

T H E F R O N T L I N E O F H E A L T H

SYNAPSE

magazine



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Make sure to stay updated.

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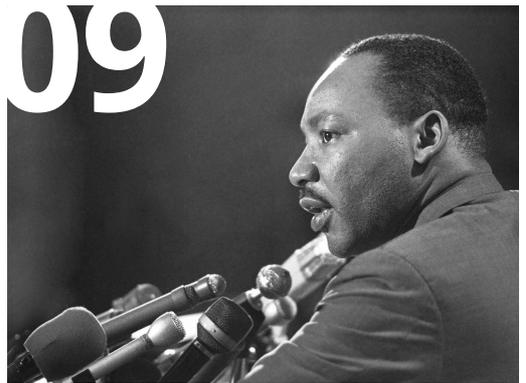
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Turn to the back cover of this issue of the
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State Officer Applications

The state officer applications are due on February 5th. If you are interested in running make sure to read this article on state office to prepare yourself!



Martin Luther King Jr Day

Inspired by the recent Martin Luther King Jr Day? Learn more about how you can actually make an impact on you community in this article about giving, service, and social action.



Learn about Elections

We are all familiar with presidential elections, learn about HOSA's.

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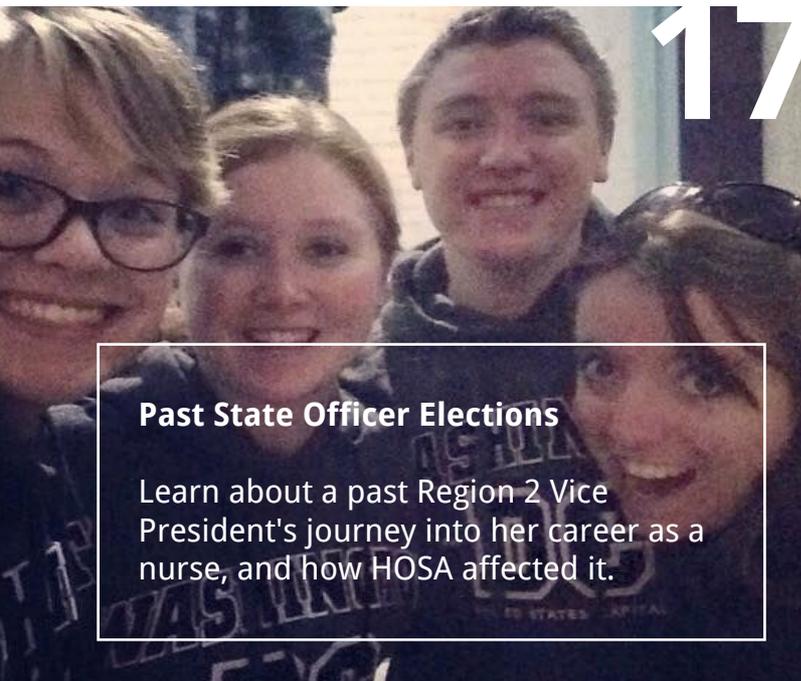


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Parli Pro with Ryan O

If you are interested in running an efficient and orderly chapter these are great articles for you to learn parliamentary procedure.

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Past State Officer Elections

Learn about a past Region 2 Vice President's journey into her career as a nurse, and how HOSA affected it.

State Office

Do you want to run for state office? Applications are open through February 19, 2018! Make sure to get started on it now as there are several components to this application, including: filling out your personal information, gathering signatures, a personal resume, a short essay, letters of recommendation, and more.

While filling out the paperwork, be sure to pay attention to the sample test questions as well as the HOSA creed, these will be important to know as you move on in the application process. If you have any questions about any aspect of the state officer application or want more information, feel free to contact any state officer or email azhosa@gmail.com. We wish you the best of luck and hope to see you at interviews!

Diam sit volutpat consequat

Read more about how to apply on the next two pages!

**APPLICATIONS ARE DUE ON THE
19TH.**
MAKE SURE TO CHECK THE WEBSITE
FOR THE APPLICATION MATERIALS.

WHY SHOULD YOU RUN FOR STATE OFFICE

Do you love HOSA? Do you want to develop your leadership skills with likeminded people? Do you want to experience one of the best opportunities HOSA has to offer? If so, you should apply for a position on the 2018-2019 Arizona HOSA State Officer team!

STATE



**APPLICATIONS
DUE SOON!**

* * *

**State Office is an
amazing opportunity
that will teach you a
lot!**

OFFICE

INTERESTED IN RUNNING?

Being a state officer is one of the most rewarding and enlightening experiences that will take you not only across the state but across the country! You would get the chance to network with leaders from all over the world, explore different aspects of leadership, and develop skills such as public speaking, professionalism, interviewing, and so much more. We want people with all kinds of leadership styles, personalities, and experience levels to apply!

Applications are due on February 19th and are available on the azhosa website, so get started today!

If you have questions about any part of the application or the process please feel free to email azhosa@gmail.com, contact any of the current state officers, or watch our facebook live webinar. We hope to see you at interviews!

**TO ACCESS THE APPLICATION, PLEASE CLICK ON THE FOLLOWING LINK:
[HTTP://AZHOSA.ORG/WORDPRESS/WP-CONTENT/
UPLOADS/2018/01/2018-2019-STATE-OFFICER-CANDIDATE-GUIDE-V2.PDF](http://azhosa.org/wordpress/wp-content/uploads/2018/01/2018-2019-state-officer-candidate-guide-v2.pdf)**

**IF YOU LOVE HOSA, MAKE SURE TO
SUBSCRIBE TO THE SYNAPSE AND
FOLLOW OUR SOCIAL MEDIA**

Follow Us!

*** * ***

**Your chapter can even get
featured on one of our
social media accounts!**

Social Media

Social media is a great way to
connect with you state officers!



**We have several different options for social
media platforms for our members to follow!**

- We have an instagram account with the
username @azhosa
- We have a facebook account with the
username @Arizona HOSA
- We have a twitter account with the username
@ArizonaHOSA

**Our social media accounts also
help you to stay up to date on
events and see what the rest of
AzHOSA is up to.**

If you post something about social
media, first make sure that it
represents our state well and is
appropriate. Then make sure to use
the hashtag #FRONTLINE for this
years theme The Front Line of Health.

NOW THAT ONLINE TESTING IS OVER, YOU MIGHT BE WONDERING WHAT COMES NEXT. FIRST, THE RESULTS OF ONLINE TESTING WILL BE SENT TO CHAPTER ADVISORS BY JANUARY 29TH.

If you qualify for a competition, you should immediately begin preparing. The Spring Leadership Conference may be two months away, but those two months will pass by quickly. Make the most of your time to put yourself ahead of the competition and better your chances of placing at SLC and

moving on to the International Leadership Conference! If you don't qualify, don't worry yet. There are plenty of interesting competitions that don't involve online testing, such as Prepared Speaking and Public Health. Speak to your advisor to see if you could compete in one of these competitions, and if you can, immediately begin

preparing. Also make sure to events, such as the Individual Membership Recognition Award or the Barbara James Service Award. Complete the forms before the deadlines so that you can be recognized for your accomplishments at the Spring Leadership Conference.



**If you study hard you
might get to represent
AzHOSA to the world!**



S Y M P T O M S
O F S U C C E S S

Martin Luther King Jr. was, above all else, known for his ability to make a difference and impact the lives of millions of people.

However, you don't have to be famous or a civil rights leader in order to make a difference to those around you! In honor of the recent Martin Luther King Day, check out this New York Times article, which discusses ways for an average person (or HOSA chapter, wink wink) to change the world and contribute to a cause that matters to you.



**IN THIS MONTH'S PARLI PRO WITH
RYAN O LEARN ALL ABOUT
ELECTIONS**

DO YOU REMEMBER?



—
Last month we learned that a counted vote
is conducted by a chair or teller

PARLI PRO WITH RYAN O

**Hello Arizona HOSA, and welcome to this month's edition of
"Parli Pro With Ryan O"!**

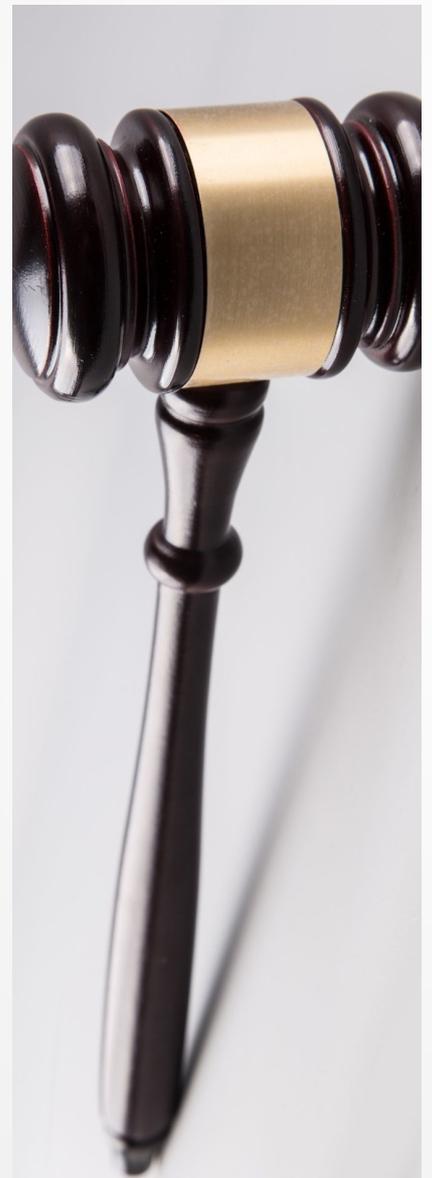
I am your state parliamentarian, Ryan O'Hara. This monthly series aims to teach each and every member the ins and outs of parliamentary procedure through short, easily understood articles. With that, I call the eighth session of "Parli Pro With Ryan O" to order!

Previously on Parli Pro with Ryan O

- Generally, a chair will use a standing vote or a show of hands in order to vote on business with the rest of the chapter.
- A counted vote can be carried out by the chair and a teller.
- Due to the fact that they take longer to carry out, counted votes should only be used to decide a close vote.
- The chair always leads the vote.

It's Election Day! No, I'm not talking about the political Election Day; rather, today is the day that our hypothetical HOSA chapter nominates and votes on next year's officer board! Yeah, I know that it's still a little while until the next school year starts, but we do things really, really early around here.

Elections are a bit scary and intimidating but, by following the process outlined in Robert's Rules, they can also be efficient



2. Bylaws

The bylaws of a corporation are an important document. You do not know they are an internal document until they are an internal document to meet

POP QUIZ!



Who leads the vote in parliamentary procedure? **The chair**

ABOVE ALL ELSE, IT'S REALLY IMPORTANT THAT CHAPTER - LEVEL ELECTIONS- OR ANY ELECTION, REALLY - ARE WELL ORGANIZED



ELECTIONS ARE A PART
OF LIFE, LEARN HOW
THEY EFFECT HOSA

process outlined in Robert's Rules, they can also be efficient and orderly. Above all else, it's important that chapter-level elections—or any election, really—are well-organized and kept under control; a vote miscount or mudslinging can ruin the entire experience. However, before the actual

election can begin, our chapter is going to have to nominate candidates for each of the four available positions: president, vice-president, secretary, and treasurer. **Nominations** are used to formally propose candidates for each elected position to the voting body; generally, it prevents

unqualified or unwilling students from running for office. While there are a bunch of different ways a chapter can nominate candidates, we'll be discussing the two most common methods: **nominations from the floor** and **nominations by a committee**. When the chair opens up



Nominations from the floor ensures that all of the officer board is chosen by the people.



Arizona's HOSA state officers are slated by an election committee to ensure the most qualified candidates.

nominations from the floor, they are allowing any member to nominate any other member to run for an officer position. For instance, if the chair announces that "nominations are now in order for the office of president," another member can call out "I nominate Lizzie (or any member)" without being recognized or seconded. With that, Lizzie would be nominated and allowed to run for president. This process would continue until the chair announces that "nominations are now closed." By taking nominations from the floor, all candidates for our hypothetical officer board would be chosen directly by the member.

This is a pretty big contrast when compared with nominations by a committee.

In this situation, the power of deciding which candidates run for which offices is decided by a specific committee, rather than the membership as a whole. Said committee is responsible for learning about each potential candidate and nominating them for an officer position that best suits their strengths. For instance, Arizona HOSA's state office elections are overseen by an election committee; after filling out an application and attending an interview, the committee assesses each candidate's abilities and **slates** them to run for a specific position. In order to make sure that the members of an election committee are unbiased and qualified, they should also be elected.

Alright, alright, so our chapter has gone through the preliminary candidate nominations. While three of the positions only have one candidate running, meaning that each will be running **unopposed**, two people have been nominated to run for president: Ryan and Lizzie. Oh no! Obviously, there can't be two presidents, so what can our chapter do? This is where the actual election comes in.



Arizona HOSA's state office elections are overseen by an election committee; the committee assesses each candidate's abilities and slates them to run for a specific position.



Some ballots are write in ballots. This means that a voter can add any eligible person to the ballot.

In most cases, officer elections are conducted by *ballot*. In ballot-based elections, the name of each candidate is put on a sheet of paper.

This piece of paper is handed out to the voting body who, typically after listening to a short speech from each candidate, secretly write in their one vote and hand the ballot in.

Ballots are then counted by a previously determined third party (classically, this is done by a Chairman of Tellers, but that position is not commonly used today), who ultimately announce the results of the election. Note that, in some cases, ballots allow voters to **write in** any eligible person, even if he or she was not officially nominated. It's also important to remember that, even if a candidate is running unopposed, they may still need to be formally voted into office through a ballot vote.

So Ryan and Lizzie compete against one another for president; each stands before the voting body and gives a short campaign

speech, before the chair passes out ballots to every member. After making the obvious decision, the ballots are collected and counted. Due to the fact that one of the candidates received an overwhelming majority of the votes, the vote is ended; however, if a majority was not reached (remember when we talked about plurality voting a few months ago?), balloting will continue until one candidate receives the majority of the votes. With the vote concluded, the chair announces that Lizzie has become the next chapter president; after accepting her position, the election comes to a formal conclusion.

THOSE NOMINATED TO RUN CAN GIVE SHORT SPEECHES





This month we learned how to efficiently elect officers to offices in an orderly fashion.



Are you excited for conferences? One of the great events at SLC and ILC is the business meeting for officer elections.

Elections are an exciting way for every HOSA member to participate!



Pretty simple, right? By making certain that elections are run in an orderly fashion, a chapter can efficiently elect officers. Unfortunately, I don't have any clever segues this month, but that is the end of this month's edition of "Parli Pro With Ryan O." Come back



Arizona HOSA is a student organization which means it is run by *US!* This is why elections are important at all levels.

**SEE YOU NEXT MONTH
WITH ANOTHER EDITION
OF PARLI PRO WITH RYAN O**



next time for our penultimate edition to join me in a crash course of the many possible motions you may come across in parliamentary procedure proceedings. I now adjourn this edition of "Parli Pro With Ryan O"!

ALYSSA TURNER

2014-2015 REGION 2 VICE PRESIDENT

WANT TO BECOME A NURSE?



Alyssa says that the biggest challenge for her was time management.

PAST STATE OFFICER

What skills or traits do you believe you gained from being a HOSA member and state officer?

I feel like I have gained plenty of skills throughout my time in HOSA both as a member and a state officer. Mainly, I feel like I have the skills to publicly speak, as well as initiate conversations with strangers. This has helped me immensely throughout my time in nursing school and working as a patient care tech.

Did HOSA in any way help you get into or through nursing school?

HOSA helped me through nursing school by allowing me to have confidence in myself. There were a lot of times throughout my program that were challenging, but because of HOSA I have developed a sense of self confidence that I can do anything that I put my mind to.

What was the biggest obstacle you overcame during nursing school?

The biggest obstacle throughout nursing school is probably the time management. It was challenging for me to study enough to maintain my GPA, while also maintaining my relationship and my friendships. It is super important to have a support system throughout nursing school that is both encouraging and understanding if you have to cancel on plans in order to study.

What were your most enjoyable moments from nursing school?

Nursing school itself was super enjoyable to me, even though it was extremely challenging. Some of the highlights from actual school include: starting an IV for the

first time, giving medications, passing my exams, and spending time treating patients in the ICU. Also nursing school introduced me to some of the best friends I have ever had, and without them my experience would have been very different.

Do you think being a HOSA member helped you and will continue to help you in your career pathway?

I think being a HOSA member definitely helped me in the confidence factor. However, I think that being a State Officer was the best thing I could have done to help me throughout school and into my career. By being a state officer, I was able to interact with professionals from my career choice, and also attend different leadership trainings. There are many times throughout my program that it was mentioned that in order to be the best nurse you can



WHAT DOES STATE OFFICE TEACH YOU?



Alyssa feels the biggest thing HOSA teaches her is public speaking.

"I THINK THAT BEING A STATE OFFICER WAS THE BEST THING I COULD HAVE DONE TO HELP ME THROUGHOUT SCHOOL AND INTO MY CAREER"

Read the story of a past state officer who is now a nurse!



be, you must have leadership qualities. HOSA truly helped me develop those traits. What do you believe was your biggest benefit from being a member and state officer? As I said before, I think that biggest benefit from being in HOSA is the confidence that I gained. I think that it is important to be confident

enough in yourself to walk into frightening, but with the confidence that HOSA gave me, I felt prepared enough to communicate effectively with my patients, even if I did not know all of the skills yet.

What advice do you have for members of Arizona HOSA

that aspire to become registered nurses?

My biggest advice is don't give up. Becoming a nurse is one of the most challenging things I have ever done. There were times where I would cry and just want to quit, but walking across that stage at graduation was the most rewarding day of my life.

THE FRONT LINE OF HEALTH

SYNAPSE

magazine

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