IN THIS SYNAPSE

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Running for state office is something that I will never forget. I remember when my advisor at the time, Ms. Eberhart, mentioned to me that I should run and my immediate thought was that I was not cut out for it. However, after a lot of thought and her continuously telling me every day in class how I would be a perfect candidate, I decided that running was something that intrigued me. The first thing I did when I decided to run was check the HOSA website to make sure that I wasn’t too late – funny thing is that the application wasn’t even posted yet. As I waited for the application to be posted I thought about who I would ask to write my recommendation letters since I knew that was something they would ask for. Of course the first person that came to mind was Ms. Eberhart, since she is the one that encouraged me to run, which I will forever be grateful for. Once the application was posted, the one thing that terrified me was the essay portion. I have never been too good at writing, so while I knew what I wanted to include in my essay, I had trouble finding the right words. My family played a huge part in helping me with that. My dad, though he would never say it, was probably annoyed with the countless essays he had to read until we got it perfect – I appreciate that, thank you dad!
Once my application was submitted, the waiting period came. I was anxious during the time that I waited to get the email about whether or not I would be moving on to interviews. However, my classmates in the veterinary assisting class I took at West-MEC were all very encouraging. When I finally got the email I remember being so surprised because I hadn’t even checked my email yet that day and was welcomed into class with a congratulations since my advisor had also received the email. From then on, whenever there was down time in the class my friends and classmates would quiz me about HOSA knowledge so by the time interview day came I would feel ready for the exam.

The day of the interview I remember feeling nervous and excited all at once. If I’m being honest, the drive to the interview was the most nerve wracking part. I didn’t want to get lost on my way and end up being late, so I made sure I left extra early. Once at the interview, the former State Officers directed me to where I needed to go and once I entered the room they immediately asked me to take a picture.
It definitely isn’t a picture that would be featured on my Instagram, but it does bring back memories from that day, so I’m not too upset that it is posted on our website. I was so nervous, I remember sitting in a random seat which happened to be next to our current State President, Allyssa White, and in front of our current Region 2 Vice President, Maisy Salcido-Lugo. I remember the three of us talking about how nervous we were and asking each other how we felt about the upcoming exam. The rest of the day was filled with various ice breakers and presentations led by the former State Officers while people were slowly pulled to do their interviews. After that day, again came the anxious wait for an email that would tell me whether or not I got slated.
Once I found out I was slated for the Secretary position, I was ecstatic! Not only did I make it this far but I also got slated for the position I had been hoping for. The next step was to make a short introduction video, a campaign poster, and speech video to convince people to vote for me. Again, big thanks to my friends at West-MEC for helping me film my short video. I had to redo a specific clip multiple times and I’m sure my lines from when I walk down the hallway are forever engraved into your brains, but it was a lot of fun! Also a thank you to Ms. Eberhart who allowed me to use the Veterinary Sciences building to film most of the parts. Thank you to my best friend, Jenavee, who helped film the other parts of the video at our high school and to my oldest sister, Jayde, who helped edit the video together. Finally, thank you to my family and current advisor, Ms. Liz, who fine-tuned my campaign poster. The last part, which was probably the most anxiety inducing, was the group interview with the other candidates. I remember thinking that I sounded so stupid or mean after every question I answered because I was so nervous and couldn’t answer properly or how I wanted to. Nonetheless, it was still a fun experience and I learned I am a person who likes being under pressure because after the interview was done I remember thinking that I wanted to do something like that again!
When I finally watched the video that said I was the 2020-2021 Arizona HOSA State Secretary, I cannot describe all the emotions I was feeling. I do remember being outside in my backyard on the hammock while my sister and her girlfriend were making a TikTok beside me and the only words I could get out were “oh my!” Then I immediately walked inside to tell my mom. My sister and her girlfriend thought something bad had happened so they followed to see what the news was. After telling my family that I got selected, they all were super proud and congratulated me. One of the first people I texted was my advisor, Ms. Eberhart, to let her know the good news. I was super excited to start this new chapter in my life and am still very thankful for this opportunity. I learned a lot during the application process and am still learning more and more in my position!
If you or someone you know is thinking about running for State Office, I encourage you all to do so because, even though it might take some time and effort, it brings the most rewarding feeling. Thank you again to everyone who helped with my process of running for State Office!
Hope is the feeling of expectation or the desire for something that someone wants to happen. Therefore, having hope in your life and wanting a positive outcome makes life be better. Hope is usually there when hard situations occur to make the situation more bearable. People with hope tend to have a more positive outlook on the future. So people are encouraged to have hope, to think ahead, and to focus on the positives. Today there are many hardships that are as big as worldwide or as small as in your own home. Do not be afraid to have hope as it will allow you to want to continue and get through the hardships!

By: Region 2 VP Maisy Salcido-Lugo
It’s Okay Not To Be Okay

Hey Arizona HOSA!

For this month I want to talk about your mental health and give you some tips and tricks to help you!

Life can be hard sometimes, and that’s okay. We all have days where we just don’t want to get out of bed or we just want to cry all day, and that’s okay! Sometimes I even do that, no one is perfect and everyone goes through things; that’s a normal part of life. However, here’s where I messed up. DO NOT make it define your life. It may seem like it at times those issues are never going to go away, but I promise you they will.

Sometimes you just need to cry it out, and that’s okay. But here is something we want you to try. When you feel like you are suffocating or having a panic attack, try following these steps!
1) Take 5 long slow deep breaths in through your nose out your mouth.
2) Place both feet on the floor, curl and uncurl your toes. Spend some time feeling them curl and uncurl.
3) Stomp your feet on the ground and spend some time feeling the floor hit your feet.
4) Clench your hands into fists then release 10 times.
5) Press your palms together tightly for 15 seconds then repeat.
6) Rub your palms together and feel the warmth.
7) Reach your arms above your head and breath then drop them.
8) Take 5 long deep breaths again and notice the feeling of calm in your body.

We believe in you and remember that you are not alone!
PARLIAMENTARY PROCEDURE

HOW TAKING CARE OF A DOG RAISED MY GRADES

It really did, honestly. And the reason behind it is surprisingly simple.

For the last three weeks or so, I’d been taking care of a puppy at home with my family. He was a literal baby so someone had to watch him whenever he was awake. He slept a lot, maybe around 8 to 10 hours a day. Watching him was tiring, so the time I had when he was asleep was very valuable. I knew that this was time I had to myself before he woke up again.

So, during this time, I ended up doing "important" things. Basically things like homework, reading, even cooking. I didn’t even realize how much I was getting done until the second week we had him. All it took for me to get work done was for me to value my time. Before I got the puppy, I didn’t really take things seriously. There were no consequences for me not going through with my commitments. With the dog in my life, this changed. I couldn’t procrastinate anymore, because I wouldn’t know when I’d need to take care of him.

If you struggle with procrastinating, I’m not saying "just get a dog and your problems will be solved". Maybe the issue is just that it’s hard for you to value your time. I don’t say that condescendingly, there’s basically nothing going on right now so it’s hard to value time! Take that into account going forward when you’re having trouble with procrastination.
SEE YOU NEXT TIME!

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