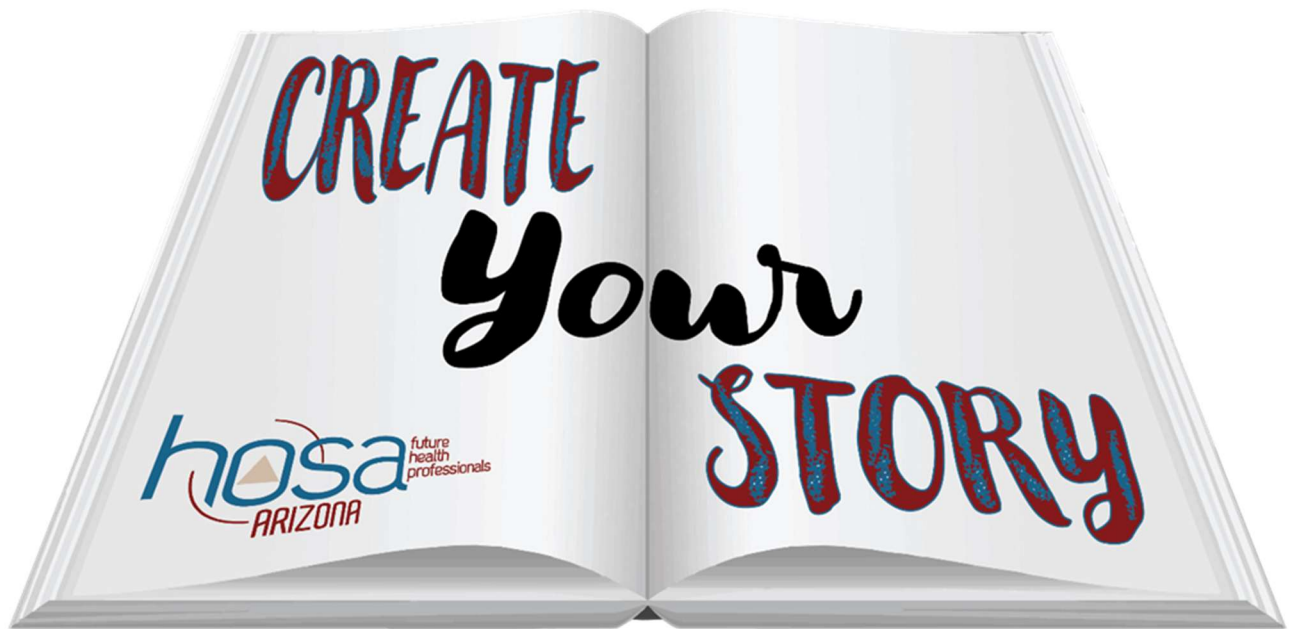


Arizona HOSA
Fall Leadership Conference
2023



Conference Program

Tuesday, November 7th, 2023
Phoenix Convention Center

2023 Fall Leadership Conference Session Schedule

Room #	Session Number					Session Title
	1	2	3	4	5	
121AB	X					The B.I.G. S.L.O.W. Delegation Monster
		X	X			Once Upon A Time
				X	X	Grateful, Thankful, and Mindful
121C	X	X				Because of You, Life Doesn't Stop!
			X	X	X	Master Your Interview!
122AB	X	X	X	X	X	Dead Men Do Tell Tales
122C		X	X	X	X	The Power of Personal Branding
124AB	X	X	X	X	X	The Competitive Event Experience
126AB	X	X		X	X	Thinking Med School? America Needs Family Docs!!
126C		X	X			Be the Light: Leadership and Professional Responsibility
				X		Introducing MRC - A Story of Action
127AB	X	X				Opportunities at the Mayo Clinic
				X	X	Careers in Physical Therapy
127C		X	X	X	X	Leadership in Nutrition Policy & Advocacy
128A	X	X	X			Career Planning and Networking (Taylor's Version)
128B	X					Genetic Modifications; Present and Future
		X	X			Ending The Silence
				X	X	Becoming a Nurse at ASU
129A	X	X				The Journey after High School
				X		What major should I pick? Undergrad Pathways to Healthcare
129B	X	X	X	X	X	Stop-The-Bleed (requires pre-registration)
130			X	X		Preview to the Biotechnology Competitive Event
131AB		X	X			Set Up Your Be The Match Fundraising Page for Success!
				X		Be The Match: 101
131C	X					Explore. Act. Tell. - Fighting Against Food Insecurity
			X	X	X	Disaster Response and Management
224B		X	X			Enjoying College as a Premed Student
				X	X	Summer Student Opportunities with TGen
225AB	X					Building Resilience By Busting Down Walls
		X	X			Treat Yo'self (to some coping skills)
				X		Careers in Mental Health
226AB	X					Donation Education 101: The Gift of Life
		X	X			Let's Talk about Generative AI
				X		Explore ASU West's New College
228AB	X					Veterinary Careers and Advancement
		X	X			Going for Gold!
				X	X	Running for SEC

Advisor Sessions – Room 125AB

- Session 1 – Mandatory Advisor Session – Updates & Important Announcements – Presented by Sandi Oligny, State Advisor
- Session 4 – Managing Competitive Events at Regionals and SLC – Presented by Becca Goetz, AzHOSA CE Team
- Session 5 – AzHCEA Informational Session – Presented by Hailey Adams, AzHCEA President

2023 Fall Leadership Conference

Breakout Session Descriptions

The B.I.G. S.L.O.W Delegation Monster - Amy Gallimore (Keynote Speaker)

We all know that time is limited.... but the leadership possibilities are not! With some time management tricks and by learning how to delegate and say NO, you can create new practices and habits that will make you a master of your own time! Increase your productivity by decreasing your drama in this interactive session that will give you some sound advice and tools you can use to use your time to get more done!

Once Upon a Time – Amy Gallimore (Keynote Speaker)

Everyone has a s story to tell! Stories help us relate to each other and build community. They also help us connect to other members and establish trust. Your HOSA story can help you recruit members, advocate for your organization, and allow you create a story that makes your HOSA experience come alive! Join us to learn about the types of stories and how to choose one that best tells your own HOSA experience!

Grateful, Thankful, & Mindful – Amy Gallimore (Keynote Speaker)

Those who regularly practice giving gratitude notice more positive emotions, feel more alive, sleep better, express more compassion and kindness, AND have stronger immune systems! Simply learning how to be more mindful can also help calm the nervous system and help you become more resilient! Who wouldn't want all of these benefits in your life?! Join us in this hands-on workshop as we journey to discover how delivering more kindness, becoming more mindful, and be thankful can make us better members for our organization!

Because of You, Life Doesn't Stop – Paula Frank (Vitalant)

Every two seconds someone in the US needs Blood. Vitalant, is the Nation's largest independent blood provider as well as the local provider to a majority Arizona hospitals. This workshop equips aspiring healthcare professionals and advocates with the knowledge and skills needed to make a significant impact in the field of blood donation. Explore critical aspects of blood donation, from debunking myths to organizing successful drives. Don't miss this chance to be part of a movement that saves lives.

Related Competitive/Recognition Event: ABC & HOSA Blood Drive

Master Your Interview! – Stephanie Strephans (Goodwill of Arizona)

Looking to land that dream job? This interactive workshop provides students with the experience to learn about what skills are required in order to have a successful interview, and what interviewers are generally looking for in a candidate.

Related Competitive/Recognition Events: Job Seeking Skills, Interviewing Skills

Dead Men Do Tell Tales – Ashley Lukefahr, MD, Kevin Lukefahr (Maricopa County Medical Examiner’s Office)

Death is the irreversible cessation of biological functions that sustain life and leaves us with questions of determining the cause, manner and time of death. Through investigation and examination, the dead give clues to answer those questions. The Dead do “Tell Tales”. *(Space is limited)*

Related Competitive/Recognition Events: Forensic Science, Creative Problem Solving

The Power of Personal Branding – Troy Maskell (Goodwill of Arizona)

More than ever, your information, profiles, and social media presence will likely be reviewed by potential colleges and employers. Attend this session to learn the importance of your brand and reputation in a world driven by technology.

Related Competitive/Recognition Events: Job Seeking Skills, Interviewing Skills, Prepared Speaking

The Competitive Event Experience – Arizona HOSA

The HOSA organization offers nearly 90 different competitive and recognition events for its members. Come check out this brand-new session that allows you to try out some of the different skills from some of our new events, as well as some of our most popular! *(Space is limited)*

Thinking Med School? America Needs More Family Docs! – Adam Bradley (American Academy of Family Physicians)

Learn to navigate your path to medical school fully informed about family medicine, the medical specialty that does it all-treats all patients, all ages, all sexes, all organ systems - and is the most in-demand across the U.S. Find out what family physicians do, why it's so important, and why family medicine may be for you. Come learn about the options and opportunities for students, and help you see more of your path forward.

Related Competitive/Recognition Events: Family Medicine Physician

Be The Light: Leadership & Professional Responsibility – Lauren Walsh (Barrow Neurological Institute)

Are you highly motivated and passionate about health professions? Do you want to shout from the rooftops how amazing this field is? Do you feel compelled to help your peers? Then you sound like a natural born leader. Some people have this innate drive to be a high achiever and to build up their peers in the process. With that, they tend to have a need to give back to their profession, a duty to serve. This workshop will discuss the differences between leadership styles and the benefits of getting involved in your profession’s organizations and associations. In the words of Shakespeare, “Be not afraid of greatness. Some are born great, some achieve greatness, and others have greatness thrust upon them.”

Related Competitive/Recognition Events: Prepared Speaking

Introducing Medical Reserve Corps; A HOSA Partner, A Story of Action – Tim Siemsen (Medical Reserve Corps of Southern Arizona)

Medical Reserve Corps gives us the opportunity to make our communities healthier and safer. Join us today to learn how you can become a part of this important healthcare movement! MRC is more than 300,000 volunteers in 800 community-based units located throughout the United States. MRC is local volunteers who donate their time and expertise to prepare for and respond to emergencies and to support ongoing public health initiatives. MRC volunteers include medical and public health professionals as well as other community members who work to improve the health and safety of their communities.

Related Competitive/Recognition Events: MRC Partnership, Public Health, Barbara James Service Award

Opportunities at the Mayo Clinic – Ronald Mack (Mayo Clinic)

If you want to set yourself apart from other college, scholarship, and job applicants, there's nothing better than healthcare experience at one of the nation's top hospitals! Come to this exciting session to learn about all of the job shadowing, volunteering, internships, and other opportunities specifically tailored to high school students!

Related Competitive Events: Health Career Display

Physical Therapy: Finding Your Path! – Letha Zook (Franklin Pierce University)

Planning on a career in Physical Therapy or Sports Medicine? In this session, you will be guided by an expert physical therapy educator on how to find the right career path in the physical therapy profession. You can find your path to either a PT Tech, PTA, or DPT role.

Related Competitive/Recognition Events: Physical Therapy, Sports Medicine, Health Career Display

Leadership in Nutrition Policy & Advocacy – Erika Barrera (University of Arizona)

This workshop will teach students on leadership through policy efforts at both the state and national level. The goal is to enlighten and encourage students to take a role in advocating for health issues that are important to them and to understand that their voice is important and influential to make a change in society.

Related Competitive/Recognition Events: Nutrition, Extemporaneous Writing, Community Awareness

Career Planning and Networking (Taylor's Version) – Aden Ramirez (Junior Achievement of Arizona)

Are you Fifteen and need help finding a career that will make your Wildest Dreams come true? Join Junior Achievement of Arizona for an interactive and engaging workshop that will fill in the Blank Spaces in your career plans. Are you nervous when it comes time to network with others? You Need To Calm Down and join the JA Inspire team to learn the tips and tricks of networking. We will teach you to Shake It Off and to grow your professional network and connect with others who share similar interests. Don't be left wondering what you Would've, Could've, Should've learned about JA Inspire!

Genetic Modifications: Present and the Future – Galyna Kufryk (Grand Canyon University)

Genetic changes can occur in the living organisms spontaneously or they can be induced by the external chemical or physical factors. Genetics have the broad implications in biomedical research, pharmacology and healthcare. This presentation will focus on the mechanisms and outcomes of genetic modifications.

Related Competitive/Recognition Events: Biotechnology, Clinical Laboratory Science, Pharmacology/Pharmacy Science

NAMI: Ending the Silence – Leann Boman (NAMI Valley of the Sun)

Mental Health continues to be a prevalent concern in our current climate of healthcare. Come to this informative and engaging session to learn how to start the conversation about mental health. Gain insights into the warning signs of mental health conditions and suicidal ideations, and how to reach out and respond to someone experiencing a mental health crisis.

Related Competitive/Recognition Events: Mental Health Promotion, Emotional Well-Being Challenge

Becoming a Nurse with ASU – Kendelle Fagan (ASU Edson College of Nursing and Health Innovation)

Nursing continues to be one of the professions within the healthcare industry with the highest needs for skilled professionals. Join Arizona State University's Edson College of Nursing and Health Innovation to explore the role of a Registered Nurse, how to become a nurse, the nursing pathways offered at ASU and similar professions in health care.

Related Competitive/Recognition Events: Clinical Nursing, Nursing Assisting, Health Career Display

Explore Health Careers with ASU – Kendelle Fagan (Arizona State University)

Are you interested in a career in healthcare? In this session, we will review a wide variety of emerging health professions, how to explore health careers, and which degree programs at ASU will prepare you for your chosen career in health care.

Related Competitive/Recognition Events: Health Career Display

The Journey After High School – Collegiate Panel from ASU, GCU, UA

Curious what life is REALLY like after high school? Curious how you can continue your HOSA journey once you get into college? Come to this interactive panel discussion from some of our former State Officers, and other students currently working to pursue their college dreams. This session will include a Q&A Session where you can ask what it's really like for a college student.

“What Major Should I Pick?”; Interesting Undergrad Pathways to Health Professions – Lauren Mosley (UArizona College of Agriculture, Life, & Environmental Sciences)

You may know you can major in anything you want during college and then continue on to health professional school- but which major is the BEST? In this workshop hosted by the College of Agriculture, Life & Environmental Sciences at the University of Arizona, we'll discuss some diverse academic pathways that might be the perfect fit for you, along with the resources we offer that will help you thrive academically, socially, and professionally.

Stop The Bleed – Christine Warren (Chandler Regional Medical Center)

Bleeding emergencies take hundreds of lives every day. Attendees in this workshop will receive both the instruction and hands-on training required to receive their certification in the Stop-the-Bleed program. NOTE – This session is offered by pre-registration only.

Related Competitive/Recognition Events: CPR/First-Aid, EMT CERT Skills

A Preview to the Biotechnology Competitive Event – Michelle Landreville & Amanda Cherry (BioRad)

Biotechnology encompasses the science behind medicine: the tools and techniques used in medical research and in the development of diagnostics, therapeutics, vaccines, and more. This session encourages HOSA members to explore careers in biotechnology and understand how biotechnology will impact the future of medicine. In this workshop, we will describe the elements of the competitive event, the resources available to help prepare for competition, and tips for success. Learn how you can leverage skills from the competitive event in biotechnology to open doors to careers in one of the fastest growing job sectors in the US.

Related Competitive/Recognition Events: Biotechnology, Clinical Laboratory Science

Set Up Your Be The Match Fundraising Page for Success! – Matt Kroeger (Be The Match)

This session is designed specifically for Advisors and Chapter Presidents (or other applicable officer) to get the in-person assistance needed to easily set up your chapter's team fundraising page for Be The Match! You'll get direct help in ensuring that the page is set up for success for your chapter, HOSA Awards, and the incentive program that Be The Match offers through the HOSA Service Project! **NOTE – Chapter officers attending should bring their laptop to this session!!**

Related Competitive/Recognition Events: HOSA Service Project

Be The Match: 101 – Matt Kroeger & Aubrie Vargas (Be The Match)

Come to this fun and informative session that will help give your chapter all the tools needed to hold successful and impactful activities in support of the HOSA Service Project! Learn tips and tricks for hosting swabbing drives, fundraising activities, and more! Come to this session and be ready to head back to your chapter armed with ideas, plans, and goals for this very important project!

Related Competitive/Recognition Events: HOSA Service Project

Explore. Act. Tell. – Renee Belardo (Foundation for Impact on Literacy & Learning)

Sharpen leadership skills, collaborate, and complete a hands-on service-learning project focusing on food insecurity concerns in your community! The Explore. Act. Tell. Program teaches students to become aware of food insecurity issues in their neighborhoods and join the fight against hunger. Fully funded by Albertsons Companies foundation, students will practice skills needed to become good citizens and advocate for community involvement and service.

Related Competitive/Recognition Events: Nutrition, Community Awareness

Responding to Disaster: Intro to Disaster Management – Alison Crowley (Infusions by Ali)

Disaster Management is defined as the organization, planning and application of measures preparing for, responding to and recovering from disasters. Where do you fall into this? This session will explore the basics of disaster management and the USA response to terrorism. Lastly, how you can become involved in disaster response, planning and recovery. Please note: This session will contain material not suitable to all. This may include graphic images/ and videos, stories told from real responders, and conversations about terrorism.

Related Competitive/Recognition Events: CERT Skills, Community Awareness, MRC Partnership

Enjoying College as a Pre-Med Student – Deanna Hughes (A.T. Still University)

Getting into medical school (or dental, PA, PT etc.) requires a lot of time and involvement during your undergraduate years. Come and learn from ATSU's director of admissions ways you can maximize your undergraduate experiences and still enjoy college life.

Summer Student Opportunities with TGen – Kristen Kaus (TGen)

In this workshop, you will hear more about the groundbreaking research being done at TGen as well as learn more about their summer opportunities for students. Current high school sophomores and juniors are able to participate in TGen's Bioscience Leadership Academy and high school seniors and undergrads are able to apply to the Helios Scholars at TGen. We will talk more about tips and tricks within the application process as well.

Related Competitive/Recognition Events: Biotechnology, Clinical Laboratory Science

Building Resilience by Busting Down Walls – Katy-Marie Becker (Banner Health)

Life is full of unexpected situations and stress. But we can learn how to build our resilience so we can better handle what life throws our way. Come to this fun and engaging workshop to explore why resilience is important and what we can do to build resilience.

Related Competitive/Recognition Events: Emotional Well-Being Challenge

Treat Yo' Self (to some coping skills) – Katy-Marie Becker (Banner Health)

From school, to work, to the people and things in our lives, we can face a lot of stress. But we can learn coping skills to try to handle our stress in a healthy way and take care of and nourish our bodies and mental health.

Related Competitive/Recognition Events: Mental Health Promotion, Emotional Well-Being Challenge

Careers in Mental Health – Katy-Marie Becker (Banner Health)

Many of us feel a passion for mental health and wellness, and we want to use that passion to help others. Come explore the different career options in mental health and learn how you can work towards your dream job.

Related Competitive/Recognition Events: Mental Health Promotion, Health Career Display

Donation Education 101: Learn About the Gift of Life – Yvanna Villela – (Donor Network of Arizona)

Join us to explore the profound impact of organ, eye and tissue donation in Arizona and beyond. Discover how Donor Network of Arizona collaborates with hospitals to save and heal lives. Explore opportunities for involvement and get an exclusive preview of Donate Life Arizona's High School Challenge. Come be part of the lifesaving journey!

Let's Talk About Generative AI – Dr. Sandra Brightwell, RHIA, FAHIMA – (Central Arizona College)

Medicine is always evolving. ChatGPT came about in November 2022 and its momentous impact in healthcare is seriously something worth talking about. Learn about the details regarding Generative AI tools, what is it and how this new and improved AI technology can be used in the classroom, in our everyday lives, and not to mention, impact our health.

Related Competitive/Recognition Events: Biomedical Debate, Healthcare Issues Exam

What's Available at ASU West's New College? – Jackie Collins (ASU West New College of Interdisciplinary Arts & Sciences)

Come and explore the fascinating fields of biology, pharmacology & toxicology, and forensics at ASU's West campus, in the New College of Interdisciplinary Arts and Sciences. We invite you to join us for an informative session where you can learn about the research opportunities, study abroad programs, and majors available to you. With an interdisciplinary degree, you can tailor your education to your interests and passions. Don't miss out on this chance to customize your educational journey!

Veterinary Careers and Advancement – Jessie Nelson – (Pima Medical Institute)

Veterinary technician careers are no longer limited to veterinary clinics or hospitals. Many certified vet techs are now obtaining careers in biomedical research, zoo/wildlife medicine, industry, military, livestock health management, pharmaceutical sales, etc. This presentation will provide you with information on vet tech career options and advancements that will aid you in having a successful career as a Certified Veterinary Technician.

Related Competitive/Recognition Events: Veterinary Science; Health Career Display

Going for Gold! – Arizona HOSA State Executive Council Members

Planning on achieving one of the levels of either our newly revamped Chapter or Individual Membership Awards Program? Come get some tips and ideas for activities you can do in your own chapter that qualify for the categories of Learn, Lead, Serve, and Innovate! You don't want to miss out on this helpful session!!

Running for State Executive Council – Arizona HOSA State Executive Council Members

If you are considering running for a position on next year's SEC, you definitely don't want to miss this session! With some major changes being announced to advisors at this conference, some really important NEW information will be presented at this session. If taking on a larger leadership role with Arizona HOSA, this session is definitely for you!

Note: All sessions are subject to change

Thank you to our 2023 FLC Sponsors!!!

