

# Hey HOSA

The NC HOSA monthly newsletter

**SIXTH EDITION**

## HOSA REWIND

### NEW YEAR, NEW HOSA

Welcome back & Happy New Year! For NC HOSA Future Health Professionals, 2020 looks bigger, brighter and better than ever! This year, we are returning to Charlotte for the state leadership conference, followed by HOSA's 2020 international conference which will be held in Houston, Texas, home to the NASA Johnson Space Center!



At the beginning of the year, we set a goal of **12,000 registered NC HOSA members**. We are so close to meeting our goal, but we still need your help! Continue to reach 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 had an amazing 2019! We sure did, thanks to all of your support over the past decade. Here's to an equally great 2020!

From all of us at NC HOSA, **Happy New Year!**

## 2020 ILC PIN TRADING & TSHIRT CONTEST

**CONTEST DEADLINE: FEBRUARY 15TH**

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](http://nchosa.org). We can't wait to see what you come up with!





UNC  
SCHOOL OF MEDICINE

hosa  
future health  
professionals  
NORTH CAROLINA

NC HOSA is excited to announce our first **HOSA-Future Health Professionals Summit**, held at UNC Chapel Hill! HOSA members, this is your chance to network with current healthcare professionals in various fields, gain insight from current students and faculty members in medical, veterinary, dentistry, and graduate programs, as well as ask any questions about admission. The summit will be open to all Post Secondary Collegiate students and Secondary juniors/seniors. Registration is limited, so don't miss out on this incredible opportunity!!

# 20 NC HOSA FUTURE HEALTH PROFESSIONALS 20 SUMMIT *at chapel hill*

FEBRUARY 22 10:00 AM — 3:00 PM

UNC School of Medicine  
Old Clinic Auditorium — 4th floor, Rm 4008  
321 S Columbia St, Chapel Hill, NC 27516



**PANELS**

**NETWORKING**

**CAMPUS TOUR (OPTIONAL)**

**FOOD IS PROVIDED**

- Meet & network with current healthcare professionals
- Gain insight from medical students & faculty members
- Learn about admission to medical programs

**REGISTRATION:**

<https://cutt.ly/NCHOSASummit>

**ENDS FEBRUARY 14TH**

**FEE: NONE**

**FREE PARKING: BELL TOWER PARKING DECK**



**DIRECTIONS TO  
PARKING DECK**



**MAP - BELL TOWER  
PARKING DECK**



**MAP - OLD CLINIC  
AUDITORIUM**

IF YOU HAVE ANY QUESTIONS,  
PLEASE EMAIL LISA LONG AT [LISA\\_LONG@MED.UNC.EDU](mailto:LISA_LONG@MED.UNC.EDU)

# RUNNING FOR STATE OFFICER



So, you have decided to run for a **State Officer position** and want to **serve over 10,000 members of NC HOSA**? It can seem overwhelming, but keeping these 5 tips in mind will better prepare you for the election process. First, remember to keep it simple, have a concise and clear platform and highlight one or two major goals along with a 3-4 step plan to achieve those goals. Next, always be humble and kind, although you will be asked to share your previous achievements during the candidate screening process, use only one or two examples and emphasize how those accomplishments will help you better serve the members of NC HOSA. Third, focus your efforts on why you are attracted to healthcare as a career field, and why you became a HOSA member. Prior to your candidate screening, ask your chapter, local & regional advisors, as well as our state officers on how you can serve the organization. Remember, Healthcare is a service industry and requires someone to have a desire to always help others - HOSA members, you fit that description. As a hopeful State Officer, it is time to muster your desire to be the best that you can be. Put forth your best effort by working hard, taking responsibility, respecting yourself as well as others, and preparing yourself to serve NC HOSA members. Lastly, always be yourself. Know your personality, strengths, and weaknesses and use them to improve yourself and NC HOSA. Be honest with yourself and use your strengths to your advantage and you will be well equipped to serve NC HOSA.

GOOD LUCK!!

## Physical Therapist

CAREER  
HIGHLIGHT



### What is a Physical Therapist?

After consulting with a patient, a physical therapist teaches them specialized techniques to prevent or manage their condition in order to achieve long-term health benefits. Physical therapists will examine each individual and develop a personalized plan, using consistent treatment to promote the ability to move, reduce pain, restore function, and prevent disability.

### How do you become a Physical Therapist?

Students who are interested in becoming physical therapists must first earn a bachelor's degree from an accredited university. Then, they must attend graduate school to earn a doctorate of physical therapy (DPT) and pass the National Physical Therapy Examination (NPTE) in order to become licensed.

### Competitive Events:

The event Physical Therapy allows competitors exposure to both knowledge and clinical skills required of physical therapists. If you are interested in becoming a physical therapist, this event is a great opportunity to gain experience and learn more about the profession.

For more information, visit [hosa.org/guidelines!](https://hosa.org/guidelines)

## COMPETITIVE EVENT SYNOPSIS

### CPR / FIRST AID

Imagine. You and a friend are driving down the highway when suddenly you see a car turned over on the side of the highway. You pull over and stop to help whoever may be injured, but when you check inside the wreckage you see two victims. One victim is unconscious, not breathing and no pulse, and the other victim is panicking and has a visible compound fracture. What would you and your friend do? In the CPR/First-Aid event, offered at a regional, state, and international level, your knowledge, quick thinking, and ability to treat the victims is challenged with knowledge tests and simulated scenarios. In round one, you and your partner will be tested on your knowledge by completing a test based on everything from anatomy and physiology questions to CPR/First-Aid questions. In round two, you and your partner's skills will be put to the test by entering a scenario in which your skills are required and you must treat the victims with quality and correct methods. Everyone needs to know how to perform CPR and basic first aid, so why not start now with HOSA's CPR/First-Aid competitive event!



Interested? For more information, visit [hosa.org/guidelines](https://hosa.org/guidelines).

### NATIONAL BIRTH DEFECTS PREVENTION MONTH

## MONTHLY AWARENESS ARTICLE



January is National Birth Defects Prevention Month! Did you know that one in every thirty-three babies in the United States are born with defects each year? Not all birth defects can be prevented, but, the chances of having a healthy baby can be increased by practicing healthy habits while pregnant. Birth defects that occur during pregnancy can appear during any stage of development in the womb. Most birth defects occur in the first three months of pregnancy, while the organs of the baby are still forming. However, some do occur later. During the last six months of pregnancy, the tissues and organs continue to grow and develop. The cause of some birth defects, such as fetal alcohol syndrome, is known. But, for many more defects the causes have yet to be determined. The factors that influence these defects are extremely diverse and complex, so research still needs to be done. It is important to promote awareness of birth defects through campaigns and activities with your chapter, as it pertains to future health professionals. To learn more about birth defects and how you can help prevent them, visit:

<https://www.nbdpn.org/bdpm.php>.

## OFFICER SPOTLIGHT

Harshita Gudipudi | Southwest Region



**School:** Cox Mill High School

**Grade:** 12th

**Favorite Subject:** Health Science

**Career Goals:** Neurosurgeon

**Competitive Event(s):** Medical Innovation Existing

**Hobbies/Interests:** Singing, playing guitar, and traveling

**Reason for joining HOSA:** For years, my older brother told me the amazing experiences he had at various HOSA conferences. His stories intrigued me and was the major reason I felt the need to join the organization in my freshman year. HOSA has allowed me to learn more about the field of study I am interested in and gain more experience in it. I also wanted the chance to network with others and meet individuals with the same goals and interests as me.

**Fun Fact:** I like to kickbox!

February 15th

State Officer Application Deadline



Interested? Click here for application information!

Tallo Upload Deadline - Scholarships

Tallo Upload Deadline - National Anthem Singer

ILC Pin & T-Shirt Contest Deadline

**State Leadership Conference**

**Registration Deadline**

February 22nd

NC HOSA-Future Health Professionals Summit

February 29th

Scholarship Interviews

State Officer Candidate Screening

March 15th

Tallo Upload Deadline - Competitive Events

April 1st-4th

State Leadership Conference

## MEET YOUR COUNCIL

The 2019-2020 NC HOSA State Executive Council



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North Central Region Representative  
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Sarah Whittington

Vice President  
Northwest Region Representative  
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## STAY TUNED!

The next edition of *Hey HOSA* will be released January 13th! Be sure to check back at [www.nchosa.org](http://www.nchosa.org) for more NC HOSA news, articles, and fun!

**Got questions?** Contact us at [nchosa@gmail.com](mailto:nchosa@gmail.com)



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