ARIZONA HOSA SYNAPSE

Upcoming Events • Patel-iamentary Procedure
New State Officers • Arizona HOSA ILC Pin Design
and More!
WHAT IS "SENIORITIS"?

As we approach the end of the semester, high school seniors and college students alike are probably experiencing this "illness." So, what causes senioritis? Psychology Today describes it as "more developmental and social – an inflammation of the motivation that makes priority attention to studies harder to give." And more importantly... how do we cure it?

ARTICLES ON SENIORITIS:

- **Finishing High School and "Senioritis" (Academic Letdown)**

- **The Dangerous, Costly Phenomenon (That Only Affects High School Seniors)**
  https://counseling.steinhardt.nyu.edu/blog/high-school-senioritis/
HOW CAN YOU TREAT YOUR SENIORITIS?

ACCORDING TO AN ARTICLE BY NEW YORK UNIVERSITY:
Maintain a challenging course load — including the most rigorous courses available, some of which may count toward college credit.
Enjoy the senior experience — but do it responsibly through positive activities that will also keep them out of trouble.
Commit to an internship or career-focused job — that will help inform career choices down the road.
Keep a calendar of deadlines and other important dates — to help stay on track and not overextend themselves.
Avoid obsessing over the college admission process — this can put a damper on senior year and negatively impact the balance they need to maintain.

HOW SENIORITIS AFFECTS DIFFERENT PEOPLE:
THE PSYCHOLOGY BEHIND SENIORITIS — FOR STUDENTS AND ADULTS:
HTTPS://WWW.WBUR.ORG/HEREANDNOW/2017/05/29/PSYCHOLOGY-SENIORITIS

Just remember... you're almost there! You can do it. Remember to reach out to friends, parents, and teachers if you need support. Kick that senioritis to the curb- even though it's tempting not to!
CHAPTER SPOTLIGHT

WEST-MEC MEDICAL ASSISTING AT THE NORTHEAST CAMPUS

TAKING INITIATIVE
Each year, approximately 15,300 children will be diagnosed with cancer. Cancer does not discriminate and is the number one cause of death by disease in children. While the survival rates have improved in the last fifty years, from 10% then to 90% today, for more rare cancers, the survival rate is much lower. In addition, while we have made great strides, the number of diagnosed cases has not declined in the last 20 years.

Though rates haven’t lowered, there are approximately 375,000 adult survivors of children’s cancer in the United States. Cancers that are usually diagnosed in children include: leukemias and lymphomas, and brain, and other central nervous system tumors. Treatments that are dedicated to cancer are normally not used to help treat children that are going through cancer.

There are many causes that can lead to childhood cancer, though the causes of most childhood cancers are unknown to health care professionals. Roughly 5 percent of all cancers in children are caused by an inherited mutation brought on by the genes from their parents.
Most cancers in children have been seen to develop as a result of mutations in genes that lead to uncontrolled cell growth and eventually cancer. In adults, these gene mutations reflect the cumulative effects of aging and long-term exposure to cancer-causing substances. However, identifying potential environmental causes of childhood cancer has been difficult, partly because cancer in children is rare and partly because it is difficult to determine what children could have been exposed to early in their development.

Though childhood cancer is terrible, there is hope. The National Pediatric Cancer Foundation (NPCF) is a nonprofit organization dedicated to funding ongoing research dedicated to eliminating childhood cancer. That's why HOSA has chosen to partner with the NPCF as the HOSA Service Project for the next two years.

Our mission as members is to aid toward helping find the cure for this terrible disease. Since 1991, the NPCF has been a shining light for children fighting cancer and donating millions of dollars to research. Standing side-by-side, HOSA members have been working chapter-by-chapter to raise money and awareness to aid further research endeavors.

This year, West-MEC's Medical Assisting Northeast Campus chapters 39337 and 39341 dedicated their time and held a car wash where we raised $517.66 dollars for the National Pediatric Cancer Foundation. We also held a coin jar competition between classes raising $297.08 dollars. We were also fortunate enough to have generous donors who donated a total of $52.50 cents. Overall, we raised $867.24!"

- Calista Koenig, West-MEC HOSA Historian

Arizona HOSA is very proud of West-MEC Northeast HOSA for all their hard work toward helping the NPCF!
The National Prescription Drug Take Back Day aims to provide safe, convenient and responsible means of disposing prescription drugs, while also educating the general public about the potential for abuse of medications. According to the 2016 National Survey on Drug Use and Health, 6.2 million Americans misused controlled prescription drugs. The study also showed how drugs can be easily abused. Most of the drugs featured in the study were taken from friends or family, often from the medicine cabinet.

The Take Back program is a great way to help prevent drug addiction and even potential overdose deaths. The 2018 National Take Back Day showed exceptional results. Between the 5839 drug collection sites, 4770 law enforcement officers participated and the total weight of drugs collected was 914,236 lbs. The next Take Back Day is on October 26, 2019.

Locations for proper disposal can be found on takebackday.dea.gov/.
Hello Arizona HOSA!

Welcome back to your monthly edition of “Patel-iamentary Procedure!” This is going to be the last edition of “Patel-iamentary Procedure”, and it has been an honor and privilege to write these articles every month for the members and advisors of Arizona HOSA. Throughout this year, I hope that you have gained knowledge -both simple and complex- about parliamentary procedure. If you ever need to look back at any articles for reference, they can be found on the “Publications” page at azhosa.org!
This edition will be a little different as it will consist of a script for a mock meeting using various skills of parliamentary procedure. The meeting in this example will be a HOSA chapter meeting run by thee members of the state officer team, with Adrian Kwiatkowski as the chair.

Without further ado, let’s begin!
Adrian: The meeting will come to order at 3:00 P.M. (rap gavel once). Please rise for the Pledge of Allegiance (the chair will lead the Pledge).

*Say Pledge*

Adrian: May we please have the reading of the minutes by the secretary.

*Briya will then read the minutes of the previous meeting. Minutes differ from meeting to meeting, but they essentially state any motions or topics discussed at that meeting.*

Adrian: Are there any corrections to the minutes?

*The minutes were read correctly, so everyone silently waits.*

Adrian: Hearing none, the minutes are approved as read. The next item of business and order are the reports of officer boards and standing committees. May we please have the treasurer’s report.

Hannah: We started the year with a balance of $2,000. We made $1,000 in revenue through various fundraisers, and had a total of $500 in expenses. As of April 1st, our account balance is $2,500.

Adrian: Are there any questions on the treasurer’s report?

*Silence*

Adrian: Hearing none, the report will be filed as read. The chair recognizes Ms. Elizabeth, chairperson of the service committee, for a report.

Elizabeth: The committee is currently working on designing a booth to raise money for the National Pediatric Cancer Foundation. We will be selling fruit at a Relay for Life event, and anyone interested in helping out should contact me after the meeting.
Adrian: The next item on the order of business are the reports of special committees. The chair recognizes Mr. Javin, chairperson of the blood drive committee, for a report.

Javin: The upcoming blood drive is being heavily promoted throughout campus and the nearby communities. We expect a good turnout at the event, but still need volunteers. If anyone is interested in volunteering, let me know after the meeting.

Adrian: The next item of order and business is unfinished business.

Alex (stands): Mr. President

Adrian: Alex
Alex: I move to take from the table the motion to have an end-of-the-year banquet not to exceed $400 for the members of our chapter.

Josie: Second!

Adrian: It has been moved and seconded to take from the table the motion to have an end-of-the-year banquet not to exceed $400 for the members of our chapter. Those in favor of the motion say aye.

*Everyone says aye*

Adrian: All opposed say no.

*Silence*

Adrian: The ayes have it, the motion carries, and the motion before the assembly is that the chapter have an end-of-the-year banquet not to exceed $400 for the members of our chapter. Is there any debate?
Briya and Javin Simultaneously: Mr. President!

Adrian: As Briya made the motion, she reserves the right to speak first. Briya.

Briya: I speak in favor of the motion. I believe that having a banquet is a great way to recognize the members' hard work and commitment to our chapter throughout the year. It allows us to show our gratitude for all the efforts that everyone put in, and is a great way to end the year.

Javin: Mr. President!

Adrian: Javin

Javin: While I agree that the banquet is a great way to end the year, I believe that $400 is an excessive amount of money for the chapter to spend on the banquet. I do not believe that $400 is needed for the banquet as our chapter is not extremely large.

Josie: Mr. President!

Adrian: Josie

Josie: I believe that $400 is an adequate amount of money to spend on the banquet. In previous years we have spent a similar sum of money with a similar amount of members in our chapter. The $400 allows us to have a nice banquet, and we have gotten very positive feedback in previous years.
Alex: Mr. President!
Adrian: Alex

Alex: My only concern with the motion is that it only encompasses the members of the chapter. I believe that they should be allowed to bring their families as they have done in previous years. The families play a major role in the members’ work, and they deserve some credit as well.

Hannah: Mr. President
Adrian: Hannah

Hannah: I agree with Alex, and I believe that there is a solution to this problem. I move to insert the words ‘and families of members’ after ‘members’ in this main motion.

Josie: I second that motion!

Adrian: It has been moved and seconded to insert the words ‘and families of members’ after ‘members’ in the main motion. If this motion is adopted, the amended motion would read, “The chapter will have an end-of-the-year banquet not to exceed $400 for the members and families of members of our chapter.” Is there any debate?

Adrian: The ayes have it, and the amendment has been adopted. The motion now reads, “The chapter will have an end-of-the-year banquet not to exceed $400 for the members and families of members of our chapter.” Is there any further debate?
Elizabeth: Mr. President!

Adrian: Elizabeth

Elizabeth: I speak in favor of the motion. I think that the banquet is a great tradition that the chapter has every year, and it is an event where we can celebrate the achievements of the chapter throughout the year. We can also hand out awards and recognize those that have qualified for ILC at the banquet.

Adrian: Is there any further debate on the motion?

*Silence*

Javin: Mr. President!

Javin: Seeing that we have exhausted debate on this motion, I move the previous question.

Josie: Second!

Adrian: A motion of previous question will end debate and immediately call for a vote. All in favor of this motion, say aye.

*Everyone says aye*

Adrian: Those opposed, say no.

*Silence*

Adrian: The motion carries, and now we will vote on the main motion. The motion as amended reads, “The chapter will have an end-of-the-year banquet not to exceed $400 for the members and families of members of our chapter.” The vote will be conducted using a show of hands. Those in favor of the motion will raise their right hand...

*All but one hand goes up*
Adrian: Lower hands. Those opposed will raise their right hand.

*Javin nervously raises his hand*

Adrian: The affirmative has the majority of the votes, and the motion passes. That concludes the unfinished business. There is no new business on the agenda, but does the assembly wish to bring forward any new business?

*Silence*

Adrian: Seeing that there is no new business to be conducted, this meeting can now be adjourned. I move to adjourn this meeting at 3:43 P.M.

Javin: I second!

Adrian: Meeting adjourned! (rap gavel once)
HOPefully that Mock Meeting gave you some insight into what a Meeting using some, but definitely not all, aspects of Parli Pro might look like! once again, it has been an Honor to serve as Parliamentarian for Arizona HOSA this year, and it has been a Privilege to write these Articles every month. and that concludes “Patel-iamentary Procedure”! i now adjourn this Final Edition!
International Leadership Conference

Join us for the competitions, networking, and leadership development!

JUNE 19-JUNE 22
CORONADO SPRINGS RESORT, ORLANDO, FL

Participate in this year’s exciting activities and take steps towards a brighter future.
Packing List:

Preparing future health professionals!

- Navy or black suit
- White dress shirt/blouse
- Maroon ascot or tie
- Navy or black dress shoes/heels
- Competition guidelines
- Competition materials
- Toiletries such as: shampoo, conditioner, body wash, deodorant, toothbrush, etc.
- Hair ties, brush bobby pins
- Lint roller
- A belt
- Snacks for your room
ARE YOU READY?
Arrive to ILC confident and competition ready. Remember to review your competitive event guidelines as they provide a detailed list of all the possible materials you'll need!

PACK PROPERLY
To ensure you are ready to succeed, we suggest you pack a couple nights in advance. Essentials are often left behind when packing in a rush. Utilize our packing list above, and check it twice!
MEET YOUR 2019-2020 ARIZONA HOSA STATE OFFICERS
Emily Hakes
President
East Valley Institute of Technology

Mac McGraw
Region 2 Vice President
Paradise Valley High School - CREST

Geethika Ameneni
Region 3 Vice President
Red Mountain High School

Alexandro Lopez
Region 4 Vice President
San Luis High School
Elizabeth Lopez
Gila Ridge High School

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BriyaMarie Contreras

Secretary

Gila Ridge High School

Alaya Alshemari
Historian/Reporter
Glendale Union HCE

Fatma Khalaf
Parliamentarian
West-MEC Northeast
ARE YOU READY TO DEFINE YOUR PURPOSE AT THE 2019 INTERNATIONAL LEADERSHIP CONFERENCE?

DISNEY CORONADO SPRINGS RESORT

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SEE YOU SOON