CHOOSING A MAJOR? JOURNEY IN HOSA?

SEE HOW A STATE OFFICER & HER FAMILY MADE AN IMPACT IN A LOCAL COMMUNITY

NATIONAL CELILAC AWARENESS MONTH

ACNE TIPS WITH YOUR SECRETARY
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INTRODUCTION

Although the school year has just begun, it is never too late to think ahead to your future educational career pathways and endeavors. To all the current seniors in high school, congratulations! You are one step closer to achieving your dreams of becoming a future healthcare professional. Although your journey in high school is coming to an end next Spring, it is never too early to start thinking about where you want to go to college, the major you want to pursue, and your continued involvement in HOSA. This article will hopefully give you an insight on how to pick a major you want to pursue and how to stay involved in HOSA.

JOURNEY IN HOSA

Though your time in high school will end, your journey with HOSA doesn’t have to! As seen through my experience, upon graduating from high school, I was able to stay involved with HOSA through my local chapter at the University of Arizona campus and eventually ran to serve as your Postsecondary/Collegiate VP. No matter where you might attend college, your journey with HOSA can continue with you! Find a local chapter on your college campus and if there isn’t one, reach out to your State Executive Council or the State Advisor to help create one! Want to stay involved but not in college? You can sign up to be an alumnus of our organization. The benefits and opportunities of being in HOSA will never end no matter what you decide.

LITTLE ABOUT DERICK

Hello everyone, my name is Derick and I serve as your Postsecondary/Collegiate Vice President. Currently, I am a Junior at The University of Arizona Honors College where I am majoring in Physiology and Medical Sciences with minors in Biochemistry, Psychology, and Health and Human Values. Outside of HOSA, I am also involved with Arizona Ambassadors, Delta Tau Delta, Alpha Epsilon Delta, Pre-Health Ambassador, and ZonaZoo.
HOW TO CHOOSE THE RIGHT MAJOR FOR YOU?

With a plethora of different majors to choose from, how do you know which one will be the best one for you? A major will be your specialized area of study while a minor can be seen as a “mini-major” where you can take classes from a different discipline. It is important to note that while your major will define your collegiate career, this will not define your ability to gain admission into health-related professional schools. When considering choosing a major, there are a few factors that can help you decide. Some factors to think about would be but are not limited to: career prep, subjects you love, and what you want to do in life. There are so many majors out there so major in something that you are passionate about while ensuring that you will meet the requirements for graduate schools or health-related professional school.

BREAKING THE MYTH

- Let’s break some myths about choosing a major. When choosing a major, know that your major will not determine your career. The experience you gain, the connections you make, and the skills developed are just as important as your major. Majoring in chemistry does not mean you have to become a chemist.
- You need to have your major picked out before applying to college or even choose a pre-listed major. Interestingly, over 75% of students start their college career going in undecided and choosing a major after taking courses at their college. Moreover, switching your major throughout is also very normal to see! College is the time for you to explore your interests so do whatever will make you the happiest.

A LITTLE SECRET

As students who are a part of a health focused organization, most students will want to pursue a career in health. But, what if I told you that you don’t have to major in anything science related? Now most of you might say, “Derick, you’re crazy!” Don’t worry, I know what I am talking about. Your ability to pursue a career in the health industry does not depend on the major you choose. You can still get into medical school, dental school, and other health programs as long as you meet the pre-requisites of the school. So, major in something you are passionate about!
Hey AZ HOSA! My name is Ariana Flores and I am your state Historian/Reporter! In this article, I will be sharing how my family helped out a community in need during the month of August. Here's some background on how we helped:


As you might’ve heard or read, Gila Bend, Arizona was hit with a terrible monsoon storm that involved flooding during the month of August. This flooding caused devastation in the small town. It was so severe, that a state of emergency was declared. My family is connected to Gila Bend as we have family and friends that live in the city, so when my family saw that this happened to such a humble community, we knew we wanted to help out, and here’s how we did it.
On August 14th, my entire family including aunts, uncles, and cousins, woke up to messages in a family group chat containing a few screenshots of Gila Bend's necessities. The way we wanted to help out, was by providing an easy meal to hand out to those that would be arriving to Gila Bend High School. So, we decided to order pizza and purchase bottled water to take down to the community.

We feel so grateful and fortunate that we were able to help out during a time like this. It's moments like these that my family realizes we are one very lucky and fortunate family, to be able to help out a community. The thank you's we received from the community were priceless and a feeling that we will never forget.

With this being said, I would like to invite all AZ HOSA members to our Link Tree linked in our Instagram bio to look for community service opportunities! I encourage you all to go out and make an impact in your community, big or small, because even a little help, goes a long way! Remember to keep track and log all your hours, so you can try and qualify for the individual HOSA awards and the Barbara James Service Award (more details on our website).
A SPECIAL SHOUT OUT TO THESE HOSA MEMBERS THAT TOOK PART!

Jaslin Avila

- Youngker High School: Sports Medicine
- West-Mec SW Campus: Physical Therapy Technician

Arturo Flores

- Buckeye Union High School: Medical Assisting

AND THANK YOU TO:

The Morales Family & Mares Family
What is Celiac Disease?
Celiac disease is an autoimmune disorder that causes sensitivity to gluten. Gluten is a protein found in many foods, specifically wheat. Patients with Celiac's disease may undergo digestive disorders when they eat gluten.

Do you have Celiac Disease?
You can get serology testing for blood antibodies or genetic testing for antigens in order to determine if you have Celiac Disease.

Ways to help:
Raise Awareness about gluten sensitivities and Celiac Disease in your community!

HELP RAISE AWARENESS FOR NATIONAL CELIAC DAY ON SEPTEMBER 13, 2021!
Acne is the result of hair follicles becoming clogged with sebum and dead skin cells. It leads to redness and inflammation in the pores. Although acne can affect people of all ages, it is more common among teenagers whose oil glands become stimulated when certain hormones activate during puberty. As someone struggling with acne, I wanted to use this platform to talk about some solutions and the main medications used to treat acne.

Three Acne-Fighting Ingredients

The two first two ingredients, salicylic acid, and benzoyl peroxide are the most accessible. Many over-the-counter products contain one of these ingredients. From leave-on treatments to wash-off cleansers, salicylic acid and benzoyl peroxide products are some of the most effective acne-fighting solutions. When using these products, it is best to incorporate them slowly into your routine to avoid sensitizing effects. Benzoyl peroxide is mostly found in wash-off treatments because it can bleach certain types of fabric. Salicylic acid, on the other hand, is much easier to formulate and can be in products catered towards all skin types.

The Main Acne-Fighting Ingredients

Please use acne medication in moderation as well as applying sunscreen daily. Without the use of sun protection, it could reverse the effects of the medication. Remember to have patience with your skin and research ingredients/products that suit your skin type.
What is Parliamentary Procedure?

Parliamentary Procedure is based off of Robert's Rules of Order—a set of organized rules used to conduct meetings efficiently and accomplish goals.

Why is it important?

Parliamentary procedure serves many purposes such as facilitating business and saving time. Through this process, members are provided with an equal opportunity to input their ideas. All of these benefits help organizations such as HOSA, achieve their purpose.
Agenda Example

Below is an example of what a meeting using Robert’s Rules of Order could look like. Agendas are not only meant to guide members through the key points of a meeting, but also to allow them to prepare ahead of time.

1. Call to Order
2. Attendance
3. Approval of Minutes from Previous Meeting
4. Officer Reports
5. Unfinished Business
6. New Business
7. Announcements
8. Adjournment
Coping with Stress

I know I've been experiencing loads of stress getting back into the school year; balancing sports, classes, HOSA. However, there's nothing a little "me time" can't do to help alleviate it! Here are some of my favorite ways to destress :) 

**DAILY TIPS 01**

**Comfortable Homework Area**

Work atmosphere is *everything*. Try to find a space that's yours, free of distractions. Maybe even grab a little snack to reward yourself!

**REMEMBER TO TAKE BREAKS!**

**DAILY TIPS 02**

**Start Your Day by Listening to Good Music**

It's like the soundtrack to your life! What better way to start your day than to hear your favorite song? Random dance breaks are *always* a must!

**MY GUILTY PLEASURE RN IS HEAT WAVES BY GLASS ANIMALS!**
DAILY TIPS 03

Gardening
TBH plants just make me feel happy. Just the concept of them is amazing, they start off as a little seed and grow into something so unique. Taking care of plants doesn't just help them, it helps you! Naming them is really fun too!

I JUST GOT A MONEY TREE AND IT'S LITERALLY MY BSF :) 

DAILY TIPS 04

Journaling
Writing down everything you're feeling is a great way to get it all out. Keeping in your emotions is a recipe for disaster, so get it all out :)

ANYTHING HELPS, EVEN IF ITS JUST A COUPLE MUNUTES!

Follow Us on Social Media
@azhosa / @arizonahosa
National Day of Encouragement is September 12 and this day is dedicated to uplifting people around us and making a positive impact.

1. "You can do it!": Provide reassurance to the people around you!
2. Smile more! Nothing encourages a person more than to see people smiling!
3. High five someone for a job well done!

It costs nothing to be nice, so let’s spread some positivity and azhosa love!

Arizona HOSA Encourages you:)
Get ready for the

2021 Fall Leadership Conference

Join Arizona HOSA at the Phoenix Convention Center for a day of educational and exciting workshops from colleges, health partners, and more!

REGISTRATION OPENS: AUG 30
REGISTRATION CLOSES: OCT 8

COST: $40.00/STUDENT AND ADVISOR
$0.00/CHAPERONE

OPTIONAL AFTER CONFERENCE ACTIVITY COST $30.00
OUR ACTIVITY WILL BE AT DAVE & BUSTER’S LOCATIONS IN PHOENIX

LOCATION: PHOENIX CONVENTION CENTER NORTH BUILDING

NOVEMBER 1, 2021

LEARN MORE AT AZHOSA.ORG
COMMUNITY SERVICE
CHECK OUT OUR LINKTREE FOR EVEN MORE VOLUNTEERING OPPORTUNITIES!

BE THE MATCH
HOSA SERVICE PROJECT 2020-2022
YOU AND YOUR CHAPTER CAN GET INVOLVED WITH HOSA’S SERVICE PROJECT BE THE MATCH BY CONDUCTING COMMUNITY SERVICE OR FUNDRAISING FOR THE CAUSE. YOU CAN LEARN MORE ABOUT BE THE MATCH AT BETHEMATCHHOSA.ORG OR BY WATCHING THIS VIDEO: HTTPS://YOUTUBE.BE/D6ZTXK0_RG

DONATE LIFE ARIZONA
HIGH SCHOOL HEROES CHALLENGE
Check out a few words from our PARTNERS
Medical Directive

About Us:
Medical Directives is a student-driven organization that is focused on helping High school students on their career path by giving them different opportunities to enhance their application by providing service learning and mentoring opportunities, as well as professional development and clinical experience.

Opportunities:
- Clinical Experience
- Mentoring
- Networking and Connections
- Training and Certifications

Pre-health:
- Medicine
- Physical Therapy
- Public Health
- Pharmacy
- Nursing
- and more...

Email Us If Interested: UAMedicalDirective@gmail.com