



August  
Volume 9 ~ Issue 7

AzHOSA

SYNAPSE

# **Schedule a Chapter Visit with us!**

Chapter visits are becoming available! Take advantage and ask about getting a chance to meet and learn from your state officers!

Starting in August your Arizona HOSA State Officer team will be available to present to YOUR very own HOSA Chapters. Not only can you get to meet your state officers and get to know about them and their story, but also learn from them.

Want to schedule a visit? Email one of your state officers or email [azhosa@gmail.com](mailto:azhosa@gmail.com).

## **We cannot wait to hear from you!**

*Check out our website for contact information for individual state officers. The website address is on the back cover.*







# AzHOSA Students Earning Scholarships

Arizona HOSA would like to congratulate these recipients of the ACTEAZ & ACOVA scholarship: Marissa Bower, Elizabeth Church, Brianna Cuen, Savannah Ellis, Shawn Prescott, Yara Vasquez, and Sophia Yaghsezian. Each student received a \$1,000 scholarship.

We are proud to see our members setting themselves up for success as they continue their education and become future health professionals. Teachers, remember that you can also nominate two of your students for this scholarship!

For more information visit the ACTEAZ website (<https://www.acteaz.org/scholarships/>)

## Past State Officer is Continuing to Excel

Arizona HOSA is so proud of former Region 3 Vice President, Abigail Overmeyer, for being a Public Health Leadership Scholar.

With this scholarship she also got a chance to meet with the Acting Surgeon General RADM Sylvia Trent-Adams!



# 2017 ACTEAZ Summer Conference

Arizona HOSA would like to thank all of the advisors, CTE directors, and counselors who attended the ACTEAZ Summer Conference!

The ACTEAZ organization is dedicated to professional development, offering new opportunities, and constant innovation. So whether it was by building a forearm out of clay, or listening to one of the many talented speakers, we know that everyone was able to find something to bring back to the classroom. We thank you for your dedication to CTE, and we can not wait to see what you have planned for the year ahead.



# Past State Officer Interview: Katherine Uruttia

**What was your position(s) during your term as a state officer and what were your responsibilities?**

State President; oversaw dynamic team, worked closely with State Advisor, as well as served on the Board of Directors.



**What was your position(s) during your term as a national officer and what were your responsibilities?**

Post-Secondary/Collegiate Vice President; worked with an amazing team representing the organization at various state conferences, expos, and at the National Leadership Conference

**When did you serve as a state and national officer?**

State Officer: 2013-2014  
National Officer: 2014-2015



**Why did you join HOSA?**

I first joined HOSA because of the CTE program that was offered at my high school. I completed the CNA course at Glendale Union High School District. I knew that I wanted to go into the medical field so it was a perfect opportunity for me to get involved.

**Why did you run for state office?**

During my time in the CTE program I was on my local board serving as a member of the council. I knew that I wanted to further my leadership role as well as develop skills that I did not have at the time. I thought that running for office would be the perfect opportunity to enhance my skills and

**What would you suggest to someone considering state office or national office?**

Just do it, running for state and national office is an amazing experience. Through being a state and national officer you are able to learn a variety of skills, network, and just stay involved.

**How has HOSA helped you in the long run?**

Overall, HOSA has helped me tremendously. From working on my personal self to my public speaking skills. My time in HOSA showed me the different opportunities that were available and I was able to strengthen my professional career because of it.



### **What are the major differences between state office and national office?**

When it comes to the major difference between state and national office, I would say that the events and tasks that are assigned are very different. Yes there are SLC's that are attended but there are also other events in which the National Executive Council (NEC) must represent HOSA with professionalism and grace.

### **How did state office prepare you for national office?**

Being a state officer defiantly helped prepare me when it came to national office, I was able to understand the importance of leadership, time management, as well as the role that I had- leading and serving the members. Overall there are various aspects that assisted me in preparing for office, with the help and guidance of my team as well as Mrs. Shovlin being my State Advisor, ensured that I was ready to take the position on the National Executive Council.

### **What was your favorite HOSA memory?**

My favorite HOSA memory would be both of the times that I attended the Washington Leadership Academy. Flying across the nation to D.C. was just an amazing experience. I was able to grow as a leader as well as meet people from all over the nation that are still to this day close friends. The moments and times that were spent there were just incredible and if I could relive that time, I would!

### **What are your current career goals?**

Currently I am working as an Employer Outreach Assistant for Grand Canyon University where I am enjoying working in a field unrelated to my field of study. My degree is in biology but I am currently working in marketing and I am truly enjoying it! Ultimately, I do wish to return to school in hopes to being accepted into dental school.

*“My HOSA- Future Health Professionals journey was impactful”*





Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Meeting at 14:00

Insurance 12:00

Meeting at 09:00





# Symptoms of Success

Throughout life, time management is a great quality to have, but it may also be difficult to do. HOSA wants members to be able to manage their school and other activities with our organization, and be successful at doing so.

Click the photo to the left for a few tips on how to become proficient at time management!

## 8 Ways to Take Control of Your Time

<https://bigfuture.collegeboard.org/get-started/inside-the-classroom/8-ways-to-take-control-of-your-time>

# HOSA Updates: Competitive Event Preview

## Basic Overview

- No additional Middle School events will be added for 2017-2018
- New recognition event has been **added**
- New guidelines will be released on September 5th
- Look for increased consistency throughout the guidelines.
- Eligibility form submission by May 15th for Personal Care, Interviewing Skills, Life Support Skills and Speaking Skills will result in five additional points for submission.
- Parliamentary Procedure rating sheet range of points





# Medical Math Conversion Chart will be updated to $2.54 \text{ cm} = 1 \text{ in}$

## Behavioural Health

The online test will be changed to better reflect test resources. Here is the new testing outline.

The Mind 25%  
including Biology, Sensation, Perception,  
Consciousness, Motivation, Emotion, Learning and  
Memory  
Psychological and Behavioral Health Disorders,  
Treatments, Therapies and Services 25%  
including Autism, ADHD, Schizophrenia, Bipolar,  
Depression, Anxiety, OCD, PTSD, Personality,  
Dissociative and Eating Disorders  
Prevention, Identification, Recovery and  
Management of Substance Abuse and Mental Illness  
25%  
Wellness, Stress, Coping 15%  
Workforce/Careers and Laws, Regulations and  
Guidelines 5%

## Health Career Photography

New guidelines will provide more clarifications for  
pages used in portfolio

### 2017/2018 TOPICS

#### PUBLIC HEALTH

*Preventing Teen Dating Violence*

#### RESEARCHED PERSUASIVE WRITING & SPEAKING

*Peanut Allergies: Is our world too clean  
for our children?*

*Gene Editing-Cures or Scary Science?*

#### PREPARED SPEAKING / SPEAKING SKILLS

*International HOSA Theme:  
Create your Future*

#### BIOMEDICAL DEBATE

*Teen Use of Social Media Should be  
Limited*

#### PUBLIC SERVICE ANNOUNCEMENT

*Pre-Diabetes: Stopping a Runaway Train*

### HEALTHY LIFESTYLE

Website resources are changing.  
[letsmove.gov](http://letsmove.gov), and  
[surgeongeneral.gov](http://surgeongeneral.gov)  
are replacing  
[healthypeople.gov](http://healthypeople.gov), and  
[healthypeople.gov/Adolescent-  
Health](http://healthypeople.gov/Adolescent-Health)

### HEALTH CARE ISSUES EXAM

The USA Today site will be  
retired as a resource, and  
Medline Plus will be added

### CREATIVE PROBLEM SOLVING

The textbook 101 Creative  
Problem Solving Techniques  
By: Higgins is being replaced  
with Strategies for Creative  
Problem Solving By: Folger

### MEDICAL INNOVATION

The name of the event is being  
changed from 'Medical  
Innovation - Advancement' to  
'Medical Innovation - Existing'  
New guidelines will also have  
more information regarding  
patents.



# Medical Reading

The Seven Principles  
of Positive Psychology  
That Fuel Success and  
Performance at Work



SHAWN ACHOR



# *the deadly dinner party*



AND OTHER  
MEDICAL  
DETECTIVE  
STORIES



**MS Medical Reading**



# Competitive Event Guidelines

With all the updates coming out it is important to stay up to date on all of the competitive event guidelines. Make sure to carefully read over the guidelines for your event, so that you can have the most success in the upcoming year's competition. Watch for CE Guidelines for 2017-2018 on September 5, 2017

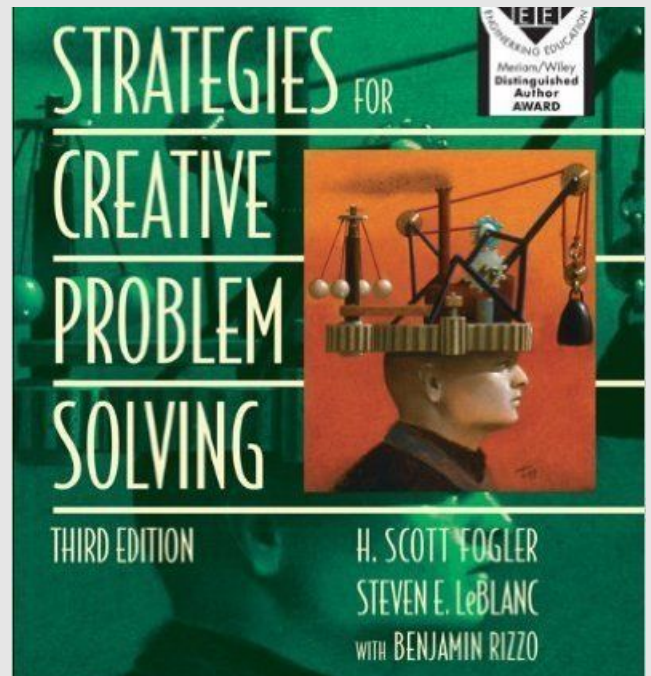
**Do not use the competitive event guidelines on the website until they say 2017**



## Are you excited for our brand new recognition event?

This new event will be called:  
Recognition of Outstanding State Achievement

This event will showcase state's efforts for activities that are not part of the National CE Program.



### CHAPTER REFLECTIONS

The HOSA Chapter Reflection event's name will return to Outstanding HOSA Chapter.

Additionally qualification minimum to be recognized at state will now be changed to 30 - 35 points. Qualification minimum to be recognized at ILC will also now be changed to 35 - 40 points. Finally there will be a clarification of the rating sheets.

### CREATIVE PROBLEM SOLVING

With the change of resources for this event the testing criteria will be updated to better match with content in the new resources for the event.

The Creative Thinking portion will now reflect 30% of the testing.

The Problem Solving Strategies & Skills portion will now reflect 10% of the testing.

The Problem Identification portion will now reflect 10% of the testing.

The Clarification of Problems/Developing The Objectives portion will now reflect 15% of the testing.

The Examining Constraints/Developing Alternatives portion will now reflect 15% of the testing.

The Generating Ideas & Solutions/Deciding a Course of Action portion will now reflect 10% of the testing.

The Sharing Decisions/Troubleshooting/Implementation will now reflect 10% of the



# AzHOSA Membership Updates

**Traditional Member/Advisor**      \$10.00  
National + \$10.00 State = Total 20.00

## **Affiliated Member**

AzHOSA will check the 100 day report and that number will be used for the affiliation membership with a 10% discount on the state dues.

## Requirements

1. Complete the required paperwork on the [www.azhosa.org](http://www.azhosa.org) web site under MEMBERSHIP tab.
2. Choose the type of membership you wish to use:
  - Traditional
  - Affiliated (based on the 100 day report for 2016-17)
3. Enter at least 12 members and 1 advisor by November 1st
4. Have all dues paid by March 5th to be eligible for SLC registration

Below is a promotional video put out by National HOSA for membership. It shows several HOSA members explaining what HOSA means and has done for them. For advisors this may be a resource to show interested students.



# AzHOSA is Introducing a New Video Contest!

Students are encouraged to make a video explaining one competitive event.

This may include an overview of the event guidelines, examples, and tips.

This would help give a better understanding of the events to students. Additionally these videos will be uploaded to Arizona HOSA's YouTube page, this would then help other students prepare for events.

The deadline for these videos to be created is December 15th.

More details and a rubric will be coming out in August.

So start getting excited now, and thinking of ideas for your video!

**First Place will Win Front  
Row Seats at Spring  
Leadership Conference for  
Both Opening and Closing!**

JOIN THE



HIGH SCHOOL  
HEROES  
CHALLENGE

**OCTOBER 2017**

HOST AN ORGAN  
DONATION REGISTRATION  
DRIVE AND COMPETE  
AGAINST OTHER HOSA  
CHAPTERS TO COLLECT  
THE MOST  
DONOR REGISTRATIONS!

CHOOSE ONE OR TWO WEEKS  
IN OCTOBER TO HOLD YOUR  
REGISTRATION DRIVE.

REGISTER PEOPLE AT SCHOOL,  
IN YOUR COMMUNITY,  
ONLINE, WHEREVER!  
THE WINNING CHAPTER  
EARNS A PIZZA PARTY  
AND TROPHY!

DONOR NETWORK OF ARIZONA PROVIDES EVERYTHING YOU NEED TO COMPETE,  
INCLUDING AN ONLINE TRAINING SESSION, PROMOTIONAL ITEMS AND T-SHIRTS.



**FOR MORE INFORMATION OR TO ENTER YOUR CHAPTER  
IN THE CHALLENGE, VISIT [HIGH SCHOOLHEROES.ORG](http://HIGH SCHOOLHEROES.ORG).**

**This October, Arizona HOSA chapters will compete to register the most organ, cornea and tissue donors by holding one-or two-week registration drives. Last year, HOSA students registered more than 3,700 donors! Please view the flyer and visit [www.HighSchoolHeroes.org](http://www.HighSchoolHeroes.org) to learn more and register for this year's challenge. Sign your chapter up as High School Heroes now!**



# Parli Pro



Hello Arizona HOSA, and welcome to this month's edition of "Parli Pro With Ryan O!" In case you missed it last time, my name is Ryan O'Hara, and I will be your state parliamentarian throughout the next year. This monthly series aims to teach each and every member the ins and outs of parliamentary procedure through short, easily understood articles. Without further ado, I call the second session of "Parli Pro With Ryan O" to order!

## ***Previously on Parli Pro with Ryan O***

Parliamentary procedure is used to make certain that a meeting runs smoothly. Robert's Rules of Order, Newly Revised determines HOSA's parliamentary procedure. A gathering must meet quorum in order to conduct business.

An agenda is used to visualize the order that business takes place at a meeting.

Last time, we discussed the components of a successful meeting. However, in order to make any decision that could impact your chapter, a motion must be made. Note that this motion is not the one seen below! A motion, as stated by Robert's Rules, is a "formal proposal by a member, in a meeting, that a group take certain action." In this article, we'll be discussing how to properly make a motion so your HOSA chapter can perform business!

One of the most common motions that will be performed is called a main motion. As the name would imply, main motions introduce business to the assembly at a meeting. It is important that only one main motion is made

before the assembly at a time; we'll discuss the specifics of making a motion within a motion later on.

Let's say that your HOSA chapter had an exceptionally strong bake sale and, after doing the math, you discover that your chapter now has enough money to take a trip to the Moon. Time to pack your bags and go into orbit, right? Not quite. In order to take that out-of-this-world field trip, you'll need to pass a motion.

First, you must follow the proper procedure to speak at your chapter's next meeting. In order to speak, or gain the floor, the following steps must occur:

1. You must stand once the previous speaker has finished speaking.
2. You must call out the chair's title (often "Madame/Mister President" or "Mr./Mrs. Chairman").
3. The chair will recognize you as the next speaker, often by calling out your name.



Once those three steps occur, you have the floor, and can begin to speak. When you are finished talking, you must sit down and yield the floor to the next speaker.

Now, all eyes are on you. You've gained the floor, and are ready to propose a motion to go to the Moon! Despite the formalities, making a motion is quite simple. You must say "I move that...", followed by your proposal. It is important that your proposal is clear and specific so everyone in attendance can perfectly understand your idea. The motion must also be copied down verbatim in your chapter's minutes.



After you have made your motion, ***do not try and debate it***. You must immediately sit down! In order for a motion to move forward into debate, it must be seconded by another member. By seconding a motion, you indicate that you wish to further discuss the motion, not that you necessarily agree with it. To second, simply call out "second!"; easy as that! It's important to note that you do not need to stand or be recognized by the chair to second a motion. If a motion does not receive a second, the chair can ask for a second. If there is no second, the motion is dropped and cannot be voted upon. So you've made your motion, making certain to clearly state when and how you wish to take your chapter to the Moon. After sitting down, another member, spirits in orbit over the thought of taking such a great trip, seconds your motion! Now what?

Next, the chair will restate the motion via the wording: "It is moved and seconded that... (repeat the motion)." By stating the question, the chair makes certain that everyone in the assembly can clearly hear and understand the



Furthermore, it is the chair's duty to make certain that the motion is clearly worded and does not break any parliamentary procedure rules (more on those later).

Now the motion is considered pending, and is open to debate! Debate follows a very specific set of rules, most of which we will cover in next month's article. During debate, members may discuss the merits and/or drawbacks of the discussed motion.

Before a member can speak during debate, they must gain the floor by following the previously mentioned procedure. Oftentimes, the person who originally made the motion is allowed to speak first during debate. It's up to you to make certain that your idea blasts off!

When debate has concluded, the chair will ask: "Are you ready for the question?" If this question is answered affirmatively, all debate ends and the motion is voted upon. Should anyone wish to further discuss the motion, they can say so at this point.

When putting a motion to vote, the chair states: "The question is on the adoption of the motion that... (repeat the motion)." The chair will then explain how to vote, as well as how many votes must be obtained for the motion to pass (often a majority or 2/3's of attending members).

Voting is often done by a voice vote, but can also be done by a show of hands or ballots. After the vote has been conducted, the chair announces the results of the vote. This is done by stating which side (the ayes or noes) won the vote, whether or not the motion was adopted, and what the consequences of the vote results are. Once voting on the motion to take a field trip to the Moon has concluded, the chair will state: "The ayes (or noes) have it, and the motion is adopted. The 30 members of our chapter will take a field trip to the Moon, leaving on August 19th and returning on September 1st." From here, the chair moves on to the next order of business.

As a bottom line, it is essential that the correct wording is used when making a motion. As such, I've prepared a mock script that summarizes everything we went over above, showing how to properly follow every step of a motion!



**YOU.***(stands) Madame President!*

**CHAIR.** Yes, you.

**YOU.** I move that the 30 members of our chapter take a field trip to the Moon, leaving on August 19th and returning on September 1st.

**MEMBER 1.** Second!

**CHAIR.** It is moved and seconded that the 30 members of our chapter take a field trip to the Moon, leaving on August 19th and returning on September 1st. Is there any discussion?

**YOU.** Madame President!

**CHAIR.** You.

**YOU.** A field trip to the Moon would be out of this world! It'd really lighten the atmosphere of our school if we could take some time off and collect moon rocks.

**MEMBER 2.** Madame President!

**CHAIR.** Member 2.

**MEMBER 2.** I think that a field trip to the Moon is unrealistic and not worth the cost. Our chapter should stay grounded and realistic.

**YOU.** Madame President!

**CHAIR.** You.

**YOU.** We could cover the cost for the field trip by using the funds collected from our recent fundraiser. Besides, I believe that the trip would be worth it, both for the entertainment and educational value.

**CHAIR.** Are you ready for the question?

**CHAIR.** The question is on the adoption of the motion that the 30 members of our chapter take a field trip to the Moon, leaving on August 19th and returning on September 1st. Those in favor, say aye.

**MAJORITY.** Aye.

**CHAIR.** Those opposed, say no.

**MEMBER 2.** No.

**CHAIR.** The ayes have it, and the motion is adopted. The 30 members of our chapter will take a field trip to the Moon, leaving on August 19th and returning on September 1st.



**And that about covers it for this month's article. Next month, we'll be going into further depth regarding debate as well as discussing amendments. With that, I now adjourn this edition of Parli Pro With Ryan O!**



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oter needs

t bake sale.

ational value.

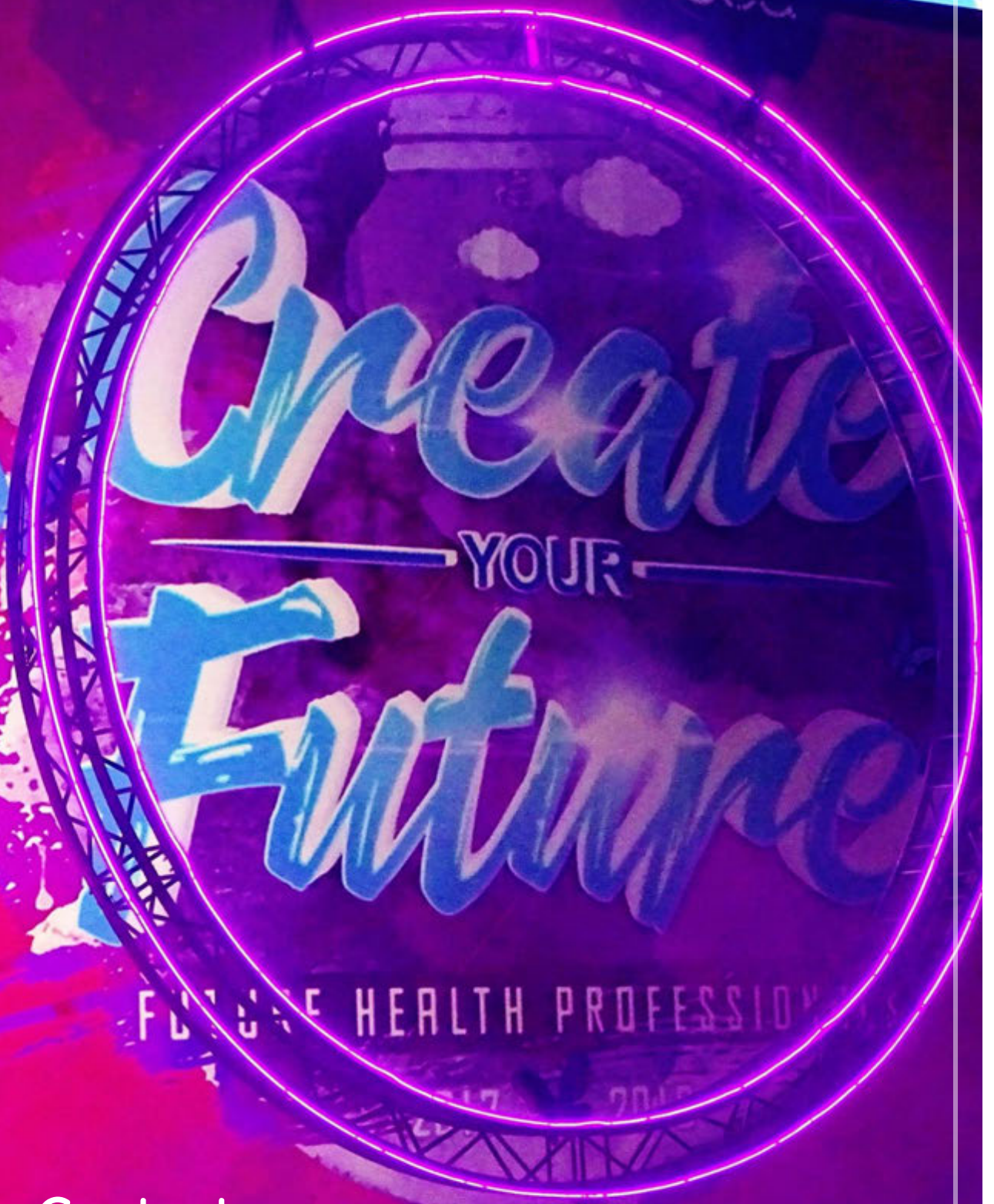
chapter take a field trip to

avor of the motion, say aye.

members of our chapter take a field trip to

er 1st.





## Contacts

[azhosa.org](http://azhosa.org) / [azhosa@gmail.com](mailto:azhosa@gmail.com) / 602-228-5281