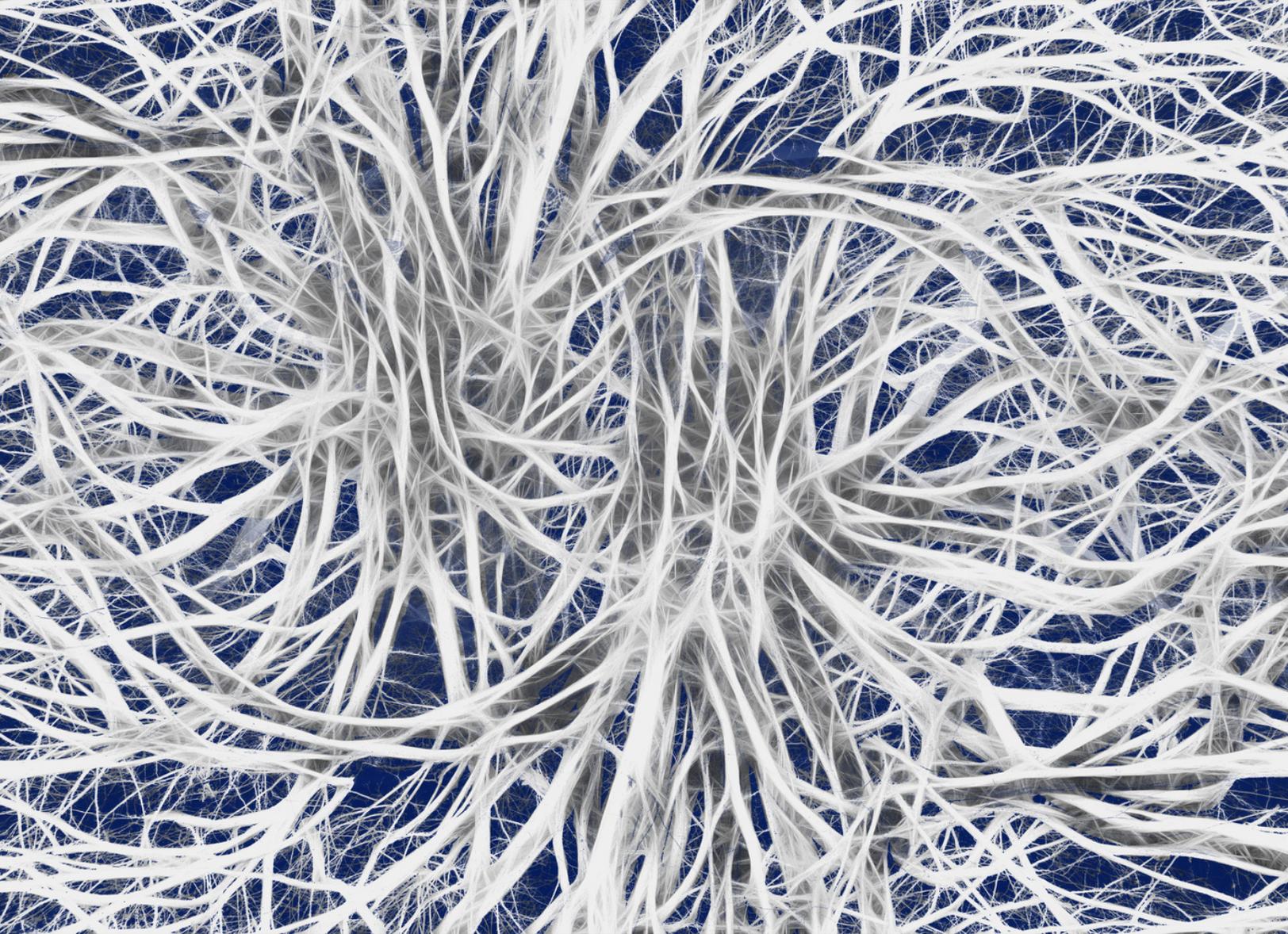


Arizona HOSA

March 2019 Synapse



Alumni Interview | Leadership Lowdown | Much more!

INTRIGUING INSIGHTS

▼
TERRIFIC TIPS FOR ...

**STATE AND
CHAPTER
OFFICER
INTERVIEWS**

▼
**WE'RE HERE TO
HELP YOU
SUCCEED**



HOW TO PREPARE

- DRESS TO IMPRESS
 - KNOW YOUR HOSA HISTORY
 - BE YOURSELF
-

Dress to Impress

First impressions are formed within the first seven seconds of the initial interaction. We suggest you arrive to interview dressed as a future health professional would to make those first seven seconds count! This means arrive in your neat navy blue suit. Don't have one? Not to worry, a black suit works just as well.

Know Your HOSA History

During an interview you will be asked questions, some pertaining to your knowledge of the organization you are applying to represent. As an interviewee, you should be well-informed and prepared to answer these questions. Becoming familiar with the history, mission, and goals of the organization prior is one of many ways to prepare.

Be Yourself

When being interviewed, it is important to present your true and authentic self. We all possess a combination of qualities that make us unique from other candidates. During an interview, it is up to you to humbly express these to your interviewer(s).

Want to make a submission of your own? Email your newsletter article to any Arizona HOSA State Officer or State Staff!

SYNAPSE SUBMISSIONS

PRESENTING
MARCOS DE NIZA
HOSA

Read the next page to see what
Marcos de Niza HOSA is up to!



Marcos de Niza HOSA Program Spreads Awareness of Mental Health

By Grace Leito

Our HOSA chapter started the year off right! We established a great new partnership with Aurora Behavioral Health through the initiation of our President, Grace Leito, and Secretary, Jonella Venicario. Katie Streck, an employee came to talk about the various Behavioral health careers available and suicide prevention. Our chapter was able to tour the behavioral health facility to get a closer look at one of the many possible health fields. This partnership will help us get more involved with the health field and have more community service opportunities. Our HOSA chapter did a school-wide fundraiser to collect hygiene items for patients at Aurora. We managed to collect two large boxes worth of hygiene products to donate! Thanks to Aurora, we will now be that much connected to our community and our future.



LEADERSHIP LOWDOWN

This month we are looking at changes and your team.



WHAT TO DO WHEN THINGS ARE CHANGING

As future health professionals, we are entering a field that is constantly changing - and that is a good thing! There is an immense amount of innovation at the front line of research in health care. However, this means that those at the front lines have to adapt to change daily.

Change can bring challenges. While it may seem easy to lead a chapter, there will be times when a change can be tough. Change is a natural part of progress.

Because of this, it helps to be an adaptable leader to help you be part of a leadership team and to develop a strong and effective team. But how does one get to this adaptability?



DIFFERENT CAN BE GOOD

So what do you do about it?

Well, this is a difficult question to answer, mostly because change requires problem-solving. There is no end-all-be-all solution because every situation is unique. In fact, as change occurs, it is very likely that you will have to make tough decisions and create solutions that are completely new and untried. Sometimes a new problem or a new situation needs new thinking.

So, let's set out two concrete steps you can take to ensure that your team doesn't fall apart in the face of change. The first step is being understanding of the change and the second is training the future generation.

The first step is understanding what change is occurring. This may seem obvious, however, too often we do not know what we are up against. Attempting to visualize what the future will look like is the only way in which we can plan for a future.

Identifying in what ways your circumstances are being altered also allows you the opportunity to take ownership of the change.

Try and focus on future trends and anticipate what is a problem and what is going to be an improvement. From there you can figure out what steps you're going to take to get the best out of the change. Don't let the change control you.

The next step is reaching out to the people around you. As things change, new people and new leaders will emerge. It is a leader's responsibility to form new leaders. It is a matter of sustainability to mentor and foster relationships with younger leaders because they are the future and they are the change.

"Some may consider it an unusual flavor, but we're confident that our new Squid Ink Pizza will be a hit."

The graphic features a light blue background with a large, semi-transparent blue circle in the center. The text is arranged vertically within this circle. The words 'ARIZONA', 'HOSA', and 'SPOTLIGHT' are in a bold, black, sans-serif font. 'STARRING' is also in bold black sans-serif, while 'Elizabeth Church' is in a regular weight black sans-serif. A thin black circle is drawn around the word 'HOSA'.

ARIZONA

HOSA

SPOTLIGHT

STARRING

Elizabeth Church

SPOTLIGHT

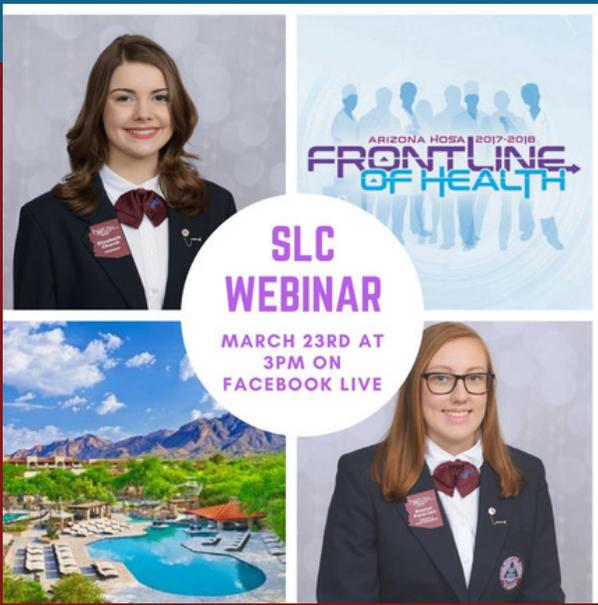
Today, our spotlight is focused on Elizabeth Church, a two time Arizona HOSA State Officer and 5 year member. Elizabeth Church served as the Region 2 Vice President from 2016-2017 and as the Arizona HOSA President from 2017-2018. Elizabeth attends the University of Arizona, studying physiology with minors in psychology and music where she hopes to enter medical school.

Along with her love of science, Elizabeth enjoys the arts, constantly trying to combine the two. When she isn't in HOSA, she's on stage performing her heart out.

Achievements:



- Arizona HOSA Scholarship Recipient
- President's Volunteer Service Award - Silver
- International Thespian Society
- 2017 Scholastic Award: Certificate of Special Congressional Recognition
- Outstanding Science / World Language Student
- United States Army Reserve Award for Academic and Athletic Excellence



In order to put the Spotlight on Elizabeth, we decided to get

UP CLOSE AND PERSONAL

to gain some insight into how to succeed with HOSA in our tool belt.



Q1. University life is no joke and it can be a difficult transition. On top of your crazy schedule, course work, and extracurriculars, are you still able to be involved in HOSA?

Elizabeth: "I am! I'm currently a member with the HOSA chapter at the University of Arizona, and we are working on expanding our postcollegiate chapters here in Tucson. College takes up most of my time now, but I still try and come back to work state conferences."



Q2. We know that people love HOSA but there's always one specific part that stands out from the rest. With that said, what is your favorite memory from HOSA?

Elizabeth: " **The Washington Leadership Academy was one of my absolute favorite experiences from my time in HOSA. It was the first time I had visited Washington DC, and I loved traveling to different memorials, seeing the Smithsonian, and just walking around DC. I also had the best time meeting other members and officers from around the world! I'm still in touch with a lot of the people I met at that conference. It's definitely an experience I'll never forget.**

Q3. What career are you currently pursuing?

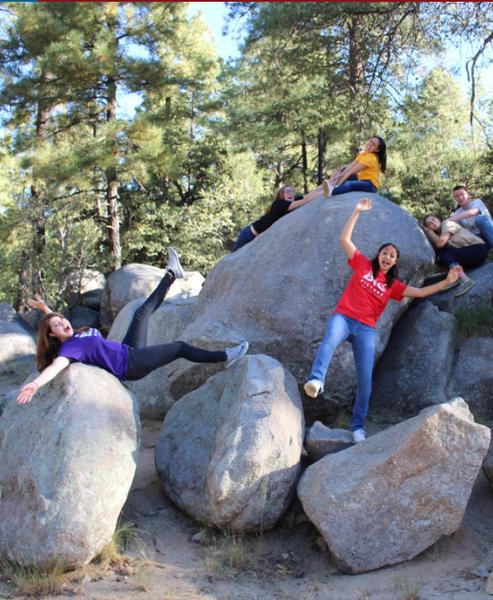
Elizabeth: "Currently, I am trying to go to medical school and what comes after that is a mystery to me. I have interest in a lot of different fields and really just want to take some time exploring them all before settling on one. Right now, my main points of interest are emergency medicine and obstetrics/gynecology. I'll probably change my mind a million more times before I graduate from medical school,"





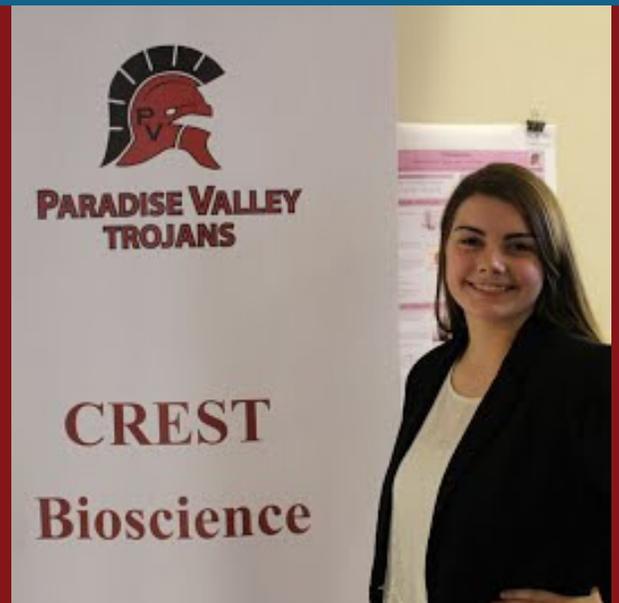
Q4. What was the biggest challenge HOSA has helped you overcome?

Elizabeth: "HOSA made me realize that I could be a leader. I am a very introverted person by nature and get my energy by being alone. I did not see myself reflected in a lot of leaders I had met in the past, and that discouraged me from pursuing those kinds of positions. However, when I joined HOSA I saw how diverse leadership really is, and discovered that everyone can be a leader. I felt like I finally found my voice and my confidence after joining HOSA."



Q5. We are tremendously happy that HOSA helped you find your voice. It's important to be heard as a future health professional! Now that we're talking about life changing moments, is there anything life changing you learned from HOSA?

Elizabeth: "HOSA definitely changed my life for the better. Being part of this incredible organization not only taught me hard skills like public speaking, time management, etc. but also emphasized the importance of emotional intelligence, empathy, and being an overall kind human being, which is something that really resonated with me. It empowered me to put my own unique spin on leadership and enabled me to do things I never thought were possible. I sound cheesy, but HOSA really did change my life and shaped the person I am now."



Q6. Having met you on a personal level, I can definitely see the impact that HOSA has had on your life. Now for our last question of the day. What do you love most about HOSA?



Elizabeth: "I love the people!!! HOSA people are often some of the most kind, intelligent, and all around wonderful people I have ever met. Many of my current friends are from my high school chapter, past state officer teams, or are people I met at HOSA conferences. This community is just so supportive of each other, and I love that the relationships I built during my time in HOSA are lasting ones."



That concludes this edition of the HOSA Spotlight! We hope that it made you reflect on some of your favorite #azhosamoments. If you'd like to share some of your spotlight moments, tag us on social media and use #azhosamoments!

ARTICLES OF INTEREST



AUTOMATED CARDIOPULMONARY RESUSCITATION

IN OTHER WORDS- THERE'S A MACHINE THAT WILL DO CPR COMPRESSIONS FOR YOU! BROWSE THE ARTICLES ON THE NEXT PAGE TO FIND OUT HOW THIS INVENTION HAS CHANGED CPR/FIRST AID FOR FIRST RESPONDERS AND OTHER HEALTHCARE PERSONNEL.



HOW IT HELPS FIRST RESPONDERS FAR FROM THE NEAREST HOSPITAL

Follow this link to read all about how automated CPR helped these first responders:

<https://fox17online.com/2018/03/12/automated-cpr-machine-helps-save-life-after-kent-co-crash/>

WATCH IT IN ACTION

There's a few brands and types of these machines- watch this one in action by clicking the link below.

<https://www.youtube.com/watch?v=5kPJMfFILjg>

LIKE MANY RELEVANT HAPPENINGS IN THE HEALTH CARE FIELD, THE DEVICE IS VIEWED DIFFERENTLY

Read on to browse the pros and cons of this device.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007260.pub4/full>

GENERAL INFORMATION ON AUTOMATED RESUSCITATORS

Here's a good overview of these machines!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5975402>



PATEL-IAMENTARY PROCEDURE

YOUR MONTHLY DOSE OF PARLI PRO!



Hello Arizona HOSA!

Welcome back to your monthly edition of “Patel-iamentary Procedure!” If you have been reading my articles about parliamentary procedure, then you should be fairly familiar with *parli pro* by now. If you have not read previous editions of “Patel-iamentary Procedure”, they can be found on azhosa.org, under the “Resources” and “Publications” tabs. The first edition of this article can be found in the August 2018 Synapse. There is always more that you can learn! In last month’s edition, we discussed the roles of the secretary, along with what boards are and their importance. In this edition, we will go over the five different types of motions, which you may be familiar with if you applied for Silver-Level Individual Membership. So let’s get started. I call this edition of “Patel-iamentary Procedure” to order!

Before we get started, I would like to go over the thirteen ranking motions. In the chart presented below, we can see the thirteen types of motions that are used the most, and they are ranked from highest ranking to lowest ranking (top to bottom). This chart is great to use if you do not know which motions can be made when other motions are already being discussed.

Name of Motion	Is it in order when another has the floor?	Does it require a second?	Is it debatable?	Is it amendable?	What vote is required for adoption?	May it be reconsidered?
Fix the Time to Which to Adjourn*	No	Yes	No	Yes	M	Yes
Adjourn**	No	Yes	No	No	M	No
Recess*	No	Yes	No	Yes	M	No
Raise a Question of Privilege	Yes	No	No	No	(1)	No
Call for the Orders of the Day	Yes	No	No	No	(2)	No
Lay on the Table	No	Yes	No	No	M	No
Previous Question	No	Yes	No	No	2/3	Yes
Limit or Extend Limits of Debate	No	Yes	No	Yes	2/3	(3)
Postpone to a Certain Time (Definitely)	No	Yes	Yes	Yes	M(4)	Yes
Commit (Refer to a Committee)	No	Yes	Yes	Yes	M	(5)
Amend	No	Yes	(6)	Yes	M	Yes
Postpone Indefinitely	No	Yes	Yes	No	M	(7)
Main Motion	No	Yes	Yes	Yes	M	Yes

PRIVILEGED
SUBSIDIARY

Based on *Robert's Rules of Order Newly Revised (RONR)*
 * A main motion if made when no business pending
 ** Check RONR for specific rules
 (1) Chair grants
 (2) No vote: demand
 (3) Yes, the unexecuted part may be reconsidered
 (4) 2/3 vote required if made a special order
 (5) Yes, if the committee has not started work
 (6) Yes, if applied to a debatable motion
 (7) Only an affirmative vote may be reconsidered

RESOLUTIONS

Main Motions

Main motions are the simplest motions, and we have discussed some main motions in previous editions of "Parliamentary Procedure". A main motion is a motion that brings business before an assembly. A main motion is made when there are no other pending motions. Main motions are debatable, amendable, and can be reconsidered. They require a majority vote to pass. While main motions are fairly simple, the others are a little more complicated.

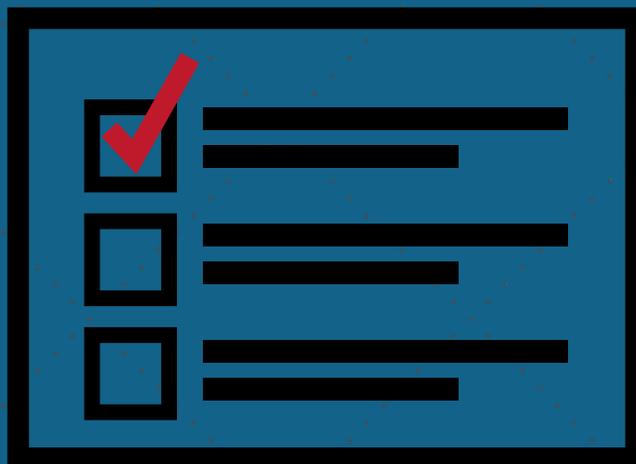
Subsidiary Motions

A subsidiary motion is used to handle a main motion (and sometimes other motions), before it is voted on. On the next page are the different types of subsidiary motions, and I have covered the majority of them in previous editions, so make sure to check them out if you are not familiar with these motions!



Types of Subsidiary Motions

1. A motion to **Postpone Indefinitely**, which essentially gets rid of the question without a vote.
2. A motion to **Amend**, which is used when the assembly desires to change the wording of a motion.
3. A motion to **Commit or Refer**, which sends the motion to a committee to consider or review before further acting on it.
4. A motion to **Postpone**, which moves the time at which the motion shall be discussed (to another meeting, or to a later time in the same meeting).
5. A motion to **Limit or Extend Limits of Debate**, which changes the guidelines for how many times a member can speak on a motion, how many speeches can be made on the motion, and for how long a member may speak on the motion.
6. A motion to **Previous Question**, which ends discussion on a motion and seeks an immediate vote.
7. A motion to **Lay on the Table**, which sets the motion aside temporarily until a majority vote is taken to take it up once again.



Privileged Motions

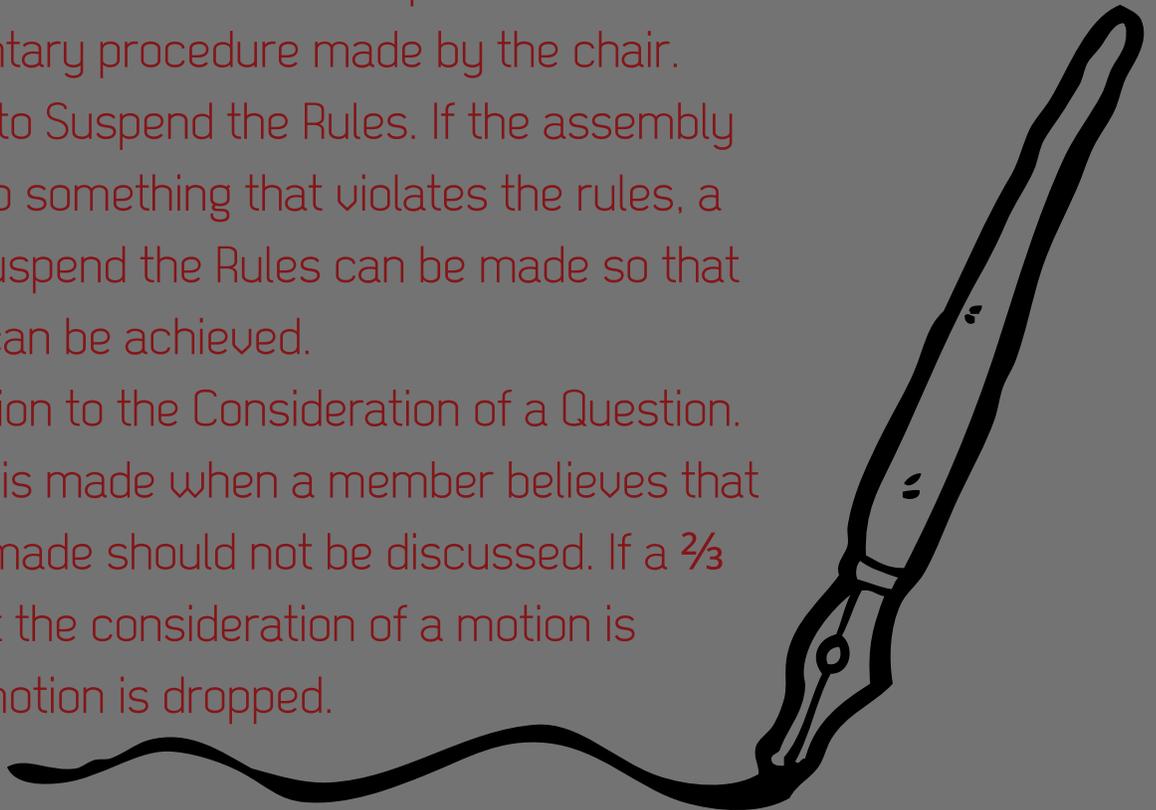
Privileged motions deal with immediate and overriding actions that need to be taken, without debate, that should be allowed to interrupt other business. It is due to this, that privileged motions are some of the highest ranking motions, as can be seen in the earlier chart.

1. A Call for the Orders of the Day. This motion requires that the schedule be enforced, unless the group decides that they can set the orders of the day aside (with a $\frac{2}{3}$ vote).
2. A motion to Raise a Question of Privilege. This allows a member to interrupt business to state an urgent request.
3. A motion to Recess. This allows for an intermission during the meeting for a specified amount of time.
4. A motion to Adjourn. This allows the assembly to adjourn, as long as the time of the next meeting is set before adjournment.
5. A motion to Fix the Time to Which to Adjourn. This sets a time beforehand at which the assembly shall adjourn.

Incidental Motions

An incidental motion relates to the main motion or parliamentary motions in various ways. These motions are legitimately incidental at the time at which they are made. There are many incidental motions that can be made, so I will only be going over the most common ones. The remaining ones can be found in Robert's Rules of Order Newly Revised.

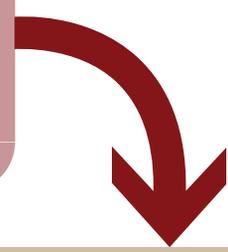
1. Point of Order. If a member notices that the chair forgot to adhere to the rules, a member may bring this up during a meeting with a Point of Order.
2. An Appeal. An appeal must be moved and seconded to occur. It is used to question the use of parliamentary procedure made by the chair.
3. A motion to Suspend the Rules. If the assembly wishes to do something that violates the rules, a motion to Suspend the Rules can be made so that something can be achieved.
4. An Objection to the Consideration of a Question. This motion is made when a member believes that the motion made should not be discussed. If a $\frac{2}{3}$ vote against the consideration of a motion is made, the motion is dropped.



Motions that Bring a Question Again Before the Assembly



This type of motion is fairly self-explanatory from its title. These are motions that are made when a member wishes to bring up a question that has been completed previously. For example:



1. A motion to Take from the Table. This resumes the consideration of a motion that lies on the table.
2. A motion to Rescind. This motion allows something that has been adopted to be cancelled.
3. A motion to Reconsider. This motion can be made if a member believes that new information might change the outcome of a previous motion. For example, if a vote was made on something, a motion to Reconsider can be made, and a revote will be conducted.



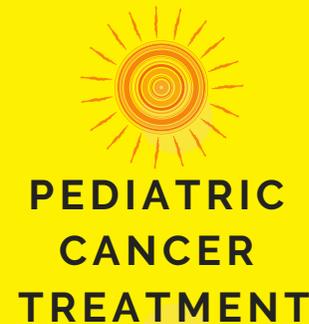


THAT CONCLUDES THE MARCH EDITION OF "PATEL-IAMENTARY PROCEDURE". WE WENT OVER A LOT OF INFORMATION IN THIS EDITION, SO MAKE SURE THAT YOU TRY TO GET THE BASICS OF THE 5 TYPES OF MOTIONS DOWN FIRST, THEN YOU CAN START MEMORIZING THE SPECIFICS. IN NEXT MONTH'S EDITION, THINGS WILL BE A LITTLE DIFFERENT FROM THE NORMAL ARTICLES. INSTEAD OF THROWING INFORMATION AT YOU LIKE USUAL, WE WILL BE REENACTING A MOCK PARLI PRO MEETING USING MUCH OF WHAT WE HAVE DISCUSSED THROUGHOUT THIS YEAR! THAT IS ALL THAT I HAVE FOR YOU FOR THIS EDITION. THIS EDITION IS NOW ADJOURNED!

UNTIL NEXT TIME!

National Pediatric Cancer Foundation

Take a look at the
National Pediatric Cancer
Foundation's latest
collection of research!

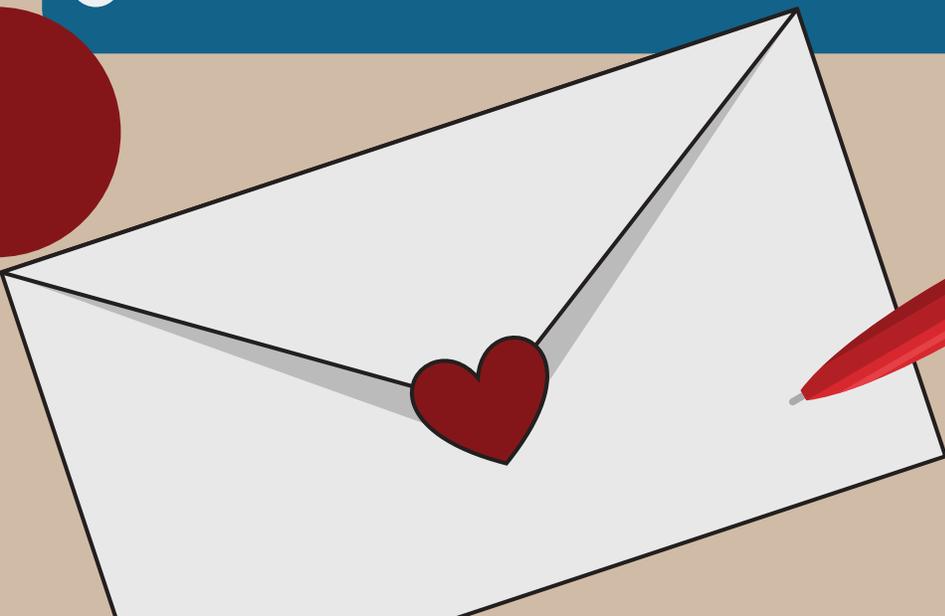


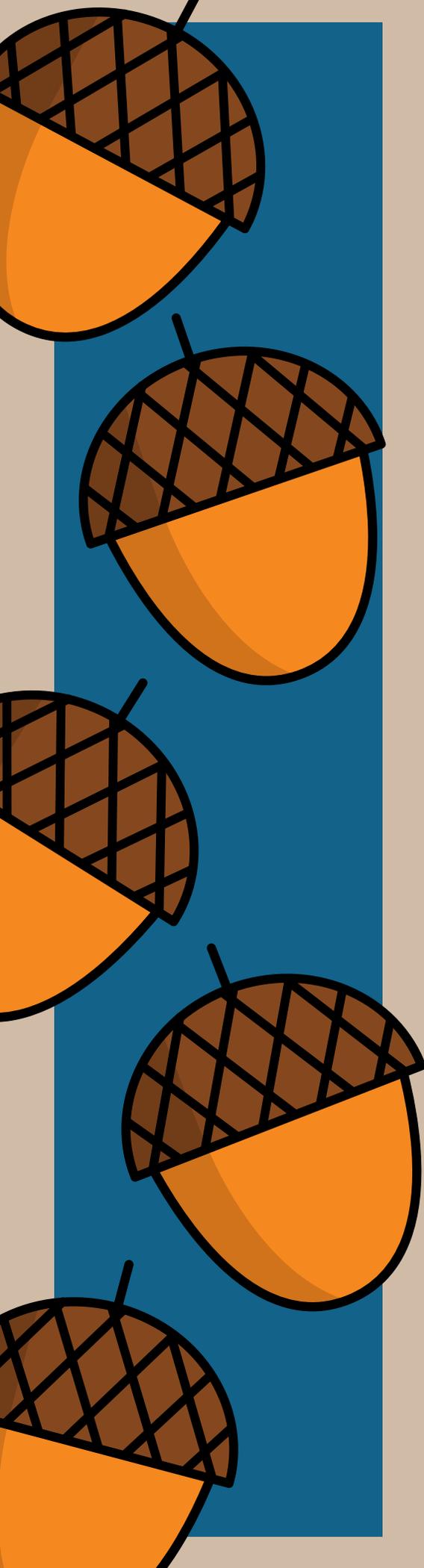
Curious about how the National Pediatric Cancer Foundation and its partners utilize its resources? In order to contribute to the wonderful cause of helping out children battling cancer, they do A LOT of research so they can tailor safer treatments just for pediatric patients. From a collection of research articles to an explanation of the research process to the NPCF's Sunshine Project, the link below has it all.
<https://nationalpcf.org/our-research/>

2018-2020 HOSA
NATIONAL SERVICE
PROJECT



**SPRING HAS
SPRUNG AND
WE'RE LOVING
HOSA!**



A decorative graphic on the left side of the page features five acorns arranged vertically. Each acorn is split horizontally, with a brown, textured cap on top and a bright orange, smooth nut on the bottom. The acorns are set against a solid blue background that runs vertically down the page.

LET'S TALK ABOUT WHY WE'RE NUTS FOR HOSA

1. The HOSA Community

Arizona HOSA President Adrian Kwiatkowski had this to say about why he's NUTS for HOSA: "I love the ambition I see in HOSA members. They are all driven to do something and it never fails to show."

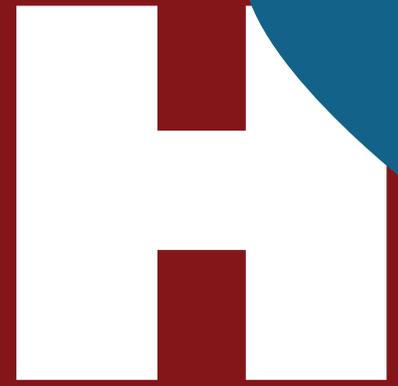
I also love how welcoming the community can be. When I first joined HOSA three years ago, I was intimidated, but it only took one conference for me to realize it was a supportive community!"

2. The Opportunities

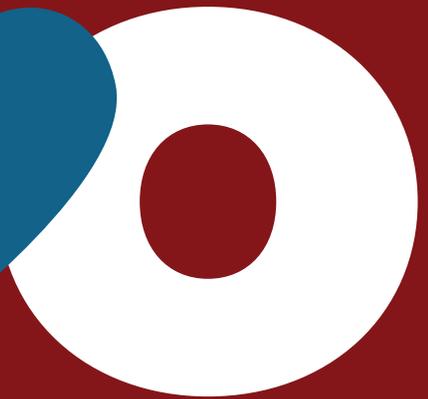
Our current Region 4 Vice President Elizabeth López said:

"One thing I love about HOSA is the countless opportunities it gives us. I love how this organization gives members the chance to challenge their knowledge through competitions, offers scholarships, and gives resources to develop as a leader.

I also love that they provide opportunities that may not have been possible without HOSA. These are things like going to Disney World in Florida or getting to meet informative people at every conference."



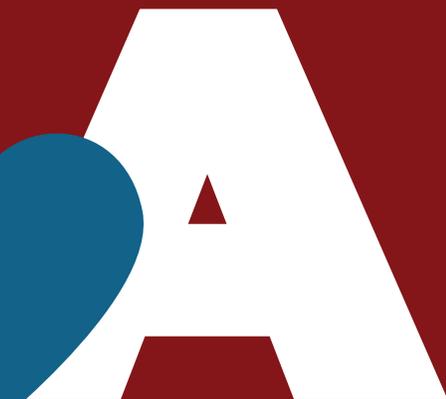
H



O



S



A



3. Servant Leadership

Region 1 Vice President Hannah Campbell is NUTS for HOSA too and said: "HOSA, to me, has been my guide for servant leadership. It has taught me humility, kindness, and how to work with my peers with the pure purpose of helping others in mind. And I love it for that! I'd also encourage every member to try and develop their servant leadership skills through HOSA!"



Those are just three reasons why we're NUTS about HOSA, but we know there's many more reasons to love HOSA. Therefore, we encourage all HOSA members to share what you love most of HOSA using the hashtag

#azhosamoments



ROBOTS IN HEALTHCARE

If you're at all interested in robotics and healthcare, you might know of their increasing involvement in direct patient care. And if you're planning on going into healthcare, you'll probably find being knowledgeable of these developments could help you out in the long run! Also, it could be useful to consider how robotics and technology affect health care policies as well as employment. Follow the links below to delve into a fascinating world of health-related robotics!

ROBOTIC CAPSULES

<https://phys.org/news/2018-06-micro-robot-drugs-capsules.html>

DA VINCI SURGICAL SYSTEM

<https://www.medgadget.com/2018/02/concept-idea-new-da-vinci-surgical-system.html>

HEALTHCARE COMPANION

<https://www.forbes.com/sites/jenniferhicks/2018/02/27/this-healthcare-companion-robot-will-remind-you-to-take-your-medicine/#6d6d5ff211cc>

INDUSTRY EXPERTS' OPINIONS

<https://www.medicaldevice-network.com/features/will-automation-take-healthcare-jobs-industry-experts-share-opinion/>



Robotic capsules,
health companions,
and much more!



**Thank you for
reading! See you
next month!**

