

# SYNAPSE

SEPTEMBER 2018

VOL. 10 ISSUE NO. 02

ARE  
YOU  
READY?

CHAPTER LEADERSHIP CAMP  
IS COMING SOON

Want to test your leadership skills? Read more  
below!

SYNAPSE

# National Service Project Ideas

**Become an ambassador!** By becoming an ambassador for The National Pediatric Cancer Foundation, you are able to help fund vital research to help pediatric cancer patients get the treatments they need. Registering is easy! Visit [nationalpcf.org/hosa](http://nationalpcf.org/hosa) and click "Become An Ambassador". By becoming an ambassador you will receive resources and information from the foundation to help you in your efforts to help raise fund and awareness for the NPCF.

**Create a fundraiser or community event for your chapter to host.** The National Pediatric Cancer Foundation has tons of resources and ideas for amazing fundraisers which are a great way to get out and meet new people while also raising awareness for the organization. There are also great fundraising ideas in the HOSA Handbook!

**The NPCF has many career connections for HOSA members!** Are you interested in entering the field of pediatrics? The foundation offers opportunities to shadow doctors at partner healthcare sites. For more information on how to get involved, please visit the NPCF website.





*To all those who have*  
**SCHEDULED A  
CHAPTER VISIT,  
THANK  
YOU!**



# SCHEDULE A CHAPTER VISIT

## BUT... WHAT IS A CHAPTER VISIT?

Chapter visits are a great way to start off the HOSA year! Whether your chapter is small or large, near or far, your state officers want to get to know each and every member while introducing you to the benefits of Arizona HOSA. This year, chapters have the unique ability of personalizing their visit. So, whether your chapter is new or experienced, make sure to request one as the school year approaches!

TO REQUEST A VISIT,  
EMAIL OUR STATE  
PRESIDENT, ADRIAN  
KWIATKOWSKI



**CONTACT:**  
[adkwiatkowski726@gmail.com](mailto:adkwiatkowski726@gmail.com)





**GET INVOLVED**  
UPCOMING OPPURTUNITES

GET EXCITED FOR THE UPCOMING

# CHAPTER LEADERSHIP CAMP

**Held at Camp Pine Summit in Prescott, Arizona, Chapter Leadership Camp is one of the most highly anticipated HOSA events of the year and for good reason.**

This event is a great learning experience that brings Arizona HOSA members together to form bonds with new friends and to strengthen pre-existing ones. Chapter Leadership Camp also takes strengthening leadership skills to the next level. Various leadership skills are taught through fun and engaging activities that help reinforce leadership skills and qualities as well as providing activity ideas that can be brought back and implemented at chapter meetings or events. Not only are you improving your leadership qualities, but you learn to work efficiently in a team.

MORE ON

# CHAPTER LEADERSHIP CAMP

**Our activities encourage teamwork and qualities that come along with it such as dependability and trust.**

Our goal is to provide an experience that is empowering, memorable, and positive. Attending Chapter Leadership Camp provides an opportunity to reflect on your leadership journey. The tranquility of the surrounding nature is the perfect place to reflect on moments that will inspire you on your leadership journey. We can't wait to see all your smiling faces October 4th!





# Leadership Lowdown

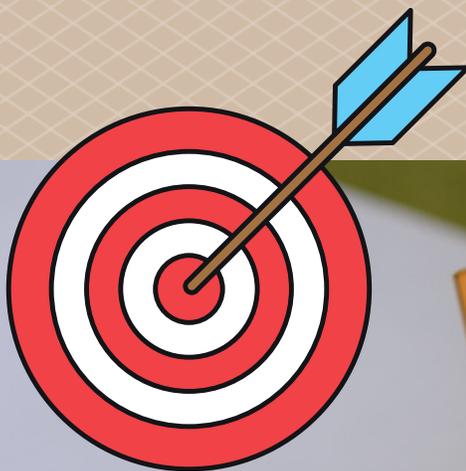
**THIS MONTH'S TOPIC:**  
**SETTING GOALS**

Welcome to Leadership Lowdown!

Throughout your HOSA journey, you will encounter several moments in which you will find yourself in a leadership position. Whether this is heading a committee in your chapter for the National Service Project, or even serving as a state officer, every moment is a learning experience. Moreover, leadership is a core value of HOSA, and as members, it is important that we are constantly working to become better and more influential leaders. In this re-occurring article, you will have access to some of the most valuable tips and tricks from your state officers for achieving this.

We set goals in hopes that they provide us with the motivation to keep working hard and moving forward. It's up to us to create a goal that is "SMART" and effective. SMART is an acronym used to help create goals that maximize your success as an individual or team. When creating goals, they should be written with the following guidelines in mind. Your goal should be Specific and detailed so your intended result is clear. It should also be Measurable which means that the goal should have a gauge or way to measure the progress of the goal.

In order to make sure your goal is Achievable, it's important to write a goal that is realistic and recognizes any possible obstacles. It is also important to write a goal that is meaningful to you and is Relevant to pre-existing mission you are trying to accomplish. Last but not least, your goal should be Time sensitive so you have a deadline to focus and work toward. SMART goals are a great tool that can be used to be successful in school, your workplace, or in any aspect of life you see fit!





simple  
sensible  
significant



meaningful  
motivating



agreed  
achievable



reasonable  
realistic  
resourced  
results-based



time-bound  
timely  
time-sensitive  
time-limited

We want to hear about the SMART goals you plan to accomplish this year. Share them with us using the hashtag [#azhosamoments](#) on any social media platform!

Learn more here!

<https://tinyurl.com/healthVR> &

<https://tinyurl.com/hosaVR>

<https://tinyurl.com/hosaVR>

hosaVR



# HEALTHCARE TECHNOLOGY ARTICLE

## Augmented Reality

It is generally agreed that healthcare technology aides in delivering care, but it is also a useful and integral tool in health education. In order to provide quality care, health professionals need a quality education! Take a look at these articles that explain one technological tool called “augmented reality” that not only helps health professionals learn through virtual elements but can serve in a capacity to educate patients and even facilitate performing some medical tasks.

GET READY FOR

# ONLINE TESTING UPDATES THIS YEAR!

Attention Arizona HOSA members! Your Student Executive Council is pleased to share some competitive events updates with you! Starting this year all competitive events excluding those on the right will require an online test to qualify for SLC.

Make sure to mark your calendars for January 14-25, when online testing will take place. We encourage all members to study hard and do well on their exams. Happy studying!

## NO ONLINE TESTS

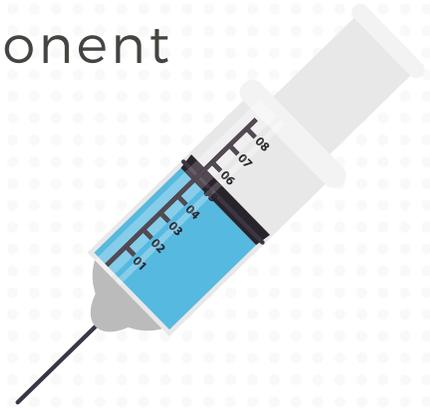
- Medical Innovations - Original
- Medical Innovations - Existing
- Recognition Events (excluding Healthcare Issues Exam)
- Competitions marked with an asterisk on the AZ HOSA website

Article of Interest

# VACCINATION SEASON

Are your vaccines up to date?

Remaining healthy is a critical component to success inside and outside of the classroom. Making sure your vaccines are up to date is one way to fight off illness during the upcoming flu season. So, whether you are entering college, or starting highschool, speak to your doctor about getting vaccinated this Fall. To learn more about the clinical data supporting the importance of vaccinations, visit the link below!



**CLICK HERE!**

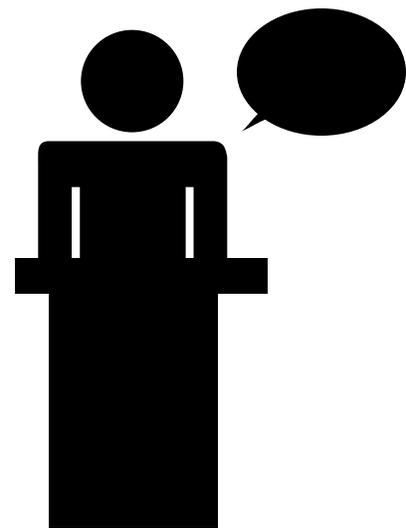
# PATEL-IAMENTARY PROCEDURE



## YOUR MONTHLY DOSE OF PARLI PRO!

Hello Arizona HOSA!

Welcome back to your monthly edition of “Patel-iamentary Procedures”! In last month’s article, we talked about some of the basics of parliamentary procedures including motions, quorums, amendments, and more. In this edition, we will be going into some of the smaller things involved in parli pro, beginning with debates and voting. Now let’s get started! I call this second session of “Patel-iamentary Procedure” to order!



## Debate



The first item on today's agenda is debates. A debate is used when a motion is debatable, and people may want to justify their reasoning for wanting to pass or not pass a motion. The following table demonstrates what is debatable and what is not:

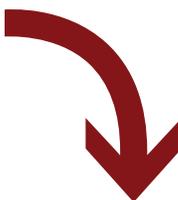
DEBATABLE MOTIONS	NON-DEBATABLE MOTIONS
<ul style="list-style-type: none"><li>• Amend</li><li>• Commit</li><li>• <b>Main Motion</b></li><li>• Postpone</li><li>• Refer</li></ul>	<ul style="list-style-type: none"><li>• Adjourn</li><li>• <b>Close Debate (Previous Question)</b></li><li>• <b>Limit or Extend Debate</b></li><li>• Recess</li><li>• Suspend the Rules</li><li>• <b>Voting on Motions</b></li></ul>

\*\* The motions in red will be discussed in this edition of "Patel-iamentary Procedures. \*\*



Anyone may speak twice on a motion that is on the floor for debate. You may speak for up to ten minutes each time you speak, so you can speak for a total of twenty minutes on a motion. It is also important to note that these rules apply when there are not any special rules put in place by your chapter. Special rules refer to any rules that your chapter may have put in place. An example is that your chapter could have a rule that you are allowed to speak for fifteen minutes (instead of the standard ten) twice during a debate. Some restrictions do apply to these rules. For example, you cannot “save time”. Say you spoke for five minutes the first time you spoke. You cannot then use the time that you didn’t use and speak for fifteen minutes the second time you speak. You can, however, choose to answer questions from members during your ten minutes if you would like.

## Who speaks first?



Generally, the chair chooses the first person who rises after the previous speaker has sat down. It is not allowed to signal while a speaker is talking that you would like to speak next. There are three exceptions to the rule that are commonly used.

1. If you are the maker of the motion, you have a preference (one-time) on speaking on the motion (the maker usually speaks first on the motion).
2. Someone who has not spoken has preference over someone that has already spoken once.
3. The chair tries to alternate between people that favor the motion and those that oppose the motion.
  - a. The chair normally chooses someone on the favoring side, then one on the opposing side, even if that is not the order that someone stood up after the previous speaker.

Another term involved while debating motions is **germane.** Germane simply means that it is important to stick to the topic (motion) when debating, so irrelevant topics should not be discussed.

One important part of any debate, even outside of Parliamentary Procedure, is to remember to debate the issue, not other people (this is known as remaining germane). Many times, debates get very intense and one side may begin to personally attack the other side or use emotional appeal. Therefore, it is crucial to keep the arguments logical, friendly, and directed towards the chair so that others may not be discouraged from taking part in the debate. If you feel like that a debate is beginning to break rules and is not germane, then you can make a point of order. In order to make a point of order, you simply stand up and state "Point of Order!" (interrupting the speaker), and state how you think the rules are being broken. The chair will then decide whether the point of order is "well taken" or "not well taken".

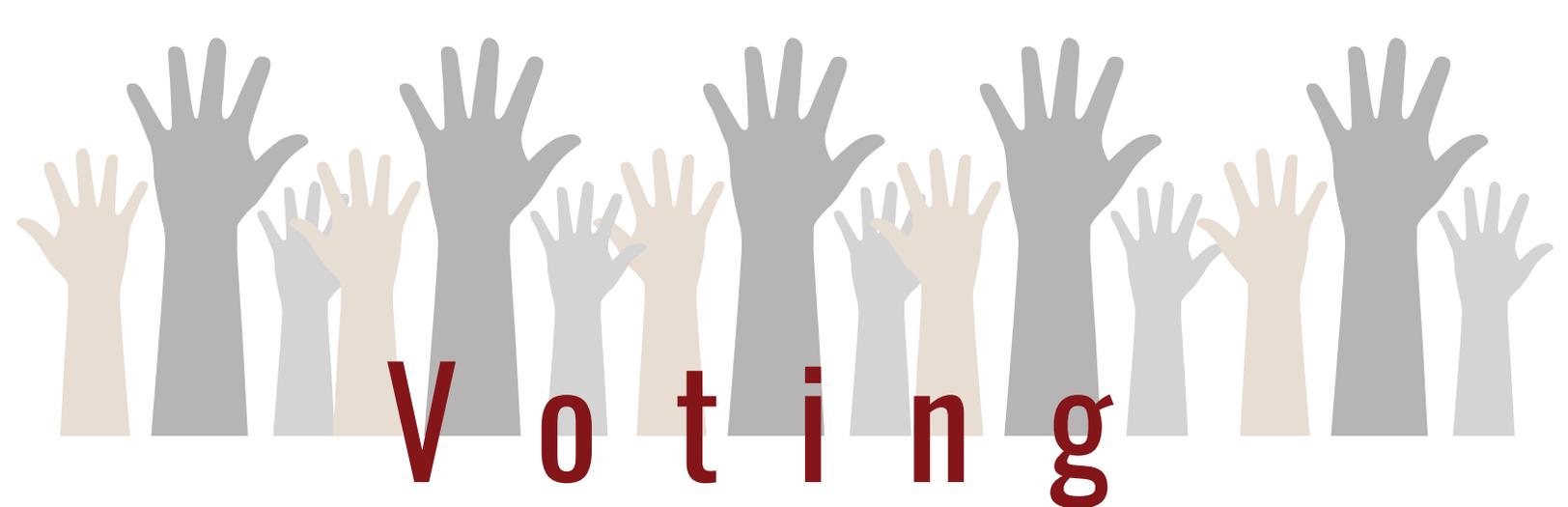
## Limiting, Extending, & Closing Debate

Often times, someone may wish to limit or extend a debate. There is no limit for how long a motion may be debated, only for how many times and for how long someone may speak for. That can be changed, only through a two-thirds vote on an undebatable motion to change those limits. Some examples of motions to limit or extend a debate are as follow:

- I move that debate on the pending motion to be limited to 30 minutes.
- I move that in debate on the pending motion, each member be limited to one speech of 5 minutes.
- I move that in debate on the pending motion, speeches from each member be extended to twenty minutes and three speeches.

In order to immediately close the debate, a two thirds vote on an undebatable motion is also required, and is known as a motion for the Previous Question. The proper way to state this motion is:

- I move the previous question.



# Voting

Voting is one of the most common things used in parliamentary procedure. Therefore, it is necessary to understand it completely, because there are many different types of voting.

- **Majority Vote:** More than half of the votes cast by those that voted
- **Plurality Vote:** Largest number of votes when there are three or more alternatives (ex: there are 3 people running for a position on the officer team. Person with most votes wins the plurality vote)
- **Two-Thirds Vote:** This vote is required under special circumstances. Like mentioned earlier, it is most often used to limit, extend, or close debate and simply requires two-thirds of the votes cast.
- **Unanimous Consent:** This involves everyone agreeing on the current issue. You may commonly hear this from the chair in the form of, “Are there any objections?”. If there are no objections, it is considered unanimous consent.

## The Chair's Vote

Voting is one of the most common things used in Parliamentary Procedure. Therefore, it is necessary to understand it completely, because there are many different types of voting. The Chair votes...

- If the vote is by ballot, the chair votes just like the other members.
- If the vote of the Chair would change the outcome.
  - + Ex: Say there is exactly half of a vote to pass a motion. If the Chair votes for the motion, it would change the outcome of the vote.



THAT CONCLUDES SEPTEMBER'S  
EDITION OF "PATEL-IAMENTARY  
PROCEDURES"! DEBATES AND VOTING  
MAY SEEM COMPLICATED AT FIRST,  
BUT ONCE YOU ACTUALLY SEE THEM  
BEING USED, THEY WILL BEGIN TO  
MAKE MUCH MORE SENSE. BE SURE TO  
KEEP SOME OF THE BASICS OF  
DEBATES AND VOTING IN MINDS, AS  
THEY ARE SOME OF THE MOST  
COMMONLY USED CONCEPTS IN PARLI  
PRO! I NOW ADJOURN THIS EDITION OF  
"PATEL-IAMENTARY PROCEDURES"!

UNTIL NEXT TIME!