



2022
FALL
LEADERSHIP
CONFERENCE

November 10, 2022
Phoenix Convention Center

2022 CONFERENCE AGENDA

Check-in & Registration - 8:30a - 9:30a

Opening Session - 9:30a - 10:30a

Breakout Session 1 - 10:45a - 11:30a

Breakout Session 2 / Lunch A - 11:45a - 12:30p

Breakout Session 3 / Lunch B - 12:45p - 1:30p

Breakout Session 4 - 1:45p - 2:30p

Breakout Session 5 - 2:45p - 3:30p

Drive Home Safely!!

Conference Rules and Expectations:

Please remember that at this conference, you are representing not only yourself, but also your school and Arizona HOSA. Be sure to put your best foot forward and follow all of our conference rules and expectations.

- Conduct yourselves in a professional manner at all times. This includes giving speakers your full and undivided attention during sessions, as well as moving with a purpose between breakout sessions.
- Conference attendees are expected to attend all breakout sessions. Your advisor put in the work to bring you here for an engaging and educational experience, not to roam the halls of the Convention Center!
- Please use respectful language at all times while in the Phoenix Convention Center. If you wouldn't say it in your classroom, or to your favorite grandmother, don't say it here!
- There is absolutely no use of drugs or alcohol at this, or any other HOSA event. Failure to comply will result in parent/guardian being asked to pick up conference attendees at their expense.
- If your chapter is eating lunch off-site, please make sure you are always accompanied by an advisor or chaperone. Downtown PHX is great, but today is not for exploring the city, and DEFINITELY not by yourself!
- HAVE FUN! We have worked hard to bring you such great content, so take advantage of all of the learning, networking and leadership opportunities you have been given today!

Breakout Sessions						
Room #	1	2	3	4	5	Session Title
121AB	x	x	x	x		Student Panel - Future Health Professionals - UA
121C	x			x		How to Run for State Office
		x	x			Who Sits at Your Table?
					x	Put Your Best Tallo Profile Forward!
122AB				x	x	Saving Lives Through Stem-Cell Transplant - Be The Match
	x	x				Careers in Exercise Science: A Host of Possibilities
122C						Genetic Transformations: The Powerhouse of Bioengineering
		x	x			Preparing for Medical School
				x	x	Physical Therapy: What is your path?
123	x	x				Vitals 101 - Live Lesson!
			x	x	x	Suture Clinic - Live Lesson
124A	x	x	x	x		The ASVAB & Military Education Benefits
124B	x	x				HOSA Bowl Clinic
				x	x	Ending the Silence - NAMI
125AB			x	x	x	TGen Summer Student Opportunities
	x	x				Mayo Clinic Opportunies / Work Readiness
126AB		x	x	x	x	Stop the Bleed! - Dignity Health
126C	x	x	x	x		Dead Men Do Tell Tales
127AB	x					Careers in Medicine - a Physicians Panel!
		x				The Life of a Sports Medicine Physician
				x		A Look at Dementia
127C	x					Veterinary Careers and Advancement
		x	x			Is M.D. Right for Me? - CareerSteed.com
				x	x	A Day in the Life of a Vet at a General Practice Hospital
128A	x	x	x			Change Traffic Culture w/ Health Prevention Frameworks
				x	x	Put your Dream to the Test
128B	x					Making your Mental Health a Priority
		x	x			Coping Skills 101
					x	Mental Health Careers
131AB	x	x	x			Let's Treat a Virtual Patient Together - Body Interact
					x	Bringing Virtual Patients into the HS Classroom (Advisors)
131C	x	x	x			Balancing the Hard Skills and Soft Skills in a Health Career
				x	x	Find Your Purpose
224B		x	x	x		Organ Donation 101 - Donate Life Arizona
	x					Becoming a Nurse with ASU
225AB	x	x		x		Staying Motivated
			x			Finding your Next Steps to a Career in Healthcare
226AB				x	x	The best interview you've ever had
	x	x				Writing the ultimate resume for a healthcare career
228AB		x	x			The Power of Time-Traveling Into the Future - The Unconventional Secret to Achieving Your Goals
				x		CommYOUity: The Unconventional Secret to Human Connection and Team Building

Breakout Session Descriptions:

The Power of Time-Traveling Into the Future: The Unconventional Secret to Achieving Your Goals - Mike Iskandar

Room #228AB (Offered Sessions 2 &3)

What if you could travel ahead in time to every age of your future? What would you learn not just about what's to come, but what's possible now? Using a fast-paced and engaging mix of storytelling, individual reflection, group activity, and hands-on challenges, this fun, eye-opening workshop will empower participants to... -Take the counterintuitive step of looking back as the first step to looking ahead -Knock down limiting beliefs and perceptions about what's possible in the future -Shift their focus from what they are doing to who they are becoming -Redefine their sense of time by bringing the wisdom of their future selves into the present -Use existing envy and jealousy as a competitive advantage with one simple email -Transform anxiety, fear, and pessimism for the future into confidence, excitement, and optimism This workshop connects participants to their greatest hopes and uplifts them with a fresh new view of they are. I'll share how my time-travel experiences led me to a dream life, and how others can quickly get on the path to their own dreams.

CommYOUity: The Unconventional Secret to Human Connection and Team Building - Mike Iskandar

Room #228AB (Offered Session 4 Only)

What if the concept of community didn't just refer to the people around us, but the past, present, and future versions of ourselves within us? We typically think of community as the friends, family members, colleagues, and fellow citizens that surround us--both locally and globally. But with the power of time travel comes the powerful realization that there is also a community within us, composed of all the past and future versions of ourselves that have and will shape us. These past and future versions of us are self-contained resources that can guide us through challenges and connect us to our Super Self (an accumulation of the best of who we were, who we are, and who we'll become).

Here's where it gets even juicier. What if we didn't just time travel into our own past and future, but also into the past and future of others? What if we didn't just connect and learn from our own internal community, but also the internal community of others? (Each other's whole selves) In this portion of the workshop, participants will learn the art and power of connecting to the past and future selves of the people we want to bond most with (friends, family, colleagues, potential employers).

Medical Student Panel - Various Presenters / University of Arizona

Room #121AB (Offered Sessions 1, 2, 3, 4)

Learn firsthand about health professions and the college experience from current University of Arizona CALS students. This student panel will give HOSA members insight into the requirements, opportunities, and majors at the UA. Attendees will be able to ask the questions they would like to students currently in the pursuit of their dream career!

How to Run for State Office - Arizona HOSA State Officer Team

Room #121C (Offered Sessions 1 & 4)

Have you ever considered running for State Office for Arizona HOSA? The current team will share their experiences so far, and give you tips, tricks, and reminders about what it's like to run for office, but also why it has been so valuable for them! Don't miss this one!

Breakout Session Descriptions (cont'd):

Who Sits at Your Table? - Arizona HOSA State Officer Team

Room #121C (Offered Sessions 2 & 3)

Every successful business has a strong Board of Directors to help guide them and make important decisions. But what if you considered yourself a business and had to recruit the dream team to guide you toward success? Let our State Officer team take you through a hands-on workshop to help you create your own Board of Directors to take you to the top!

Put Your Best Tallo Profile Forward! - Arizona HOSA State Officer Team

Room #121C (Offered Session 5 only)

In this digital world, it's more important than ever to make sure your online profile represents your best professional self. In this session, our State Officer Team will show you the benefits of using Tallo as an online platform to both sell yourself to colleges and employers, but also to upload the material needed for your upcoming competitions with HOSA! Learn how to apply for scholarships, connect to both businesses and universities, and even find local internships in your career field! You'll want to take notes at this valuable session, for sure!

Saving Lives Through Stem-Cell Transplant - Aubrie Vargas / Be The Match

Room #122AB (Offered Sessions 4 & 5)

HOSA is saving lives!! Thousands of people are diagnosed every year with life-threatening blood cancers and diseases like leukemia and sickle cell. They depend on Be The Match and our supporters to find a match to save their life.

As the global leader in blood stem cell transplantation, we connect the world's most diverse registry of donors with patients who are their genetic match. Just 30% of patients needing a transplant have a full match within their family. The other 70% of patients turn to us for help. Learn how you and your HOSA chapter can contribute to this important organization!

Careers in Exercise Science: A Host of Possibilities - David Spierer / Long Island University

Room #122AB (Offered Sessions 1, 2)

The field of Exercise Science is vast, and always growing! This session will provide attendees with an overview of how to pursue a career in exercise science or exercise physiology. Specific attention will be paid to certifications, academic requirements, and other allied health profession opportunities.

Genetic Transformations: The Powerhouse of Bioengineering - Galyna Kufryk, Ph.D. / GCU

Room #122C (Offered Session 1 Only) - Limited Seating!!

Since its discovery in 1928, the phenomenon of genetic transformation has been extensively studied and used to incorporate the native and recombinant genetic material into the cells. It has literally transformed human lives in many ways yet many of us know very little about it. This workshop will focus on the mechanisms and applications of genetic transformation in bacteria and provide the foundation for the understanding and practical use of transformation technique.

Breakout Session Descriptions (cont'd):

Preparing for Medical School - Deanna Hughes / A.T. Still University

Room #122C (Offered Sessions 2 & 3)

Being ready to apply for medical, dental, PA or other graduate school programs takes years of preparation. Entrance exams, shadowing health professionals, community service and hands on clinical skills...all while maintaining a competitive GPA. How can you possibly get it all done? Come learn some helpful tips on how to set yourself up to have a productive and enjoyable undergraduate experience while preparing for graduate school.

Physical Therapy: What is your Path? - Letha Zook / Franklin Pierce University

Room #122C (Offered Sessions 4 & 5)

This presentation will investigate the pathways that can lead you to the profession of Physical Therapy. You will learn about the Physical Therapy Assistant and the Doctor of Physical Therapy careers. There are many paths that can lead you to becoming experts in helping individuals maximize their quality of life.

Grand Canyon University

Room 123 - LIMITED SEATING!

Live Lessons!!

Vitals 101 - Henry Geronimo / Grand Canyon University

Offered Sessions 1 & 2

In this interactive workshop, students will learn proper auscultation techniques for the heart & lungs using a stethoscope. We will also demonstrate how to accurately take basic vitals such as blood pressure. Make sure to stop by this session to learn some fun and fundamental clinical skills!

Suture Lesson - TBD / Grand Canyon University

Offered Sessions 3, 4, & 5

In this hands-on workshop, students will learn the various techniques used to close different types of wounds using the suture methods practiced by doctors and nurses in all different healthcare settings! Attendees will get to practice on life-like models and learn some truly valuable skills!

The ASVAB & Military Education Benefits - Regina Mendina Pellow / US Army

Room #124A (Offered Sessions 1, 2, 3, & 4)

The U.S. Army has become cutting edge in the area of career searching and premium education resources. No longer is the ASVAB only a military entrance assessment! Join us as we explore the ASVAB and education advantages available in our military.

Breakout Session Descriptions (cont'd):

HOSA Bowl Clinic - Jon Howell/Sharon Black / Arizona & National HOSA

Room #124B (Offered Sessions 1 & 2)

Come learn tips and tricks for how to compete in one of the most exciting competitive event HOSA has to offer. HOSA Bowl allows teams of 4 to answer HOSA and medical questions, game-show style! Get a leg up on the competition by attending this hands-on and competitive session! The bulk of this workshop consists of audience-based teams going head-to-head in a demonstration of the buzzer rounds.

Ending The Silence - LeAnn Boman / NAMI - Valley of the Sun

Room #124B (Offered Sessions 4 & 5)

Ending the Silence is an important, evidence-based, session designed for students interested in Mental Health studies. Those that attend this session will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.

Mayo Clinic Opportunities & Work Readiness - Ronald Mack / Mayo Clinic

Room #125AB (Offered Sessions 1 & 2)

This brand new presentation will provide an overview of Mayo Clinic opportunities and how you can be a part of the #1 hospital in the United States! You will also learn very important interview and resume tips to help you to the find the career of your dreams.

TGen Summer Student Opportunities - Kristin Kaus / TGen

Room #125AB (Offered Sessions 3, 4, & 5)

In this workshop, you will hear more about the groundbreaking research being done at TGen as well as learn more about their summer opportunities for students. High School students are able to participate in TGen's Bioscience Leadership Academy and Undergrads are able to apply to the Helios Scholars at TGen. We will talk more about tips and tricks within the application process as well. Don't miss out on this amazing opportunity!

Stop the Bleed! - Matthew Karger / Dignity Health

Room #126AB (Offered Sessions 2, 3, 4, & 5)

Minutes count! Someone who is severely bleeding can bleed to death in as little as 5 minutes. That's why bleeding control—keeping the blood inside the body—is the purpose of STOP THE BLEED® training! Come to this hands-on training session where you can learn all that you need to care for a patient with a bleeding emergency!!

Breakout Session Descriptions (cont'd):

Dead Men Do Tell Tales - Presenter Name / Organization

Room #126C (Offered Sessions 1, 2, 3, 4)

Victims may not speak, but what they can tell us may give us answers to what happened, how it happened, cause of death, manner of death, and time of death. Forensic scientists are tasked with the collection, preservation, and analysis of scientific evidence during a crime scene investigation. If your competitive event is Forensic Medicine, don't miss this one!

Careers in Medicine - A Physician's Panel - Maricopa County Medical Society

Room #127AB (Offered Session 1 only)

This is a new, exclusive session, that you definitely don't want to miss! For the first time, HOSA has partnered with 3 different facilities to bring you Dr. Marc Matthews (Arizona Burn Center), Dr. Soyoung Park (Cancer Treatment Centers of America), Dr. Tarun Bassi (Bassi Clinic) & Mr. Ani Singh (medical student @ Midwestern University) to present a premier physician's panel session. These amazing providers will share what it's like in their day-to-day careers and will be able to answer attendees' questions about their respective careers! Check this one out, for sure!!

The Life of a Sports Medicine Physician - David Carfagno, DO / Scottsdale Sports Medicine Institute

Room #127AB (Offered Session 2 Only)

Are you considering a career in Sports Medicine? Come hear from one of the premier Sports Medicine physicians in Arizona to learn what it's like to care for athletes of all kinds. Dr. Carfagno has worked with amateur and elite athletes alike...been in the office, on the sideline, and even ringside! Check out his advice to you as you begin your pursuit of a career in sports medicine!

A Look at Dementia - the Disease and Associated Careers - Gillian Hamilton, MD. / Hospice of the Valley

Room #127AB (Offered Session 4 Only)

Dementia is a disease that affects more than 3 million new people each year. Come to this important session to learn the basics about the disease, and what we can do as future healthcare professionals to work with these patients to improve their overall quality of life. Careers in this field are growing quickly, and knowing how to pursue these careers will be valuable information!!

Veterinary Careers & Advancements- Jessie Nelson / Pima Medical Institute

Room #127C (Offered Session 1 Only)

Come and learn about all of the different career options that exist for veterinary technicians and how they might vary between large and small animal choices. Attendees will also get valuable information that will help you advance in your veterinary medicine career.

Breakout Session Descriptions (cont'd):

Is M.D. Right for Me? Understanding the Journey to Becoming a Doctor - Brian Vaio / Steed

Room #127C (Offered Sessions 2 & 3)

Becoming a Doctor is no joke! It takes at minimum 10-11 years of education and training after high school. It can be a tremendously rewarding profession, but like any career, it's not for everyone. Hear first hand from a young doctor, as she both explains what it takes to make it, and shares her own personal journey to M.D. Then learn about how her experiences inspired her husband to use his background in Education Technology (EdTech) to launch a new startup to help students, just like you, navigate the big question "Should I Become a Doctor?" Come ready with questions for this fun, interactive session!

A Day in the Life of a General Practice Veterinary Hospital - Heather Bonaski & Nichole Westerweel, DVM / AzPetVet

Room #127C (Offered Sessions 4 & 5)

If you are planning on pursuing veterinary medicine as your career, you won't want to miss this session! Join us as we share what a day in the life at a general practice hospital looks like. We will provide an overview of what it takes to become a Veterinarian and a Veterinary Technician, and discuss how each position contributes to the success of our hospitals each day.

Changing Traffic Culture w/Healthcare Foundations - Gabriella Kolodzky / Texas A&M University

Room #128A (Offered Sessions 1, 2, 3)

Have you wondered why people choose to drive impaired or distracted? This workshop gets at the root of the problem and presents a public health approach to traffic safety. Teens in the Driver Seat is a nationally recognized best practice program in peer-to-peer traffic safety and will workshop attendees through behavior change models and empowerment activities to activate the traffic safety ambassador in each of us. This session is perfect for those interested in a career in Public Health!!

Put Your Dreams to the Test! - Eileen Walker / Banner Health - Healthcare Leadership

Room #128A (Offered Sessions 4 & 5)

Your dream has power. It can inspire you. It can empower you. But will it reward you? In this fun and interactive session, I will show you how to do the things needed to make your dream come true. This session will crystallize your vision and strengthen your commitment by instructing you to answer yes to questions like: Is my dream really my dream? Do I have a strategy to achieve my dream? Am I willing to pay the price for my dream? How does my dream benefit others?

Making Your Mental Health a Priority - Katy-Marie Becker / Banner Health

Room #128B (Offered Session 1 Only)

Mental health is a huge part of our overall health and well-being. And we all know that over the last few years, mental health has come to the forefront of not only healthcare, but self-care as well! Come learn some tips and tricks on how to make your mental health a priority and how to strengthen your mental health and wellness.

Breakout Session Descriptions (cont'd):

Coping Skills 101 - Katy-Marie Becker / Banner Health

Room #128B (Offered Sessions 2, 3)

Healthcare, and life, can be stressful, especially in today's world! Coping skills are one of the many tools we need to help us manage our stress. So come to this interactive and engaging session to learn all about the basics of coping skills and even how to use some of them!

Mental Health Careers - Katy-Marie Becker / Banner Health

Room #128B (Offered Session 5 Only)

Do you have a passion for mental health and wellness? Have you ever thought about different career options in the mental health field? Do you know you want to work in mental health, but aren't sure what career would be the best for you? We'll discuss different types of careers in the mental health field, what these roles do, and the education required!

Let's Treat a Virtual Patient Together! - Kevin Ardon / Body Interact

Room #131AB (Offered Sessions 1, 2, 3)

This session will demonstrate how activities with Virtual Patients can help develop critical healthcare skills. We will present how this immersive simulation experience uses hands-on teaching and learning methods by using Virtual Patients. Attendees of this session will also be challenged to solve a simulated clinical scenario!

Balancing the Hard Skills and Soft Skills in a Health Career - Roger Adams / CVS Health

Room #131C (Offered Sessions 1, 2, 3)

Yes, you need the technical skills necessary to work in your chosen health career industry. But that's not always enough! Come check out this valuable workshop that will address finding a balance between those hard/technical skills, and the soft skills needed to both happy and successful in careers such as pharmacy and medical research.

Find Your Purpose - Kota Bermudez / Gr8on

Room #131C (Offered Sessions 4, 5)

"Your world is not falling apart, it is falling into place". Those are the song lyrics Kota Greaton heard one day, that brings him to motivationally speak to our youth. His experience inspired him to take what life throws at you and turn it into a positive effort toward learning from and living life.

Becoming a Nurse with ASU - Shawna Nelson / Arizona State University

Room #224B (Offered Session 1 Only)

Join Arizona State University's Edson College of Nursing and Health Innovation to explore the role of a Registered Nurse, how to become a nurse, the nursing pathways offered at ASU and similar professions in health care.

Breakout Session Descriptions (cont'd):

Organ Donation 101 - Darion Padilla / Donate Life Arizona

Room #224B (Offered Sessions 3, 4, 5)

We all know that there are so many myths out there about the organ donation process. Come learn about all the true aspects of organ, eye, and tissue donation. This workshop will cover donation facts, careers in donation, how you can get involved today, and so much more.

Staying Motivated! - Sandra Brightwell / Central Arizona College

Room #225AB (Offered Sessions 1, 2, 4)

This fun and engaging session will help attendees to better understand the concept of Motivation; what is it, how to maintain it, and why it is important, particularly as one is finishing high school and transitioning to college, the workforce or the military

Finding Your Next Steps Toward Your Health Career at ASU - Shawna Nelson / Arizona State University

Room #224B (Offered Session 3 Only)

Join us, ASU College of Health Solutions and Edson College of Nursing and Health Innovation, to learn about the degrees that will lead towards the health career you want.

Writing the Ultimate Resume for Healthcare Careers - Troy Maskell / Goodwill of Arizona

Room #128AB (Offered Sessions 1 & 2)

Do you know the true purpose of having a resume? You might be surprised at the real answer! Come to this interactive and relevant session that will walk you through the steps needed to build the ideal resume for landing that dream opportunity! Attendees will be led through a mobile-based resume builder and will leave the session with a working resume that can be used for almost any application!

The Best Interview You've Ever Had! - Troy Maskell / Goodwill of Arizona

Room #226AB (Offered Sessions 4 & 5)

Great! You landed an interview at your dream job! Now what? Come to this session to learn all the steps you need to take to ensure a successful interview! From the preparation ahead of time, to the day of, and even the follow-up, there are so many aspects of an interview that can work either for or against you. So don't miss out on this opportunity to put you a step ahead of your competition!

Advisor Session Descriptions:

Mandatory Advisor Session - Sandra Oligny / Arizona HOSA

Room #129A (Session 1)

Advisors should plan to attend this session to get some important updates from the Arizona HOSA office!

Competitive Event Updates - Rebecca Goetz / Arizona HOSA CE Committee

Room #129A (Offered Sessions 2 and 3)

There are so many updates regarding Competitive Events from the International Level, we gave it its own session!! Come here all about some new events being offered, and some get the important Tallo information you will need for competitions this year!

AzHCEA Updates - Hailey Adams / Arizona HCEA

Room #129A (Session 4 Only)

Come and hear the newest updates from AzHCEA President, Hailey Adams! Learn what benefits you will receive as a member of this valuable organization. There will also be the opportunity to provide AzHCEA with suggestions for how they can continue to support the needs of Healthcare Educators in the state of Arizona!

Bringing Virtual Patient to High School/CTE Classrooms - Kevin Ardon / Body Interact

Room #131AB (Session 5 Only)

In this session, participants will learn how and where to use Virtual Patient in their Health Science Curriculum. We will cover specific examples of teaching health science concepts, teamwork, and clinical and technical skills. In addition, teachers will interact with a Virtual Patient to illustrate the learning process during a Virtual Simulation.



Arizona

YOU can make an impact in organ, eye, and tissue donation!

Learn about it. Talk about it. Register as a donor today.

Help save and heal lives by
registering to be an organ, eye, and tissue donor.



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