immediately follow competitions at the Regional Leadership Conference. Good luck to everyone competing! During this past month, your Executive Council has been hard at work, hosting Zoom meetings regularly and planning organizational activities! Coming fresh off of the RLCs of other NC HOSA regions, your state officer team has been equipped with new ways to keep members across the state engaged and having fun, while also socially distancing. Stay tuned for some tips and tricks on our socials. As we draw closer to SLC, we strongly encourage chapters to attend, and ask that you work towards increasing membership participation as we make this year of HOSA the best it can be!

Secondary & Postsecondary/Collegiate Competitive Events 

Health Science Events	Regional	State	International	Requires Upload
Behavioral Health	Yes	Yes	Yes	No
Cultural Diversities & Disparities	Yes	Yes	Yes	No
Dental Terminology	Yes	Yes	Yes	No
Health Informatics	Yes	Yes	Yes	No
Human Growth and Development	Yes (as of 2020)	Yes	Yes	No
Medical Law and Ethics	Yes	Yes	Yes	No
Medical Math	Yes (as of 2020)	Yes	Yes	No
Medical Reading	Yes	Yes	Yes	No
Medical Spelling	Yes	Yes	Yes	No
Medical Terminology	Yes (as of 2020)	Yes	Yes	No
Nutrition	Yes (as of 2020)	Yes	Yes	No
Pathophysiology	Yes	Yes	Yes	No
Pharmacology	Yes	Yes	Yes	No

Health Professions events	Regional	State	International	Requires Upload
Biomedical Laboratory Science	Yes	Yes	Yes	No
Clinical Nursing	Yes	Yes	Yes	No
Clinical Specialty	No	Yes	Yes	Yes
Dental Science	Yes	Yes	Yes	No
Family Medicine Physician	No	Yes	Yes	Refer to Guidelines
Home Health Aide	Yes	Yes	Yes	No
Medical Assisting	Yes	Yes	Yes	No
Nursing Assistant	Yes (as of 2020)	Yes	Yes	No
Personal Care	Yes	Yes	Yes	Yes
Pharmacy Science	Yes	Yes	Yes	No
Physical Therapy	Yes	Yes	Yes	No
Sports Medicine	Yes (as of 2020)	Yes	Yes	No
Veterinary Science	Yes	Yes	Yes	No



Interested in athletic training?

Learn more about it as a career!

November 11th, 4-5pm EST

ATHLETIC TRAINING

UPCOMING EVENT

Interested in athletic training? Register for the Athletic Training Virtual College Fair, November 11th 4-5pm, hosted by the Association for Athletic Training Education (AATE). Learn about Athletic Training with representatives from over 25 Athletic Training programs from across the country. Advance registration is free, but required.

AMAZON SMILES

The holidays are right around the corner! Consider using and sharing North Carolina HOSA's Amazon Smiles link for Amazon purchases—it helps fund our leadership conferences and all of the amazing activities we have planned for our members!

OFFICER SPOTLIGHT

Kady Hillman | Piedmont/ Southwest Region



School: South Mecklenburg High School

Grade: 12th

Favorite Subject: Psychology

Career Goals: ER/ Critical Care Nurse

Competitive Event(s): HOSA Bowl & Behavioral Health

Hobbies/Interests: Crocheting, singing, running, volunteering, and family fun time!

Reason for joining HOSA: I have always known that I wanted to pursue a career in healthcare, but had no idea how to start. I also wanted find an organization that made "a real difference" in the lives of their members and the community. HOSA presents an opportunity to do just that! Attending meetings, participating in blood drives and SLC, and making some friends along the way were great benefits!

Fun Fact: I hate to break it to the Pillsbury Doughboy but I have the perfect sugar cookie recipe!

November 6th

Northeast, Sandhills, Northwest, and Southwest Regional Leadership

November 12th

Western Regional Leadership Conference

November 13th

Southeast and Piedmont-Triad Regional Leadership Conferences

December 11th

North Central Regional Leadership Conference

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



Shiva Gadireddy

President
Shiva.Gadireddy@nchosa.org



Nicholas Ballard

President-Elect
North Central/ Sandhills Region Representative
Nicholas.Ballard@nchosa.org



Sarah Whittington

Post-Secondary/ Collegiate Vice President
Sarah.Whittington@nchosa.org



Kady Hillman

Vice President
Piedmont-Triad/Southwest Region Representative
Kady.Hillman@nchosa.org



Jessica Contreras-Murillo

Secretary
Northeast/Southeast Region Representative
Jessica.Contreras@nchosa.org



Harini Kumar

Historian
Northwest/ Western Region Representative
Harini.Kumar@nchosa.org

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!



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