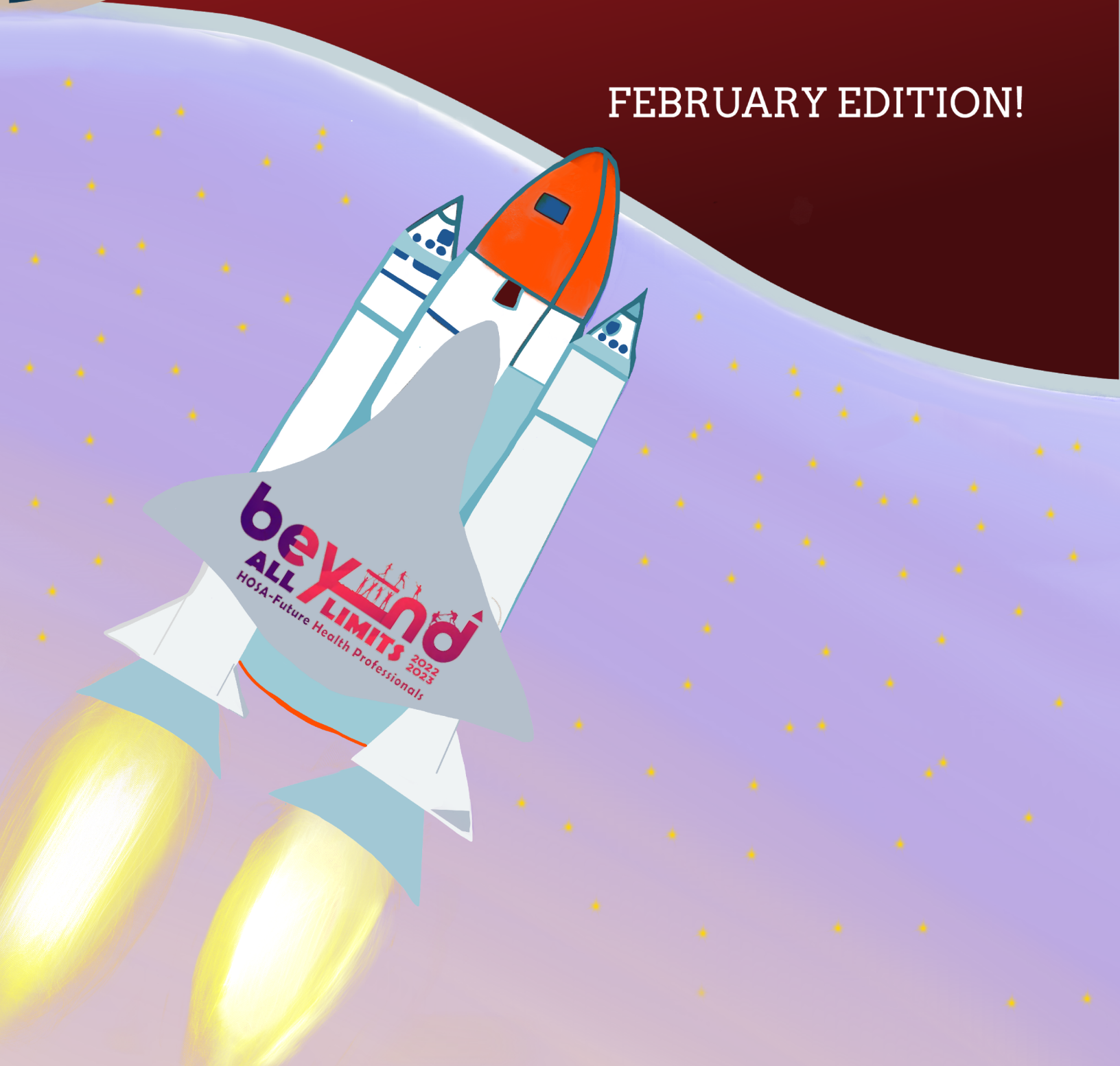




Hey HOSA!

THE NC HOSA MONTHLY NEWSLETTER

FEBRUARY EDITION!





The Month of February!

Hey NC HOSA Members,

We hope that you all have had a wonderful Valentines Day, surrounded by love from those around you!

Over this month, your state officers have been busy preparing for the State Leadership Conference, and coming up with ways to keep you all engaged! We are so looking forward to our 47th SLC and we can not believe it is only in 2 months!

We encourage you to stay connected to us through our social media (@nchosa on Instagram and Facebook)

February while all about the heart, is also **CTE Month** and we are appreciative of the opportunities we are able to provide you all as a NC CTSO(Career Technical Student Organization). Career Technical Education or CTE has been a valuable part of many students' education, providing the outlet to further learn about health science. The knowledge built throughout the curriculum is often left with students for the rest of their lives!

Happy CTE Month!

WANT TO GET FEATURED IN NEXT MONTH'S HEY HOSA?

Well.....Here is your Chance!!

By March 6th, email samantha.kamineni@nchosa.org your article submissions and/or a cover art design for next month's Hey HOSA for a potential feature!

Your article submissions may be about any topic, as long as it ties back to the national theme of "beyond all limits!" We encourage you to be creative if you choose to submit an article and ensure that it represents you or your chapter in any way you see fit! Some ideas for an article -as a starting point- may include a feature about your chapter and how you all go beyond all limits as an entity, what going beyond all limits means to you, or perhaps a collage of photos and a description for what they represent! The sky is truly the limit when it comes to what you can submit, and it's a great opportunity to express yourself!

We are also seeking cover art submissions for the Hey HOSA monthly newsletter for the months of March and April. This is a wonderful way to showcase your artistic abilities!!

The central theme with the cover art is also "beyond all limits!" so feel free to get creative here! Linked below are the templates that you should use when creating your cover art if possible.



March Cover Art
Template



April Cover Art
Template

CAREER HIGHLIGHT

This month's career highlight is a cardiologist- a doctor who prevents, diagnoses, and treats heart conditions.

According to the Cleveland Clinic, "A cardiologist is a healthcare provider who can treat chest pain, high blood pressure and heart failure, as well as problems with your heart valves, blood vessels and other heart and vascular issues."

Some forms of diagnoses used by cardiologists are CT Scans, EKG(electrocardiograms), and echo cardiograms

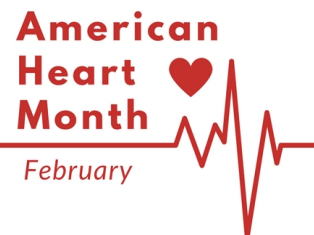


To become a cardiologist, you must have a doctorate in medicine.

This involves a college education, followed up by medical school, and a residency

If you are interested in this career, don't forget to look into the competitive events: Clinical Specialty and Pathophysiology!

AWARENESS MONTH



February is American Heart Month!

With heart disease as the leading cause of death in the United States, it is critical that we highlight the importance of heart health. According to the CDC, "By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack."

Steps towards a healthy ifestyle can include:

- not smoking
- maintaining a healthy weight
- treating high blood pressure
- getting at least 150 minutes of moderate-intensity physical activity a week
- getting regular checkups

FOR MORE INFO

CALENDER

SLC Registration Deadline: February 20, 2023

State Officer Application Deadline: February 20, 2023

- Teacher & Advisor Recommendations Due: February 28, 2023

Tallo/FormStack Upload Deadline: February 28, 2023

SLC Event Eligibility & Accommodations Forms Due: February 28, 2023

Middle School Competitive Event Uploads Due: February 28, 2023

2023 SLC Design Contest (Pin and Shirt) Due: February 28, 2023

2023 SLC National Anthem Singer: February 28, 2023

Gold Star Advisor & Chapter Information Due: February 28, 2023

Barbara James Service Award Due: February 28, 2023

2023 HOSA Scholarship Application Deadline: March 17, 2023

State Officer Candidate Interviews & Testing: April 12 at SLC

State Leadership Conference: April 12-15, 2023

International Leadership Conference Deadline: May 8, 2023

International Leadership Conference: June 21-24 2023

Washington Leadership Academy Registration Opens: August 1, 2023

Washington Leadership Academy Registration Deadline: August 31, 2023

Washington Leadership Academy: September 23-26, 2023

Your State Officers



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CE Synopsis: Clinical Specialty

This event allows the competitor to gain further knowledge, skills, and experience about a health career of their choice. Offered at the secondary and post-secondary levels, this event is an individual event that consists of three parts: a career portfolio, a video demonstration of a selected skill, and a live presentation of these components. The career portfolio consists of researching the chosen health career, learning about the responsibilities, education requirements, statistics, and more. Furthermore, as part of this portfolio, the competitor needs to conduct an interview with a current professional in the health career field and shadow the professional during their job, gaining a fun opportunity to learn about the field in a practical manner. The video demonstration includes a hands-on component for which the competitor actually learns and performs a selected skill that professionals in their chosen health career perform on a daily basis. The live presentation is completed in front of a panel of judges, where the competitor discusses components from their portfolio and skills video.

Through all these different components, this event offers a great (and definitely multi-faceted) first step to becoming a skilled future health professional!

To find more information about this event,

visit the [competitive events guidelines](#) on our website

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