

MARCH 2021

Hey HOSA

The NC HOSA monthly newsletter

EIGHTH
EDITION

HOSA REWIND

SLC PREPARATION

Future Health Professionals of North Carolina HOSA! With the Virtual State Leadership Conference just a month away, we encourage you to start preparing and studying for your competitive event! Starting early allows you to re-read and redo anything for your event and will simply make you feel comfortable with your work. Take a look at your guidelines, have your study materials on hand, and hey, even ask your mom or friend to quiz you! Your State Executive Council wishes you the best of luck in competition!

COMPETITIVE EVENT TIPS

- 1. Read and become familiar with your guidelines.** This is the single most important tip anyone can do for their competitive event. Your guidelines include dress code, materials you may need, event topics, and rubrics for papers and speeches.
- 2. Create a Tallo account!** Make sure you're familiar with Tallo and how to submit on Tallo for your event! This is super important because if you don't submit before the deadline you could receive a points deduction from your score sheet!
- 3. Check HOSA's Useful Tools!** HOSA's official website has a section that includes this year's topics, a flow chart to help choose an event, and resources to help you with your event!

SLC TESTING: MARCH 15TH - 24TH

Competitive Event Useful Tools

Be sure to also read the [General Rules and Regulations](#) and [CE Appendices](#) for important information related to CE.

2020-2021 CE Updates and Changes:

- 20-21 Highlights of CE Changes - Handout (August 20, 2020)
- 20-21 Highlights of CE Changes - PowerPoint (July 15, 2020)
- 20-21 Highlights of CE Changes - YouTube Video Presentation (July 15, 2020)
- 20-21 Medical Reading Books

20-21 Competitive Event Abbreviations A helpful listing of all events in the HOSA CE Program.

What Competitive Event is Right for You?

- VIDEO: Summary to Explore HOSA Events
- 20-21: A flow chart that asks students questions to help them determine the best competitive event for them
- Middle School version
- Secondary and Postsecondary / Collegiate version

Event Preparation:



EXTRAS:

MORE ABOUT SLC



If you recently attended the Regional Leadership Conference on February 6th and had an amazing experience, you will love what is in store for the 2021 State Leadership Conference! Your North Carolina HOSA Executive Council is excited to present to you a State Leadership Conference like no other - and all from the comfort of your own home! If you are attending SLC this year, it is important to note that the conference will be held virtually from April 7th to the 10th. For constant updates regarding SLC this year, please monitor the NC HOSA Website (nchosa.org) and locate all important information under the "State Leadership Conference" tab. We can't wait to provide North Carolina HOSA members with the opportunity to attend enthralling symposiums, a one-of-a-kind competitive event experience, and so much more!

Athletic Trainer

CAREER HIGHLIGHT



What is an Athletic Trainer?

Athletic trainers are highly qualified, multi-skilled health care professionals who provide treatment and service under the direction of a physician regarding sports-related injuries. Their job includes primary care, wellness promotion, emergent care, clinical diagnosis, therapeutic intervention, and rehabilitation. Athletic Trainers' salary starts from around \$42,000 and can progress with experience and new licensure.

How do you become an Athletic Trainer?

To become an athletic trainer, you must graduate with a bachelor's (4 years) or master's degree (6 years) in athletic training from an accredited institution. After graduation, you must pass a comprehensive test from the Board of Certification (BOC) to receive licensure to practice athletic training. Athletic trainers must undergo further education as part of their work to maintain their certification.

Competitive Events:

As an athletic trainer, you will have to be familiar with the human body and its functions in various activities. Competitive Events that most similarly reflect athletic training include *Sports Medicine* and *Physical Therapy*. You can find more about these and other competitive events at hosa.org/guidelines!



COMPETITIVE EVENT SYNOPSIS

COMMUNITY AWARENESS

Community Awareness is an event available to high school and college students! It is a teamwork event, with teams consisting of 2-4 students who choose one health-related topic to discuss and educate their community on. Teams must plan a community campaign surrounding their topic, and will deliver a portfolio detailing their work and accomplishments to a panel of judges at competition. The event's goal is to inspire members to be proactive future health professionals and to bring awareness to current public health issues! This is a great event for people who are just starting HOSA or learning more about the medical field. It's also great for people who have a passion for a certain health topic and some HOSA friends to help support your message! If this sounds like you, check out more about Community Awareness [here](#)!



BRAIN INJURIES

MONTHLY AWARENESS ARTICLE



March is National Brain Injury Awareness Month! Traumatic brain injuries, also known as TBI, typically occur due to a violent blow or jolt to the head or body. As a result, normal brain function is disrupted. Falls are the leading cause of traumatic brain injuries, accounting for 48% of all reported cases in 2014. Traumatic Brain Injuries are also the leading cause of disabilities in the United States. Effects of TBI's can range from memory and thinking impairment to physical and emotional impairment. Join us as we bring awareness to TBI's and work towards improving the lives of those affected. For more information about TBI's visit 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

Shiva Gadireddy | Southwest Region



School: Cox Mill High School

Grade: 11th

Favorite Subject: Biomedical Engineering

Career Goals: Pursue degrees in science and technology and conduct research projects

Competitive Event(s): Medical Math

Hobbies/Interests: Reading, Sports, and Video games

Reason for joining HOSA: Shiva joined HOSA his freshman year to explore and learn more about a career in healthcare. In his three years since, he has made many friends with similar interests and has learned how to be a better leader as a result.

Fun Fact: Shiva's favorite football player is Cam Newton

March 6th

State Officer Candidate Screening

NC HOSA Award Nomination Due

SLC National Anthem Singer Due

Scholarship Application Due

March 15th

SLC Testing Logins and Secret Topics released to advisors

March 15-24

SLC Testing Week

March 19

SLC: Tallo/Formstack Upload Deadline

Barbara James Award Hours Approved and Submitted Deadline

Gold Star Chapter Award Deadline

Gold Star Advisor Award Deadline

March 31

Scholarship Interviews



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!