

DECEMBER ISSUE

ARIZONA HOSA MONTHLY SYNAPSE

How will you map your moments
in the new year?

**Check out our Holiday issue!
Enjoy the season and
get ready for competitions!**

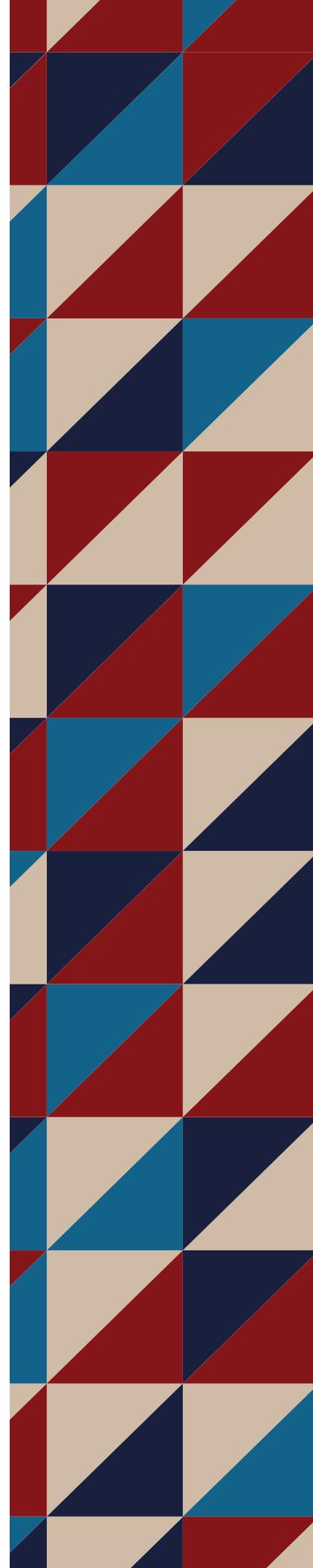
**Upcoming Events · Patel-imentary Procedure
Health Tech Articles · Leadership Lowdown
and more!**

HEALTHCARE TECHNOLOGY

3D PRINTING AND THE FUTURE

There are lots of little inventions and innovations that, when added up, create the modern, advanced culture of healthcare. In health, there are also some big ideas behind technological advancements that could play a critical role in changing how we provide effective care. Have you ever thought about how artificial intelligence could be involved in treating patients? Or how it could help in making clinical decisions? To find out more about the role of artificial intelligence and other electronic technologies that have changed and are changing healthcare, click on the link below!

For more details, visit
<https://www.osplabs.com/insights/healthcare-technology-trends-2018/>





HEALTHCARE TECHNOLOGY

MINDBLOWING INNOVATIONS

3D printing is a mind-blowing, extraordinarily precise technology that has allowed for several medical breakthroughs.

Who knew 3D printing could actually create human skin? Or that it could create tissues using stem cells? If you want to know more about this fascinating piece of technology, read on and click the link below!

<https://techcrunch.com/2018/04/05/bioprinted-organs-skin-and-drugs-how-3d-printing-is-revolutionizing-healthcare-as-we-know-it/>

Think 3D printing is interesting? You should look into competing in Researched Persuasive Writing and Speaking! One of the topics this year for the competition is "3D Printing-Based Technology Should be Used to Create Human Organs."



LEADERSHIP LOWDOWN

WHAT TO DO WHEN YOUR TEAM ARGUES, DISAGREES, AND DEBATES

HOW TO HANDLE DISAGREEMENTS

First, remember to listen

Now it might seem cliché, but the most important component of a discussion is listening. Leaders are not dictators. True leaders appreciate diversity of thought and making sure all perspectives are heard, understood, valued, and considered.

Now, this means more than just letting the other person speak every once and a while. It means employing active listening skills to show you're engaged in the conversation. Make sure your body language is inviting and reaffirming to them. Face them head-on, look them in the eyes, and lean in slightly. If they go silent or try to stay quiet, don't let them go unheard and prompt them. They have great ideas too, but might be afraid or worried to share.

FIRST LISTEN,
THEN REPEAT,
QUESTION,
CONSIDER, AND
FINALLY CARE.

MONKEY SEE, MONKEY DO

REPEAT WHAT THEY SAID BEFORE YOU RESPOND

After you've listened and heard what your team member has said, it's important not to disregard their point of view. Good leaders will repeat what they've heard. Though this may often be the hardest part, it's important to show that the person you're speaking with has been heard and understood.

The goal is not to caricature or straw man their argument, the goal is to check your understanding of their point of view. Ask them if you fully comprehend what they have to say. If not, let them explain themselves further. This can be tedious but is very important to developing respect on both ends.



HOW WILL YOU LEAD?

Let us know how you handle conflict!

MESSAGE US AT @AZHOSA ON INSTAGRAM AND @ARIZONAHOSA ON
TWITTER OR USE THE HASHTAG #AZHOSAMOMENTS

ASKING QUESTIONS

It's Not an Interrogation

At this point you've listened and repeated what they've said, but as a leader, you still aren't quite ready to move on to talking yet. There's another key step to take before you can start explaining your perspective - asking questions.

After you have repeated their point of view you should ask them questions about it to better understand their point of view. The goal here is to simultaneously make them feel heard and to make you actually hear what they are saying as well.

These questions help you to understand their perspective. They also help the other person develop their idea without having to be on the defensive.

Examples of questions could include asking about the time frame of the project. Another could be to clarify a process or method you are unclear about.

"When you say future, do you mean within a week or six months" vs "Do you really think we have time for this?"



The most important thing about these questions, however, is that they don't come across as an interrogation. Your goal is not to question their intentions, belittle them, or let them know you think they are being unrealistic. Your goal is to clarify your understanding of their goal and perspective.

Try and avoid questions that start with statements like "Do you really think..." or "So, how exactly do you think..." These aren't helpful and can start an argument.

Finally, after they give you a response go back to repeating them for clarification, and do this over and over until you fully understand.



BE CAREFUL WHAT YOU SAY

THE LANGUAGE YOU USE MAKES AN IMPACT

When you're speaking with your team member it's very important to never come off as judgmental. This means not using statements like "no" or "you're wrong". Leaders don't try to shut down new thoughts, they welcome them.

When in a disagreement, it's easy to fall into a mindset of me vs them. Though it may be difficult, especially if you have opposing views, try to avoid this. One way to do this is to use language that reminds you and them that you're on the same side and have the same goals.

To accomplish this, don't use words like "my idea" or "your side". Remember the goals you share and talk about the issues rather than the people supporting the issues. Another great tip is to replace the dismissive "but" with "and". This promotes coexisting and compromise over winning.

Discussion is healthy, so don't avoid it. Use it as an opportunity rather than a chance to win.

GO FORTH AND LEAD!

Thanks for reading our Leadership
Lowdown!

Let us know if this article has been
helpful or what topics you'd like to see
in future Leadership Lowdowns by
contacting any State Officer!

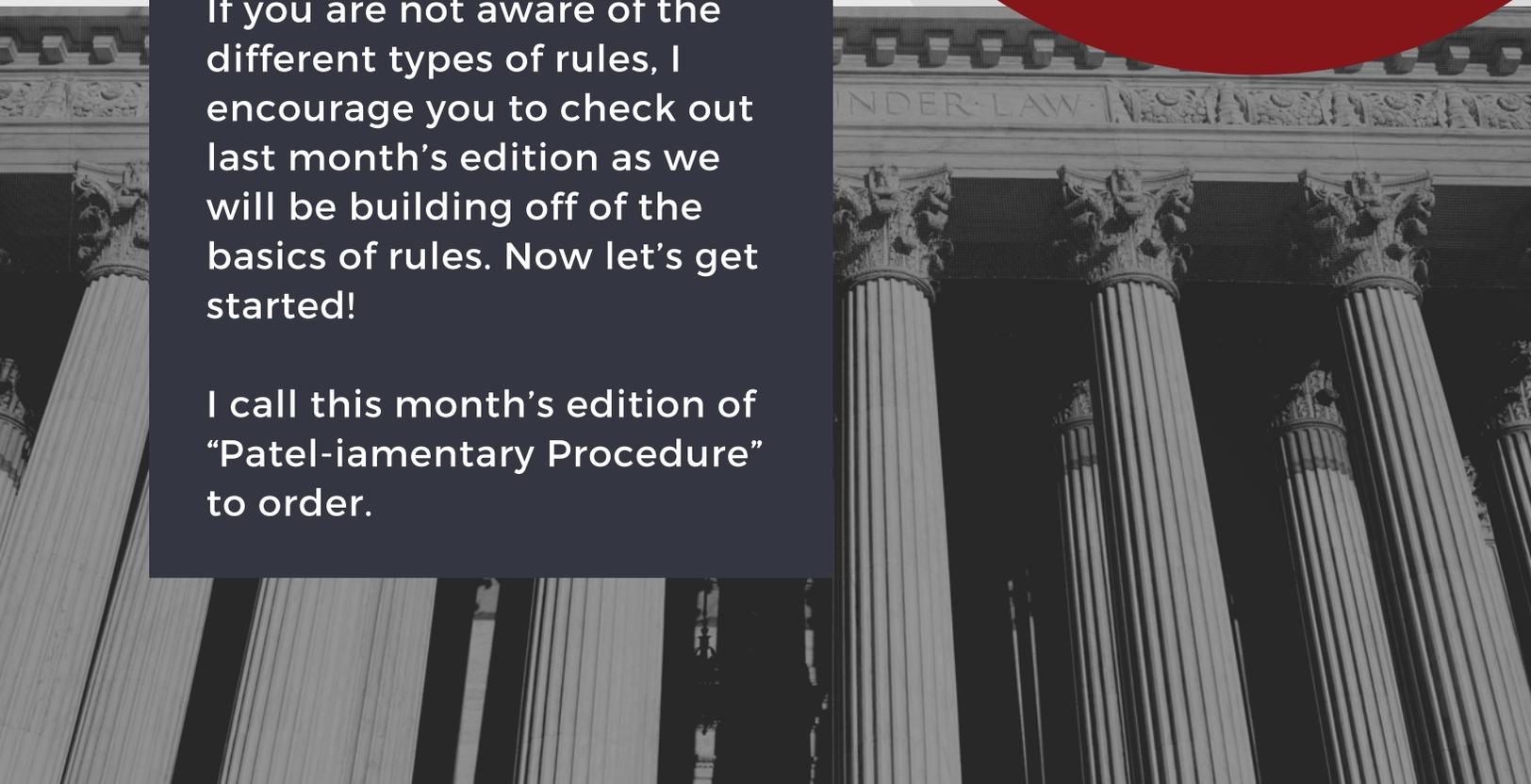
HELLO ARIZONA HOSA!

Welcome to this month's edition of "Patel-imentary Procedure". In the previous edition, we went over bylaws and the different types of rules.

In this edition, we will be going over how rules are enforced and suspended, what parliamentary inquiry is, and who is in charge of knowing all these rules.

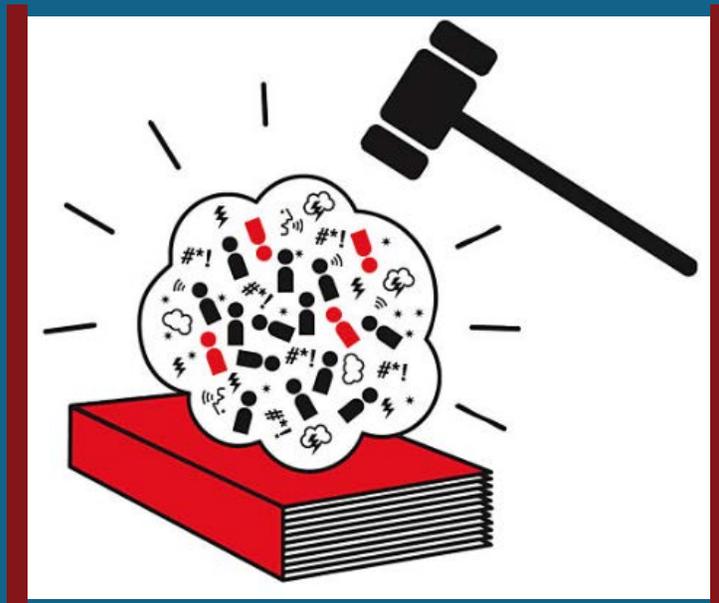
If you are not aware of the different types of rules, I encourage you to check out last month's edition as we will be building off of the basics of rules. Now let's get started!

I call this month's edition of "Patel-imentary Procedure" to order.

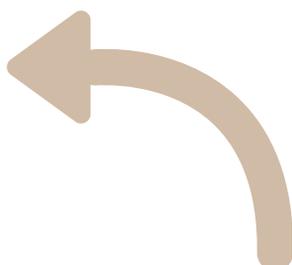


POINT OF ORDER

In previous editions, we covered how a point of order can be used in various contexts. A point of order can also be used to make sure that the rules are properly followed. To be recognized at any point in time by the chair, simply stand up and state "Point of Order!" The chair will then most likely allow you to state your point of order. This is when you will state what rules are being broken. The chair will then either state whether the point is well taken or if it is not, then the meeting will continue. It is for this reason that it is crucial to know the rules of your chapter to be sure that the rules are being followed.



In many cases, suspending the rules may be a desirable option. For example, if you want to allow for a longer time to speak on a debate, you may suspend the rules temporarily. If this or a similar situation is the case, a motion to suspend the rules is made. This is not debatable or amendable, and it requires a $\frac{2}{3}$ vote to pass. In a motion to suspend the rules, the motion stated must address what is to be done, instead of the actual rule that would be broken instead.



**SUSPENDING
THE
RULES**



HOW CAN YOU IMPLEMENT

APPEALS

If you have ever read anything about the criminal justice system, it is likely that you have heard the term, “appeal”.

An appeal is used in *parli pro* when a member wants to challenge a ruling that was made by the chair. You do not have to be recognized when making an appeal. When making an appeal, stand and state:

“I appeal from the decision of the chair.”

A second must be made, and after that, the appeal may be debated by the members. Members may speak only once during the debate.

After the debate is closed, the vote is taken as:

“Shall the decision of the chair be sustained.”

A majority vote in the negative is required in order to overturn the original ruling. Appeals are important because they allow the voices of the members to be heard. Anyone can appeal a decision made if they disagree with it, ensuring fairness to everybody.

PARLIAMENTARY INQUIRY

In the case that you have a question about the rules or how they are being enforced, a “Parliamentary Inquiry” is used. Simply state, “A Parliamentary Inquiry, please.” The chair will recognize you and you may then state your question.

The chair will answer your question as it is his/her duty to answer any questions regarding parliamentary procedure. The response given by the chair is not a ruling, and therefore cannot be appealed.



WHO NEEDS TO KNOW THE RULES

In most cases, the presiding officer that is elected is responsible for knowing all of the rules because they will be presiding over every meeting and are responsible for maintaining order. In many cases, the presiding officer may elect a parliamentarian. The role of the parliamentarian is solely to give advice to the chair on the rules. The Chair is always the one that rules on matters, whereas the parliamentarian should know all the rules, along with the proper parliamentary procedure for that chapter.

In the case that a parliamentarian is not

elected, the vice president of the chapter is automatically the one that fulfills the role of the parliamentarian. Therefore, it is crucial that whoever is filling this role know their *parli pro*.

Aside from these two positions, every member should be familiar with the rules. They do not have to know them completely, but having a general idea of them allows members to actively participate in meetings. As stated earlier, it is generally a good idea for a chapter to print out the rules of the chapter and hand them out to members.



patel-iamentary procedure

**UNTIL
NEXT
TIME!**

THAT CONCLUDES DECEMBER'S EDITION OF "PATEL-IAMENTARY PROCEDURE". RULES MAY BE ONE OF THE SIMPLEST AND MOST IMPORTANT PARTS OF AN ORGANIZATION AND KNOWING THE SMALLER ASPECTS OF PARLI PRO ONLY HELPS YOU AS A MEMBER. I HOPE YOU CAN TAKE SOME OF THIS INFORMATION BACK TO YOUR CHAPTER AND BECOME MORE INVOLVED WITH THE RULES YOUR CHAPTER HAS SET IN PLACE! I HOPE TO SEE YOU IN THE NEXT EDITION OF "PATEL-IAMENTARY PROCEDURE"! THIS EDITION IS NOW ADJOURNED!



Upcoming Events

online testing tips

WHAT YOU CAN DO TO PREPARE

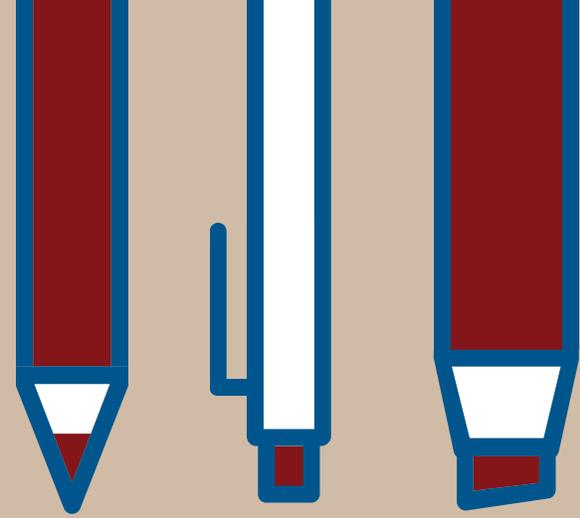
Online testing is approaching mighty fast! We're here to help you prepare for a successful testing experience.

First, it is important to review your competitive event guidelines provided on the Arizona HOSA and HOSA websites. These guidelines are kept up to date to ensure you're provided with the necessary information to take your online test with confidence. Some examples would include percentages of topics being tested, study materials, and much more.

Second, we suggest you incorporate studying into your daily routine. Looking over your study materials 15 to 30 minutes a day will keep the information fresh in your memory.

Last but not least, make sure you get a good night of sleep the night before online testing. Studies show getting the right amount of sleep boosts our ability to think and improves test scores. We wish you the best of luck!

Finally, remember that Online Testing is a requirement for most competitive events at SLC.



HELLO GRADUATING SENIORS AND COLLEGE STUDENTS!

ARIZONA HOSA SCHOLARSHIP APPLICATION

What's that we hear?

THE OPENING OF ARIZONA HOSA SCHOLARSHIP APPLICATIONS IS NEAR!

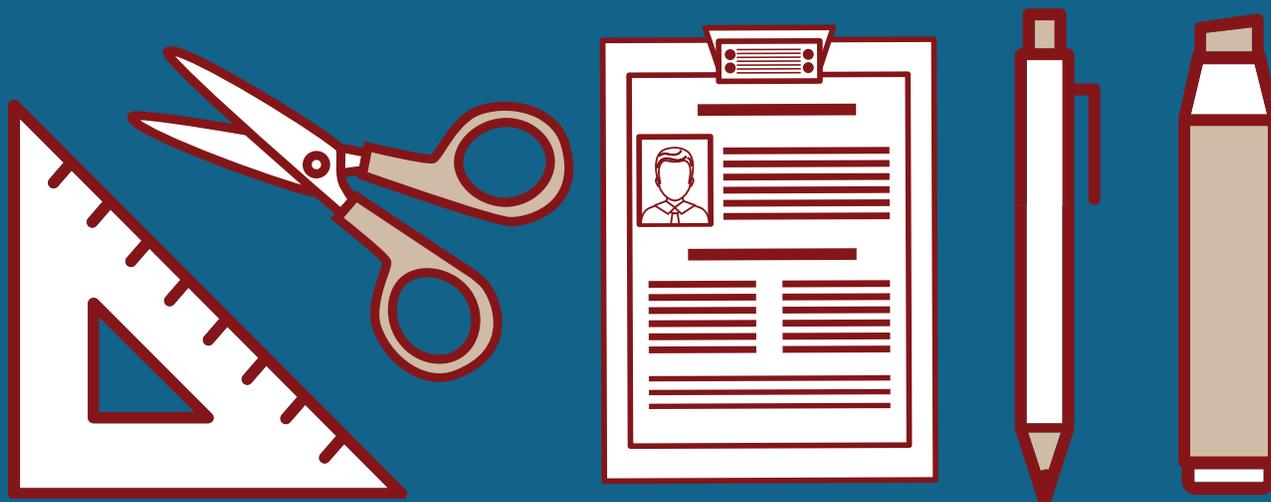
Arizona HOSA offers scholarships to our members ranging from \$500 to \$2000. You won't want to miss out! By submitting just one application, you will be considered for all scholarships being offered.

SCHOLARSHIP APPLICATIONS

MARK YOUR CALENDARS

The scholarship application will be posted on the Arizona HOSA website **January 11, 2019** and the sooner you get started, the better. Relieve some stress and get one step ahead by creating your STEM Premier account if you haven't already. Create your account today using STEM Premier's HOSA portal, making the process that much easier! Having your account set up early allows you to explore the website and become familiar with where you will be submitting your documents.

Your completed application should be submitted by February 15, 2019 by 11:59 PM via STEM Premier or mail. We encourage you to take advantage of this amazing opportunity.



RUNNING FOR STATE OFFICE!

Impact, learning, and memories!

Becoming a state officer is a great opportunity to develop your leadership skills and many other related skills with a team of dedicated individuals. As a state officer, you have great opportunities to network, explore careers, and much, much more. If you are interested in running for state office, the application will be posted on Arizona HOSA's website on **January 11, 2019**. In order to be eligible to run for state office you must be:

- A high school student in a CTE program or that has completed a CTE course or a college student pursuing a health profession
- A registered paid, an active member of his/her HOSA chapter
- Planning to attend school and live in Arizona during their term as a State Officer



Your completed application will be due February 15, 2019, at 11:59 PM via STEM Premier. We hope you explore your curiosity and take advantage of this great learning opportunity!

COMPETING AT THE STATE LEADERSHIP CONFERENCE

The Complete Guide to Succeeding in Your Competition

**The State Leadership
Conference is the perfect time
to show what you've learned
throughout the year.**

It's where you see the extent of your abilities and the growth you've made. Competing at SLC is a great opportunity to do just that! It is an experience like no other and we encourage you to participate and test your knowledge.



STUDYING FOR THE TEST

- Take the time to study for **at least 10 minutes a day**.
- Resist the urge to procrastinate! It's best to **study in small chunks** rather than having to cram at the last second.
- Use your resources and **online study guides** like Quizlet to study the material for your test.
- Explain your content to someone else. Talking over the material to someone else allows you to get the topic clear in your head and figure out what you need to work on.
- Study before you go to bed! Our brains **strengthen new memories in our sleep** which makes it easier to recall what you learned the night before.
- Make up a story to remember information. It's easier to remember a story or a **pneumatic device** than to remember straight facts.
- Quiz yourself. Quizzing yourself will not only help you study but it'll also help you know **what you should review**.



COMPETITION CHECKLIST:



Register for online testing before registration closes January 11th.



Study, study, study!



Participate in online testing and submit materials for competitions/ recognition events!

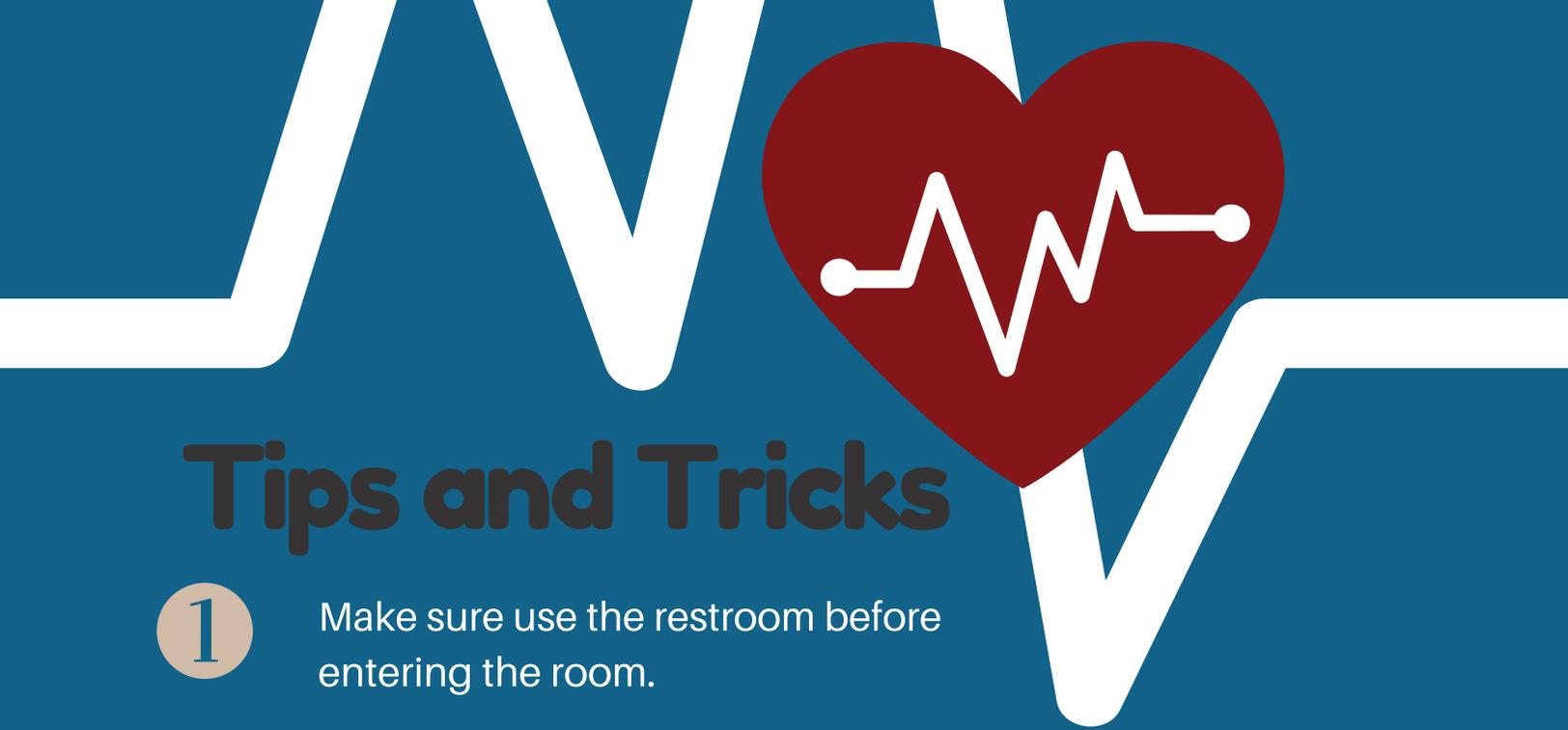


WHAT TO EXPECT AT THE STATE LEADERSHIP CONFERENCE:

COME PREPARED AND EXCITED

This year, we are having orientations, first rounds, and tests prior to the opening session. Be sure to talk with your advisor about what time you need to arrive in order to compete. You may also have to drop off competition materials for events like Outstanding HOSA Chapter. Make sure you know where to drop off these materials to the right place by talking with your advisor and looking in the SLC program.

For written tests, make sure to be prepared with pencils, an eraser, and a sharpener. For all competitions, make sure you have your guidelines, have all the required supplies, and are in appropriate attire for your competition.



Tips and Tricks

1

Make sure use the restroom before entering the room.

2

Have a light snack before the test in order to keep you awake and focused.

3

Stay hydrated before, after, and during the test. It is awful to think with a dry mouth.

4

Skip over questions you can't answer immediately and answer them at the end.

5

Have a good night's sleep, resting is key to staying focused.

6

Replace negative thoughts with positive ideas like "I will do great on this test"

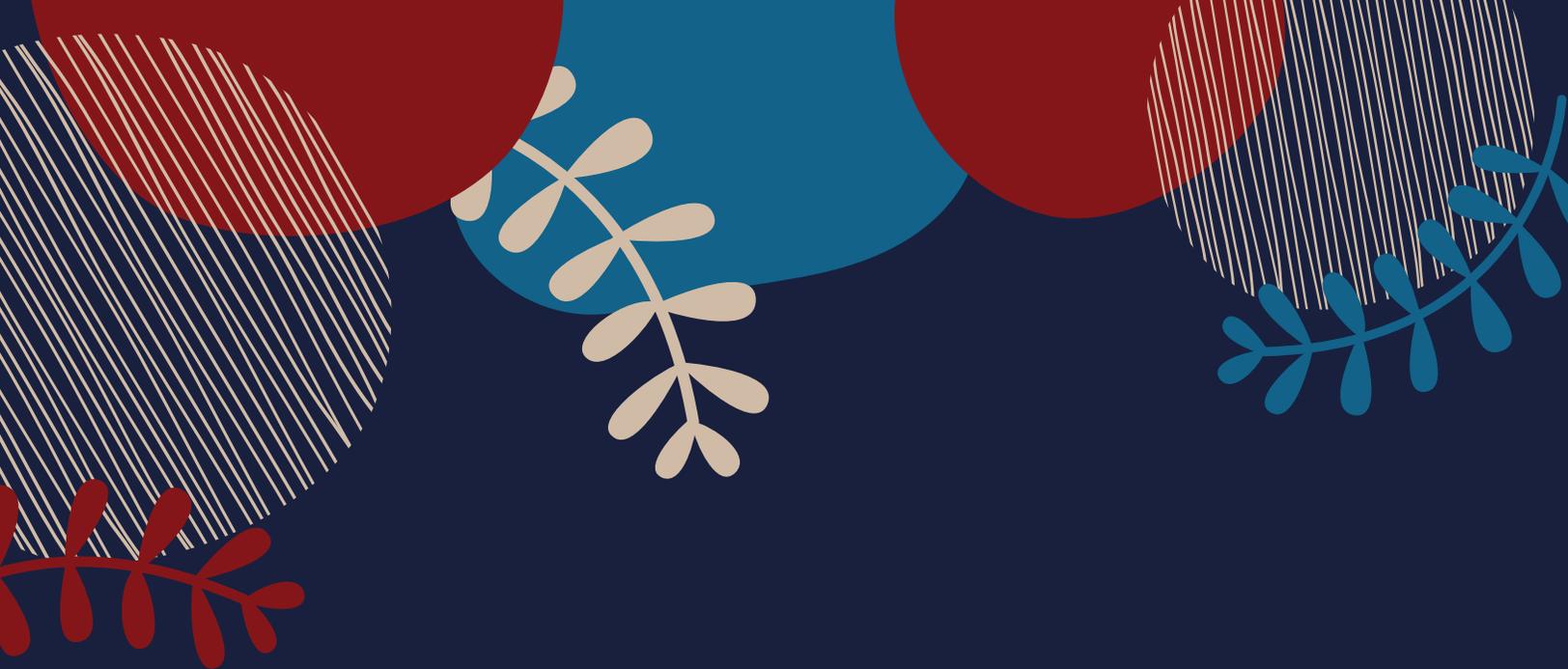
7

Take your time, don't feel rushed to finish. Research shows that students who leave early usually don't test as high. Therefore take your time and give it your best.

8

Make sure to eat a good breakfast in the morning.

Good Luck!



ARIZONA HOSA WISHES YOU A

WONDERFUL HOLIDAY

Enjoy the winter season and new year!





ARIZONA HOSA INVITES YOU TO

KEEP IN TOUCH & TUNE IN NEXT TIME

If you haven't already, make sure to go to our website and subscribe!

**THE LINK IS AVAILABLE AT THE BOTTOM
OF AZHOSA.ORG**

Use #azhosamoments on social media to possibly be featured in our next edition!

