SYNAPSE
ARIZONA HOSA
HOSA WEEK
DIABETES
REGIONAL OLT
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Hosa Week</td>
</tr>
<tr>
<td>4-5</td>
<td>November Awareness Word Search</td>
</tr>
<tr>
<td>6</td>
<td>Diabetes</td>
</tr>
<tr>
<td>7-8</td>
<td>School Work Stress</td>
</tr>
<tr>
<td>9</td>
<td>S.M.A.R.T Goals</td>
</tr>
<tr>
<td>10</td>
<td>Hosa Regional OLT</td>
</tr>
<tr>
<td>11</td>
<td>Chapter Spotlight</td>
</tr>
</tbody>
</table>
HOSA WEEK!

NOVEMBER 1ST- NOVEMBER 5TH

**MONDAY (FLC)**
Supplies will be provided @FLC to make thank you cards to frontline health professionals.

**TUESDAY**
Dress as Future Profession Day!

**WEDNESDAY**
Wear green & blue for Be the Match!

**THURSDAY**
Diabetes Awareness Wear Blue!

**FRIDAY**
Tell us what your thankful for using #AZHOSALOVE

Make sure to post and tag us on your Instagram stories or posts to get featured on our Instagram!
Diabetes

What’s Diabetes?

**Type 1 Diabetes:**
Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin.

**Type 2 Diabetes:**
With type 2 diabetes, your body doesn’t use insulin well and can’t keep blood sugar at normal levels.

**Treatments:**

*Type 1:*
Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

*Type 2:*
Treatments include diet, exercise, medication, and insulin therapy.

Source: [www.cdc.org](http://www.cdc.org)
## Schoolwork Stress

### What is Stress?

Stress is the behavioral, mental, and physical processes that occur in response to an environmental event or stimulus we perceive as threatening. There are multiple mediating factors that can affect the increase or decrease of a response to a stressor.

### Warning Signs of Stress

- Irritability
- Sleep Changes
- Low Motivation
- Difficulty Concentrating
- Lack of Self-Control
- Headaches/Stomachaches
- Changes in Weight

### Identifying

Schoolwork stress can occur in all different age ranges. It is important to recognize the early signs and symptoms to prevent an eventual burnout. Multiple articles have stated that homework is the leading cause of stress. A survey done by American Psychological Association found that nearly half of all teens were stressed by school pressures. For older students, it is easier to recognize signs of stress. However, younger students may not recognize the stress warnings which can lead to detrimental effects on their health. This makes it even more important for us to stay educated and help recognize the signs of stress.

### Additional Resources

- [https://www.learningliftoff.com/10-signs-your-student-is-too-stressed/](https://www.learningliftoff.com/10-signs-your-student-is-too-stressed/)
Long-Term Effects

- Weaken immune system, as we stress, our symptoms during illness is significantly worse
- An increase in heart disorders as the body is in a constant state of exhaustion, the increased heart rate and blood pressure causes the heart to work harder
- More susceptible to serious diseases/disorders
- Weight changes as many people turn to stress-eating as a coping method

Short-Term Effects

- Frequent headaches/stomachaches
- Changes in sleeping schedule
- Muscle Tension/Pain
- Increased heart rate and blood pressure
- Fatigue
- Shortness of breath
- Sweating
- An increase/decrease in appetite
S.M.A.R.T. GOALS

A SMART Goal is a technique used to help guide goal setting. This acronym focuses on how important a goal is and what can be done to accomplish it.

Specific: Be clear and specific about your goals so that they are easier to achieve. This is a great way to know where and how to get started. Tip: answer "w" questions such as "who" and "what".

Measurable: What will determine if you meet the goal? Measurable goals should be tracked, enabling you to see your progress.

Achievable: This part focuses on what you can do to make this goal attainable. Is it in your power to accomplish it?

Realistic: Make the goal realistic, this way you will avoid unnecessary stress and overwhelm.

Timely: Setting a date helps you stay focused and motivated, inspiring you and providing you with something to work towards something.
How do Regionals Work?

- Take an online test for any of the 12 listed competitive events.
- If you attain a high enough score, you compete at a Regional Conference which will take place in Jan/Feb depending on which Region your chapter is in.
- If you are interested in competing in any of the 12 competitive events listed below, please visit this website to learn more regarding how to register for a Regional test and the Regional Conference.
  - [https://www.azhosa.org/regional-conferences](https://www.azhosa.org/regional-conferences)
- **Regional Online Testing Window: November 8–19th**

### REGIONAL COMPETITIONS

- CPR/First Aid
- Forensic Science
- Health Career Display
- Health Career Photography
- Job Seeking Skills
- Medical Assisting
- Nursing Assisting
- Prepared Speaking
- Public Health
- Public Service Announcement
- Sports Medicine
- Veterinary Science
THE ROAD TO STATE LEADERSHIP CONFERENCE

USE THIS TOOL TO DETERMINE HOW TO REACH THE STATE LEADERSHIP CONFERENCE IN 2022!

1. CPR/First Aid
2. Forensic Science
3. Health Career Display
4. Health Career Photography
5. Job Seeking Skills
6. Medical Assisting
7. Nursing Assisting
8. Prepared Speaking
9. Public Health
10. Public Service Announcement
11. Sports Medicine
12. Veterinary Science

CHOOSE A COMPETITION FOR THE 2022 STATE LEADERSHIP CONFERENCE

IS THE COMPETITION ONE OF THE 12 REGIONAL EVENTS?

Yes

Register and Take a Regional Online Test between November 8-19, 2021

If you qualify, compete at your Regional Conference in January/February 2022

If you place in the top 5 at the Regional Conference, you are eligible for the State Leadership Conference!

ATTEND AND COMPETE AT THE 2022 STATE LEADERSHIP CONFERENCE!

No

Register and Take a State Online Test between January 10-21, 2022

If you qualify, register for the State Leadership Conference
The West-Mec Northeast Campus chapter has been helping out locally and toning up their medical skills! They've been marking up their volunteer hours by helping out at Andre's House and the Ronald McDonald House. Through their contributions, they have helped feed numerous children and families! Chapter members have also mastered their injections and are learning EKG's and venipuncture. In addition to all the volunteering and hard work they've been doing, they've set an exceptional example of HOSA hype by hosting their own spirit week for medical assisting week and by supporting each other to grow as future health professionals!
November Awareness Word Search Solution

Word Bank
Alzheimer Diabetes Huntington Osteoporosis COPD Diabetic Eye Lung Cancer Epilepsy Marrow Stomach Cancer Pancreatic Cancer AZHOSALOVE