

SLC 2012

Florida HOSA
February 2012



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HOSA University 101

Members are invited to participate in this dynamic program designed to help them grow as leaders and to make the most of their opportunities as HOSA leaders. This three hour interactive course will be offered on both Friday and Saturday during the conference. Interested members should choose one of those days to attend and select the appropriate response when completing on-line registration. The cost of this program will be \$3.

Attire for HOSA University will be khakis or nice jeans with a school polo/t-shirt or HOSA polo/t-shirt.



Gregory Cotes, State President

"Get crazy, get wild; Let's party, get loud; If you wanna have fun and do something crazy..." head on out to beautiful Jacksonville, Florida where this year's State Leadership Conference will be held! Yes, HOSA members, it is once again that glorious time of the year - otherwise known as SLC. Beginning March 29th, members from all across the state of Florida will convene in Jacksonville to participate in competitive events, earn recognition,

provide courtesy assistance and overall, have a once-in-a-lifetime experience. Continuing through April 1st, members will have the unique opportunity to demonstrate true leadership and compassion in the healthcare field, all while building lasting friendships and turning laughs into memories. Whenever you are not competing or attending one of our several inspiring General Sessions, 'The River City' is full of many fascinating places to visit including the Jacksonville Landing, the Jacksonville Zoo and EverBank Stadium, home to the Jacksonville Jaguars. For now, remember to stay calm, practice your skills and materials every day, and keep your competitive event guidelines handy. Congratulations to those who excelled at their Regional Competitions! See you all soon in Jacksonville! The largest city in America better prepare for the largest invasion of Florida HOSA's Future Healthcare Professionals!



Lynda Nguyen, State President-Elect

Hey there, Florida HOSA! I can't believe time has passed so quickly and here we are getting ready for the upcoming State Leadership Conference. I know you all are very excited and definitely studying your brains out! ☺

Let's take a trip back down Memory Lane, Florida HOSA, back to November when we had our Leadership Development Conference at Camp Kulaqua. For those of you who are not familiar with LDC, it is a leadership conference that helps our members expand their knowledge of HOSA and make them a better leader. This past LDC was amazing, the State Officer Team tried their best to make sure you took home what you came for - and that was stronger leadership skills and more ideas to help your chapters, as well as regions, grow. LDC couldn't have been as successful as it was if it wasn't for you, the members, being so active and excited to learn and try new things.

Most importantly, though, we have to thank our advisors for making sure all the paperwork was in on time for registration, for making sure there was transportation to get members to and from Camp Kulaqua, and for making sure their students fulfilled their duties and responsibilities. Thank you so much, Advisors! If it wasn't for you, LDC wouldn't be possible! Peace, love, and happiness, Florida HOSA! See you soon!

Ramfis Mena, State Northern VP, Sec.

IT'S TIME FOR WAR!

A Penny War that is! It's that time of year again, Florida HOSA! As all of you are learning about who is advancing to state competition this year, we also must keep in mind that the change jingling in our pockets is really important to our National Service Project - the Juvenile Diabetes Research Foundation. I hope all of you have been saving any and all loose change for Penny Wars this year. Last year, Region IX raised an incredible total of \$5,411.53! And even better, Florida HOSA raised a total of \$13,844.37!!! That's \$3,000 more than the previous year's total! I know that we can all come together this year for JDRF and beat last year's state total. Remember, a point is awarded for each penny in a Region's jar. Silver coins and paper money are accepted as well; just keep in mind that the more money in your Region's jar that is NOT pennies will result in a deduction of points - so bring the silver and bills to put in OTHER Regions' jars. I have complete faith in all of Florida HOSA that we will set another record in giving for JDRF! Looking forward to seeing all of you soon at SLC!!



Students' Corner



Are you familiar with **Florida Next**? It's Florida Trend's **Next** magazine about life after high school that you may have seen at your guidance counselor's office. If you have not looked at it, you might want to check it out: <http://floridanext.com/>. This link will take you to the 2011-2012 edition that has information on how to **pay for college, financial aid information, and money saving tips; listing of all colleges, universities, and career and technical centers — both public and private; high school life tips, top jobs and what they pay**, and more. It also has information on **65 scholarships!** What a great tool! Start exploring and make the most of your education today!

Teachers and counselors, visit the Teacher's Lounge to download class activities and lesson plans related to careers, financial planning, etc.: <http://www.floridanext.com/lounge.asp>.





Cypress Bay:
JDRF Kickball Tournament

Florida HOSA Region VIII

This year has been a successful year for Region VIII. We managed to achieve many goals through our drives, events, and activities. We welcomed two postsecondary chapters – Broward College and Nova Southeastern University.

With our initial event being FLC, our region became motivated and united. There was an attendance of over 300 members.

Our Region is continuing to raise money for JDRF. We kicked off the year with sneaker sales and schools displayed their sneakers in an artistic way to create awareness. In November, we held our annual Bowl-a-thon; this year's theme being "Strike-Out Diabetes." In December, a Faculty vs. Student Volleyball Tournament was hosted by Western High School which successfully raised over \$1,600. To further our efforts, Cypress Bay High School hosted a Kickball Tournament in January raising over \$850.

Raising funds for JDRF was not our only priority. Starting around mid-November, all the schools in Region VIII began to collect toys for the

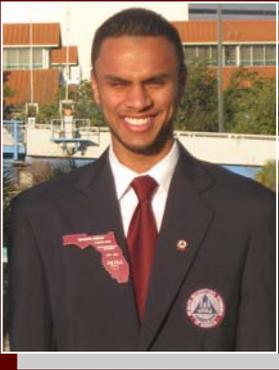
Broward Sheriff's Toys for Tots and Teens drive. Over 530 toys were brought to our Region VIII Holiday Party in December. At the Holiday Party, HOSA students were able to interact with members from other chapters in mini-workshops created by their Region VIII Officers. The members had a great time and, more importantly, a lot of children got to enjoy new toys for the holidays thanks to the generous donations of our members.



Holiday Party: Flanagan High School collected over 200 toys.



Western High School: Faculty vs. Students



Devindra Persad, State Southern VP, Sec.

The river is flowing, the lights downtown are gleaming, and all that's missing is you! Florida HOSA, let me be the first to welcome you to the 2012 State Leadership Conference. Words can't explain how pumped up I am about this year's SLC. Congratulations to all of our members for their dedication at their Regional Competitions. Those of you that placed, it's time to get to work because the State Conference is right around the corner! Be sure to bring a separate copy of your Event Guidelines to your competition orientation and remember to dress according to the Official Dress Code Policy found on the Florida HOSA website. Also, double check to make sure you have all the required materials for your event.

Now that you are competing at the State Level, things will become a bit more challenging. You are now competing against members from across the state, and the material you're being tested on will be different from what you saw at Regionals. I advise you to practice weekly, form study groups, ask your advisors for help, and to perform at your best. This way you can begin the state conference ready and eager as you try to advance to the National Conference!

For those members who are competing in the Barbara James Service Award, please pay attention to the following. Many competitors tend to make minor mistakes in their applications, which can lead to service hours not being accepted. Make sure you put the exact dates and hours that you volunteered at the organization. It is very important that you list every single organization that you volunteer at. Also, make sure you correctly list the total hours that you volunteered. If you are missing any forms or have mistakes on your application, it can drop you from a gold to silver, or from silver to a bronze, or even prevent you from being recognized.

Florida HOSA, as our middle school, secondary, and postsecondary membership increases, so does our State Conference. I have faith that every single member will perform at their highest level. I wish you all the very best at SLC and hope to see you on that stage as you receive your medal. Remember to compete with patience and focus on your goal. This year, the National Leadership Conference will be held in Orlando, FL. What could be better than having our very own members representing our organization in our home state? So come on, let's nail this year's SLC and show National HOSA what Florida HOSA is all about! Can't wait to see you all at SLC!

Nicole Czochanski, State Southern VP, PS

Hello again, Florida HOSA! The State Leadership Conference is just around the corner. Be sure that you are studying for your competition, practicing, and counting up all your scholarship options!! Every year, the State Officers work hard to try and raise money to put toward a scholarship for our amazing members. You may have a few questions, such as "Where do I apply for these scholarships? Am I able to qualify for any of these scholarships? When are the scholarships due?" And most importantly, "What are the requirements for the scholarships?" Make sure you check out our own Florida HOSA Foundation Scholarship which can be found on Florida HOSA's website, www.FLHOSA.org, at the bottom of the State Leadership Conference page under "Conferences" in the banner. There, you will also find an application for the HOEAF Scholarship.



On the National HOSA website, you can download the application for the HOSA Scholarship and ACTE Scholarship under "Member Services." Both high school seniors and postsecondary members are eligible to apply. Please check each application for specifics. Just to let you know, by completing the application for the HOSA Scholarship, you are not applying for just one scholarship, but numerous scholarships!

Some helpful hints for completing those applications ☺:

Update your résumé, activities and involvement portfolio and fill out those applications!

Make sure you write down the due dates for each application because it is easy to forget!

Don't be afraid to ask for help! If you can't figure something out or have questions, contact the sponsor of the scholarship and they will be glad to help you.

Believe in yourself, because you are awesome and can accomplish the impossible! A scholarship may seem out of reach in your eyes, but you never know, you could get it! You never know if you don't try!

Remember, Florida HOSA, strive for excellence! Practice and study your skills - and fill out those scholarship applications! The State Team and I are extremely excited to see you at the State Leadership Conference! So the best of luck to you and your schools! <3 ☺

Ashley Ivy, State Parliamentarian



Hey, Florida HOSA!!!! I hope you all had an amazing break and are back working hard in school and towards competition. I know everyone that is competing is getting excited for our State Leadership Conference. I would just like to remind everyone of the dress code. In order for everyone to have the best experience, please make sure that you adhere to the dress code which is posted on the Florida HOSA website. When you enter the site, hover over the Conferences tab, click on State

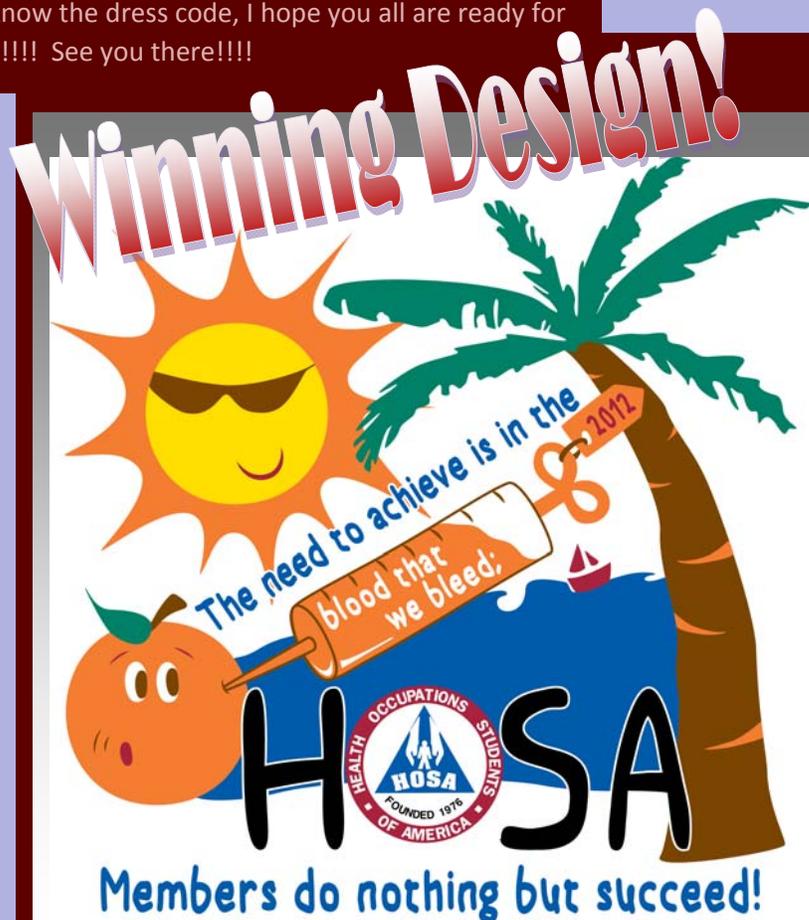
Leadership Conference, then scroll down and click on "Official HOSA Dress Code."

During all General Sessions the official HOSA uniform or a navy blue/black suit must be worn. Ladies have the choice of wearing slacks or a skirt, but all skirts must be at least knee-length. Also, close-toe shoes are required. There will be monitors at all entrances checking for appropriate attire; any member that is inappropriately dressed during the Awards Sessions may be withheld from receiving their award until the end of the session. As for competition - during the orientation, competitors may wear the official HOSA uniform, a navy blue/black suit, or appropriate business attire. For any competition that has a skill involving hands-on tasks such as Veterinary Science and Medical Assisting, competitors may wear career appropriate attire such as scrubs. Now that you know the dress code, I hope you all are ready for the most extravagant SLC ever!!!! See you there!!!!

Students' Corner

Did you know the [Southern Scholarship Foundation](http://www.southern scholarship.org/) is a great resource for college scholarships? The Foundation serves students attending the following institutions: Florida A&M University, Florida Gulf Coast University, Florida State University, and the University of Florida. Scholarship recipients live in rent-free fully furnished houses adjacent to the campuses. Students with financial need and good academic standing are encouraged to apply. Visit <https://www.southern scholarship.org/pdf/ssfApplication.pdf> for the application. See if you can save some money while in college and build lasting relationships!

Global Youth Service Day (GYSD) this year is April 20-22. It's the largest worldwide event of its kind celebrated on 6 continents and in over 100 countries. Youth can obtain grants ranging from \$500 up to \$1,000 for eligible projects such as helping feed hungry kids in their communities, etc. For more program details and to register your project online visit <http://www.gysd.org/>. GYSD 2012 will announce the inaugural **YSA List: The 25 Most Powerful and Influential Young People**. These are young people who have contributed to change in the following areas: Health, Human Service, Human Rights, Education, and the Environment.



Congratulations to **Gradys Tinoco** from **Robert Morgan Ed. Center!**

This winning artist will be presented with two t-shirts and ten HOSA pins during the Recognition Session at the State Leadership Conference in Jacksonville. Thanks for your outstanding work!

And thank you to all the artists who submitted designs - everyone did a fantastic job!!

It's Time to Have Some Fun and to Get Out and Explore Jacksonville!



MORE TO SEE. MORE TO ZOO.

Florida HOSA members, the [Jacksonville Zoo](#) is coming to you! That's right, the Zoo will have a booth along with the other exhibitors that will feature a representative who will bring live animals on Friday March 30th from noon until 2pm. Have fun, learn about the animals and environments, and interact with creatures! That's not all; the Zoo will also bring to us their "Adaptations" program on Saturday, March 31 at 5:30pm in Conference Center B. This will be an interactive workshop featuring animals and their ability to survive by using their physical features and behaviors to adapt and survive in various environments. Don't miss these fun opportunities.

You can also visit the zoo as a group to experience the whole range of exhibits. A Group Rate of \$12.95 per person is available for a group of 15 or more. You can visit www.jacksonvillezoo.org for more information.

Downtown Jacksonville features a system of **trolleys** that can get you around town pretty easily (cost: \$1.50 per trip). The [Riverside Trolley](#), for example, can take you from the Jacksonville Landing to the [Riverside Arts Market](#) (on Sat.), the [Cummer Museum of Art & Gardens](#) or the [Shoppes of Avondale](#). If you have time on Thursday, March 29 you might want to go [Sally Animatronics](#). They design animatronics for theme parks and offer free tours for up to 30 people from 9am until 1pm every hour with advance reservation. Both the [Beaver Street](#) and [Bay Street](#) Trolleys have nearby stops.

How about hopping on the [SS Marine Taxi](#) at the Landing to get across the river and see the Friendship Fountain or go to the [Museum of Science and History](#) (MOSH).

Here are a few links containing information on Jacksonville - [Downtown Vision, Inc.](#) (information on restaurants, shopping, events), [Visit Jacksonville](#) (Official website for Jacksonville and the Beaches), and [Jax Dining](#) (restaurant information and links).

The Florida Alliance for Health Professions Diversity is sponsoring a student symposium Saturday, March 31 from 9am – 2:00pm. To register please go to: <http://www.surveymonkey.com/s/R58GWCN>. The event will feature an inspiring keynote speaker, exhibits, panel workshops and discussion. For more information, you can contact Jevetta Stanford (UF Jacksonville) at jevetta.stanford@jax.ufl.edu; Tel: (904) 383-1709.

Please be safe. Always talk with your advisor first before you go outside of the conference hotel. Let's show Jacksonville that we are enjoying our visit in a responsible way.



Garden Map



The Cummer Museum Gardens Map



The Body Within exhibit at the MOSH



Friendship Fountain

Start preparing for your health career in high school Take as many math and science courses as you can

Most high school students have one goal in mind: Receiving their diploma. But if you want to pursue a health career, simply meeting graduation requirements may not be enough. “You need a strong working knowledge of math, science, and English to qualify for most health career training programs.” says Henryne Tobias, Project Director for ExploreHealthCareers.org. “I agree with the National Council of Teachers of Mathematics [national standards](#) for grades 9 through 12 that students need to take four years of math. Four years of science would also strengthen preparation for all types of health careers.” Whether you some day plan to go to a community college, a four-year university, or medical school, taking rigorous high school courses now can help you: improve your chances of getting into the school of your choice, expand your health career opportunities, and dramatically increase your future income.

MATH, SCIENCE, AND ENGLISH: REQUIREMENTS FOR EVERY HEALTH CAREER. Whether you dream of becoming a surgeon, a veterinary assistant, an occupational therapist, or a hospital administrator, your health career preparation begins in high school. Health career training programs at both community colleges and four-year universities expect you to meet certain academic prerequisites. For almost all health careers, experts recommend that high school students complete: **2-4 years of math, including geometry and Algebra II ; 2-4 years of science, including biology, chemistry, and physics; 4 years of English ; 1-2 years of computer science.** Unfortunately, most states don’t require high school students to take enough math or English. “Too often, state high school standards are not anchored in the skills and knowledge employers and colleges now demand,” according to a report by the [American Diploma Project](#). “As a result, students can graduate high school and believe they’ve done well, but they can still find themselves unprepared for work and learning.”

STAND OUT AGAINST THE COMPETITION. When you apply to any school these days, you’re competing with hundreds of other students for a limited number of spaces. Taking a challenging “college prep” schedule that includes four years of math, science, and English will help you qualify for most health career education programs. Strong grades and Advanced Placement courses will look even better on your transcript. “Depending on the [health] profession, different levels of education and training are required,” says Dr. Thomas Elwood, Executive Director of the [Association of Schools of Allied Health Professions](#). “But they all have one feature in common. They need high school graduates to enroll in academic programs who are well prepared in science, mathematics, and English, in addition to having computer skills.”

WAITING WILL COST YOU. It may be tempting to “blow off” your senior year and take only easy courses as you cruise toward graduation. But if you don’t take math, science, or English all four years, you’ll probably pay for it later. All colleges – even community colleges – require students to demonstrate basic math and English skills. If you fail to pass required placement tests, you may need to spend extra time – and tuition dollars – to take remedial courses before you can begin earning your degree. Just ask a student who graduated before you. In a [2005 study](#), researcher Peter Hart found “74 percent of recent high school graduates surveyed believe that requiring four years of math and science would have better prepared them for life after high school.”

WANT A HIGH-PAYING JOB? DO THE MATH. Need one more reason to take Algebra II instead of Underwater Basket Weaving? A study reported in Harvard’s *Review of Economics and Statistics* found “**Students who take advanced math have higher incomes** ten years after graduating—regardless of family background, grades, [or] college degrees.” The American Diploma Project also found that strong math and English skills are essential to get a job in any field that offers good pay, benefits, and the opportunity for advancement. Completing more advanced math courses may be particularly beneficial for minority and low-income students. [Achieve, Inc.](#) found that Black and Latino students who take Algebra II in high school are twice as likely to earn a college degree. According to Achieve, “The equation is simple: No matter their background, students who take challenging math courses in high school get better jobs and earn more money throughout their entire lives.” Taking four years of math and science in high school will put you on the path toward more than 150 rewarding health careers. *Learn more about the types of courses you can take in high school that lead to a broad range of health careers.* Download, save and print a PDF of Health Career Academic Pathway starting in high school: [Health Careers Academic Pathway 01 Oct 2010](#) [pdf, 111 KB].

PREPARE FOR YOUR HEALTH CAREER WHILE YOU’RE STILL IN HIGH SCHOOL. Take four years of math, science, and English – Advanced Placement (AP) classes if possible; earn the best grades you can; visit the websites of schools that interest you for specific guidance on academic prerequisites; volunteer in a health setting to get hands-on experience; enter a health-related project in your high school science fair; participate in a [pre-health enrichment program](#).

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