SYNAPSE
INTERNATIONAL LEADERSHIP CONFERENCE
JUNE 2022

DAY 4

Challenge #4:
Take a selfie of your chapter on HOSA Day and send it to @azhosa on Instagram.

Arizona HOSA
IN THIS ARTICLE ...

1 PINS & EXPO
   Our favorite pin and event at the HOSA Expo for today!
   Edly Montoya

2 WEATHER WITH WOODRUFF
   Today’s weather report (but make it punny)!
   Hannah Woodruff

3 WHAT TO DO AT THE GAYLORD
   All you can do for entertainment at the Gaylord!
   Clarissa Magdalenecz

4 HOSA GRAND AWARD’S DANCE
   All you need to know about the dance!
   Edly Montoya

5 ROUND 2 QUALIFIERS
   Arizona HOSA members who made it to round 2!
   Meghana Tripuraneni

6 MEMBER HIGHLIGHT
   HOSA members that we have interacted with and befriended!
   Jairo Flores

7 WORKSHOPS
   Our thoughts on some of the workshops at ILC.
   Charity Mattingly, Aashika Desai

8 DAY WITH DERICK
   Day in the life of last year’s Collegiate Vice President: Derick Truong.
   Derick Truong

9 AWARD’S SESSION
   All award’s that Arizona HOSA received.
   Meghana Tripuraneni, Ira Puranik

10 BUSINESS SESSION
   All you need to know about the ILC 2022 Business Session and everything that happened.
   Aurora Marshall

11 AZ RECOGNIZED
   Who got recognized during recognition session today.
   Ira Puranik, Meghana Tripuraneni
PIN OF THE DAY

IT IS ALMOST THE END OF PIN TRADING. PINS ARE GETTING HARDER TO TRADE AND RARER. TODAY’S PIN CHOICE IS SOUTH KOREA. IT IS AMAZING SEEING PLACES FROM AROUND THE COUNTRIES AND ACROSS SEAS HERE AT ILC. THIS PIN WAS REALLY HARD TO FIND MAKING IT EVEN MORE RARE THEN CANADA AND HAWAII.

HOSA EXPO

THE U.S ARMY HAD A GREAT BOOTH DISPLAYING A MODEL OF A POP UP SURGERY ROOM. IT WAS REALLY COOL BEING ABLE TO SEE HOW THEY SET UP FOR SURGICAL PROCEDURES. THE ARMY IS A GREAT OPTION TO CONTINUE YOUR HEALTH PROFESSION WHILE SERVING FOR THE COUNTRY AS WELL AS, SAVING A LOT OF MONEY.
It's so hot outside that everyone is going to be wearing sweatpants.
AHoy mates, looking for a way to explore and compete? Play the Treasure Hunt!

X MARKS THE SPOT
Grand Awards Dance

SATURDAY 25 JUNE, 2022
10PM-12AM
DELTA BALLROOM

PLEASE REFER TO THE DRESS CODE IN THE ILC PROGRAM!
Congratulations!
AZ HOSA Members Moving on to round 2 of Competition

Health Career Photography
- Ada Chen - West-MEC NE MA 39376

Medical Innovation
- Jazz Grundy - Verrado HS
- Chase Saverino - Verrado HS
- Isabelle Guy - Verrado HS
- Sarah Weller - Dysart High School
- Victoria Mather - Dysart High School
- Dora Mazariego - Dysart High School
- Eden Musselman - Dysart High School

Biomedical Laboratory Science
- Allyson Huynh - Basha High School
- Ira Vaidya - Paradise Valley High School - CREST
HOSA Member Sightings!

Fun Fact: Corey He is the New Jersey Northern Regional VP!

Fun Fact: Fiona Xu was a HOSA President for Canada

Arizona HOSA State Officers met with amazing New Jersey Members while pin trading!!

Arizona HOSA State Officers also traded pins with members from Canada! Welcome to ILC!
During this workshop, Julie taught on the importance of listening to your heart and balance your nervous system. Julie demonstrated and led a breathing exercise called Heart Focused Breathing. Heart Focused Breathing starts by closing your eyes and putting your hand on your heart and taking deep breaths in for 5 seconds and 5 seconds out. While doing this imagine the air going through your heart/chest area. This breathing technique is useful in stressful situations because the slow breathing helps slow down the release of cortisol (a stress response hormone) in the body and decrease heart rate. This breathing technique could be helpful when you are about to compete, take a test, have a stressful conversation or anything that may cause you stress.
Hello Arizona HOSA!
Here’s a message from Former State President, Aashika Desai:

Attending the 2022 ILC in Nashville has been an absolute blast so far. I had the opportunity to take advantage of many workshops and learned a lot of great info I’d love to share with y’all. I started my day off at the medical workshop. Dr. Kelly highlighted the general format for medical school and some tips on how to start preparing right now! If you’re interested in applying to medical schools, you can already begin preparing while still in high school. Be sure to take courses that challenge you in high school and be sure to gain exposure to medicine so you can ensure that it’s something that truly interests you. Also, be sure to start developing good study habits. If you’re in college and interested in pursuing med school, be sure to seek research opportunities and leadership. The other workshop, led by Dr. Khan really emphasized personal growth and interpersonal skills. Dr. Khan discussed how important the concept of “flow” is in the workplace is. Focus on efficiency in the office and be sure to find what you love. I hope y’all have been taking advantage of everything ILC has to offer!
Hello friends! My name is Derick Truong and I was the 21-22 Postsecondary/Collegiate VP. I am so excited to be here at ILC with all of YOU! This article will guide you through the day in the life of me!

Today has been an amazing day! Myself and the current team woke up early to eat breakfast and attended the business session! At this session, we met so many candidates and delegates. I also had a long, fun conversation with Tom and Mielad. Finishing this session, we went to the mall where we were able to bond and eat lunch! Now (sorry y’all) I forgot to take pictures afterwards, but we also went to the Cascades Cafe for dinner. Which, surprisingly, their portions were pretty big! Recognition session was followed by that. It was so cool to see all of HOSA’s achievements and what AZ HOSA has done! Finally, the hypnotist happened and boy was that a great way to end the night!
Grand Awards Session
Ryman Exhibit Hall C
Session 1: 5pm-7pm
Session 2: 8:15-10pm

Session 1 will include Nat'l Geographic Learning Academic Testing Center, Leadership & Teamwork

Session 2 will include Health Science, Health Professions & Emergency Preparedness
What is the Business Session?

The ILC business session is not very different from our very own business session held at SLC. Parliamentary procedure is to be followed and was even used today by one of the voting delegates from another state! At the business session important reports and voting on important items occurs.

Voting Delegates

Voting Delegates are chosen to represent our state at the business session and vote on the important election of our next IEC officers. Arizona had 8 voting delegates, in total 7 secondary delegates and 1 post-secondary delegate.

Agenda Items

- Membership report
- Financial report
- HOSA Inc. Report
- Chairman Report
- Events that have occurred this year
- Ratifying amendments
- IEC Candidate voting
Congratulations
AZ HOSA
For raising the most amount of money for Be The Match!!

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Congratulations!

Aashika Desai
Outstanding HOSA Leader

Sharon Black
Outstanding Local Advisor

Katy Marie Becker
Outstanding HOSA Alumni
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