



2025-2026 Arizona HOSA Pulse Awards Program Guide

Due March 6th, 2026

Program Basics: The Arizona HOSA Pulse Awards are designed for individual members to receive recognition for incredible dedication in and out of the classroom. All affiliated/paid HOSA members are eligible for receiving these awards. This program hopes to recognize and increase engagement for all Future Health Professionals. Members will complete tasks in three different categories (“Future”, “Health” and “Professionals”) to encourage well-rounded and prepared future members of the healthcare community. Links to submit evidence of all completed tasks will be available on our website beginning in January.

Bronze Pulse Award Requirements:

- 10 hours logged in Barbara James
- 3 checklist items per category

Silver Pulse Award Requirements:

- 20 hours logged in Barbara James
- 4 checklist items per category

Gold Pulse Award Requirements:

- 50 hours logged in Barbara James
- 5 checklist items per category

Platinum Pulse Award Requirements:

- 75 hours logged in Barbara James
- Letter of Introduction (*more info found later in this guide*)
- Essay Questions (*more info found later in this guide*)
- 6 checklist items per category



Core Value Category Checklist Items

Future:

- Take the [16 Personalities](#) assessment using the included hyperlink. Write a 150-word statement explaining how your 16 Personality results may influence your leadership and future career. (If you can't access the platform for this assessment, you can substitute another online personality assessment tool. You will just need to identify it and the website used along with your statement.)
- Participate in a chapter fundraising activity. Identify the activity.
- Identify one healthcare issue facing your community and write a letter to a local/state leader or policy maker on the problem in your community with the intent to gain their support in creating change.
- Following the Public Service Announcement Competitive Event guidelines, film a PSA on the identified health issue (from Checklist item #3) or prepare a poster/bulletin board that illustrates the magnitude of the community health issue you have identified. (Participating on a Monthly PSA Challenge team does qualify, as long as you were a highly contributing member to the PSA.)
- Download the Healthy Living competitive event guidelines and create a personal healthy living SMART goal (See points 8, 10, & 11 in the Healthy Living event guidelines, as well as page 4 of the guidelines for examples). Keep that goal for at least two (2) weeks and summarize your goal, process, and results in 250-300 words.
- Participate in a school/community-wide project for HOSA's Premier Service Project Partner, NMDP, or participate in your region's community service project. Your region's community service project will be overseen by the Regional Representative.
- Plan and carry out a community service project with your local chapter and enter the hours as part of the Barbara James Service Award, America's Blood Centers, or the American Red Cross Volunteer Recognition event. Write a 150-word reflection on your project and how it benefited the community.

Health:

- Prepare a presentation of at 8 slides that explores two (2) health careers you are interested in. Your research Slide deck should consist of the following parts: The names of the two careers you are interested in, the requirements for entry-level employment, and a career ladder leading from the entry job to the career goal you chose. The requirements for your final career position, and professional organizations you may join in this career. Make sure to include a summary statement that includes your findings and any decisions you have made based on this research.



- Create a Venn Diagram comparing 3 different education programs for one of the health careers from checklist item #1. Include a university, training program, or other institution that has programs relevant to the career you chose. Make sure to include entrance and program requirements and the location of the program.
- Create a resume and cover letter for a specific job opening in the healthcare field. Mention the job, location, and other specific details. *Submitting the application to the job and formally applying for the position are not required.
- Read about, watch, or conduct two (2) interviews with successful professionals in the health industry. In a 400-word summary write about what they believe are the personal traits/skills that they believe are crucial to success in the health care profession, how they were successful, and what you have learned from the interview.
- Complete 10+ hours of a work-based learning experience or supervised practical experience. Examples include job shadowing, career exploration, internships, and volunteering. The work-based learning experience can be completed as a part of the health science class or done on the applicant's own time. Exact hours, dates, people shadowed, and a written description of the experience must be included, along with signature(s) of the supervising health care professional.
- Submit a certification or training in a health-related skill or any CTE-related certificates (Examples include CPR, EMT, CNA, First Aid, OSHA, TSA certifications, or more).
- Film an instructional video showcasing a skill related to your CTE program. For example, Sports Medicine students may film how to wrap an ankle, while CNA students could demonstrate taking blood pressure.

Professionals:

- Attend two (2) HOSA Chapter Meetings. List the dates and identify the presiding officer.
- Participate in two (2) chapter activities. (besides meetings, can be at local or state level). Identify the activities.
- Participate on a chapter committee (attended a committee meeting or event). Identify the committee.
- Attend an Arizona HOSA or HOSA Conference. Examples include the 2024 International Leadership Conference, Washington Leadership Academy, Chapter Leadership Camp, Fall Leadership Conference, AzATA Sports Medicine Conference, Regional Conference, and Registering for the State Leadership Conference. Write a 250-word reflection about a workshop you attended at the conference.
- Pick a TedTalk video that focuses on leadership and personal growth and film a 1-2 minute video about what you learned and how you can apply it to become a better HOSA leader. Identify the title of the TedTalk in your video.
- In this technological age, it is important to have a professional online presence. Create a professional LinkedIn or similar page, including as much information as possible about your current status and your future plans. We ask that you also use a professional photo (no selfies) and submit a link to your profile in the submission platform.



- Using the Prepared Speaking competitive event guidelines, give a 3-5 minute talk about how HOSA has developed you as a student, a leader, and a future health professional to a group outside of school. Examples of groups to present to include organizations around campus, a school board meeting, and local elementary or middle schools. Submit a copy of the speech to the online submission form.

Additional Platinum Requirements:

In addition to 75 hours logged with the Barbara James Service program and 6 checklist items per category, the platinum award also requires a Letter of Introduction and Essay Questions. Further details are provided below.

Letter of Introduction:

1. Letter of Introduction. This is a letter introducing you to the Platinum Member Awards Committee. It must include:
 - A greeting statement to the awards committee
 - Describes why you are applying for Platinum membership
 - Information on what you have learned through the process of becoming a Platinum Member
 - The letter must be dated and include a signature line with the member's full name and signature
 - Must be a minimum of 250 words.

Essay Questions:

Instructions: Answer the following questions relating to HOSA, community involvement, and career development. All answers should be a minimum of 100 words and will be typed into the online application.

1. Discuss your reasons for wanting to pursue a career in the health care field and discuss what you have already done to accomplish your career goal.
2. Discuss the impact that Arizona HOSA has had on your educational, career, and professional development.



3. What skill do you think is underestimated in the healthcare profession and should have an increased focus throughout a student's pursuit of a healthcare career?
4. In leadership, which is more important – the ability to speak professionally, or the ability to listen – and why?
5. What is the best advice you have received in regard to leadership and how has it shaped you up to this point?
6. What do you feel is the single most important lesson HOSA has given you?