



2017-2018

**Nebraska HOSA
Handbook**

Updated 9/15/2017

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2017-2018 Nebraska HOSA Calendar

September 1, 2017	Leadership Academy Registration Open	www.hosa.org
September 16-19, 2017	Washington Leadership Academy (for State & Chapter Officers)	Washington DC
September 26, 2017	Leadership Academy (for Chapter Officers) and Nebraska HOSA Advisor Training	Southeast Community College – Lincoln, NE
October 1-10, 2017	HOSA Health Science Experience in Omaha Registration Open	www.hosa.org
October 26, 2017	HOSA Health Science Experience in Omaha	CHI – Omaha, NE
November 5-11, 2017	National HOSA Week	
November 13, 2017	Commissioner Recognition for Excellence in Career Student Organization (Invite Only)	Nebraska State Capital – Lincoln, NE
November/December 2017	HOSA Health Science Experience	Northeast Community College – Norfolk, NE
February 2, 2018	HOSA Health Science Experience	UNK – Kearney, NE
January 15-February 15, 2018	State Leadership Conference Registration Open	www.hosa.org
February 19-March 9, 2018	Competitive Events Online Testing	www.hosa.org
March 19-20, 2018	Nebraska HOSA State Leadership Conference	Nebraska Medicine and UNMC – Omaha, NE
April 2018	HOSA Health Science Experience	TBA
May TBA	State Officer Training	TBA
June 27-30, 2018	National Leadership Conference	Dallas, TX

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

Nebraska HOSA Chapters

Bellevue East High School	Millard North High School	Scotus Central Catholic High School
Benson High School	Millard South High School	Skutt Catholic High School
Central Community College	Millard West High School	Southeast Community College
Columbus High School	Norfolk Senior High School	Southeast High School
Creighton High School	Northeast High School	Southwest High School
DC West High School	North Star High School	South Central Unified
East High School	Omaha Central High School	South Sioux City High School
Ewing High School	Osceola High School	Thayer Central High School
Gering High School	Papillion LaVista High School	The Career Academy
Grand Island Senior High	Papillion LaVista South High School	University of Nebraska Medical Center
Kearney High School	Plattsmouth High School	Verdigre High School
Lincoln High School	Ralston High School	Westside High School
Midlands	Scottsbluff High School	
Millard Health Sciences Academy		

National Membership 2016-2017: 217,902

Nebraska 2016-2017 Membership: 931

Nebraska was ranked 4th nationally for membership growth in 2016-2017 with 35% growth

Nebraska 2017-2018 expected Membership: 1500+ in more than 40 chapters across the state

Nebraska HOSA



HOSA Conferences

Chapter Officer Leadership Academy

Who: Chapter Officers and chapter leaders
What: Leadership and teamwork opportunities
When: September 26, 2017
Where: Southeast Community College Lincoln, NE
Why: Individual leadership development leads to chapter growth and development
How: Register online September 1-11, 2017
Cost: Free for first 10 chapter officers or leaders (\$15 for each student beyond 10)
Attire: Business casual (see Attire section) No skirt/dresses preferred

HOSA Health Science Experience

Who: HOSA members and Health Science students
What: Hands on health science experience including HOSA competitive event simulation
When: October 26, 2017
November/December 2017
February 2, 2018
Where: CHI Hospitals in Omaha – Lakeside and Midlands Hospitals (October)
Northeast Community College Norfolk, NE (November/December)
UNK in Kearney (February 2018)
April 2018 Location TBD
How: Register online by:
October 10, 2017 (October 2017)
Exact Date TBD (November 2017)
January 17, 2018 (February 2018)
Exact Date TBD (April 2018)
Cost: \$20 per HOSA Member for the first Experience Conference
\$5 for each additional Experience conference attended by HOSA members
\$30 for Health Science Students (not HOSA members)
Attire: Business casual (see Attire section) with closed toe shoes. No skirts/dresses

State Leadership Conference (SLC)

- Who: HOSA Members and Health Science Students
- What: Fantastic speakers, student recognition, competitive events, service project, leadership workshops, health science workshops, and tours
- When: March 19-20, 2018
- Where: Omaha, Nebraska: Nebraska Medicine and University of Nebraska Medical Center
- How: Register by February 15, 2018
- Cost: \$30 registration fee for HOSA members
\$45 registration fee for Non-HOSA members
\$10 conference t-shirt
\$10 each lunch ticket
- Attire: General Sessions/Workshops: HOSA official attire (See attire section)
Competitive Events: As outlined in National HOSA Competitive Event Guidelines

International Leadership Conference (ILC)

- Who: HOSA Members
- What: General sessions, educational and social learning activities, tours, exhibits, National Competitive events, workshops, academies, etc. More information at nlc.hosa.org
- When: June 27-30, 2018
- Where: Dallas, TX
- How: Register at www.hosa.org
- Cost: TBA
- Attire: General Sessions and Workshops: HOSA official attire
Competitive Events: As outlined in National HOSA Competitive Event Guidelines

Competitive Events

Eligibility & number of events:

- HOSA members can compete in no more than FOUR competitive events at SLC.
- A maximum of TWO events with onsite practicums or onsite components.
- Students can compete in unlimited recognition events.
- New this year for each team or individual that scratches/drops from their competitive event after February 15th the chapter will be charged a \$25 drop fee. And each team or individual that drops from their competitive event after 9:30am on March 19th the chapter will be charged a \$50 drop fee.

Competitive Events offered at Nebraska SLC 2018:

Online test only	Onsite practicum /component only	Both online test and onsite practicum/component
Dental Terminology	Clinical Specialty	Biomedical Debate
Epidemiology	Community Awareness	Biomedical Laboratory Science
Knowledge Tests: <ul style="list-style-type: none"> • Behavioral Health • Health Career Exploration • Human Growth and Development • Medical Law and Ethics • Nutrition • Pathophysiology • Pharmacology • Transcultural Health Care 	Creative Problem Solving	CERT Skills
	Extemporaneous Health Poster	CPR/First Aid
	Extemporaneous Writing	Dental Science
	Health Care Photography	Emergency Medical Technician
	Health Career Display	Forensic Medicine
	Health Education	HOSA Bowl
	Job Seeking Skills	Medical Assisting
	Prepared Speaking	Medical Spelling
	Public Health	Nursing Assisting
Medical Math	Public Service Announcement	Physical Therapy
Medical Reading	Researched Persuasive Speaking	Sports Medicine
Medical Terminology		Veterinary Medicine

Online Testing

- Online testing for SLC will be completed Feb 19-March 9, 2018.
- Online tests may be proctored by a teacher, health professional, or HOSA Advisor registered as a HOSA Proctor.
- Test scores will be added to practicum score (when appropriate) to determine final score and placing.

National Qualifiers

- Participants must score a minimum of 70% to qualify for National Competition.
- Up to the top three qualify and 4th -6th place can be named alternates to compete in place of the top three only by SLC judges.
- National qualifiers must notify the State Advisor by April 15th if they are NOT planning to participate in the National Leadership Conference. This will allow the alternates an opportunity to participate in NLC.
- Members may only compete in ONE competitive event at NLC.



Awards and Applications

National Service Project Recognition

- 2016-2018 National Service Project (*selected by the 2016 Voting Delegates*) is the National Alliance on Mental Health (NAMI)
- Participating chapters will be recognized during SLC and NLC.
- Hours volunteered and money donated must be tracked using the HOSA Activity Tracking System (HATS).
- Online recognition application must be completed by March 1, 2018 for SLC recognition.

Feed Nebraska

- Annual state-wide Career and Technical Student Organization Outreach Project.
- Chapters are encouraged to work with fellow CTSO members to improve the food availability and/or education for members of their community.
- A few Project examples:
 - Promote the No Kid Hungry campaign
 - Educate others on the importance of good nutrition
 - Collect money or items to donate to your local backpack food program
 - Share health snacks with elementary students
- Online recognition application must be completed by March 1, 2018 for SLC recognition

Prepare Nebraska

Annual state-wide Career and Technical Student Organization project

- Chapters should partner with other CTSO members to promote the Nebraska Career Readiness Standards.
- A few project examples:
 - Invite a representative from the human resources department of your local hospital to talk to your high school about career preparation
 - Host a leadership workshop for middle school students
 - Create a brochure, newsletter, video, or presentation to highlight Career Education in your school
- Online application due March 1st, 2018 for SLC recognition

Outstanding Chapter Leader

- This award honors one leader from each HOSA chapter in recognition of the members' commitment to HOSA and outstanding leadership.
- Online application due March 1st, 2018 for SLC recognition.

Outstanding HOSA Advisor

- This award honors one Nebraska HOSA Advisor in recognition of outstanding service to students and the Nebraska HOSA organization.
- Online application is due March 1st, 2018 for SLC recognition.

Outstanding State Leader

- May be selected from nominations for Outstanding Chapter Leader or from past or current State Officers to represent Nebraska HOSA at NLC.
- Winner must be willing to represent Nebraska at ILC in 2018.

State Competitive Events Awards

- Participants will receive a Bronze, Silver, or Gold placing.
- Top participants will be recognized during the SLC Awards Ceremony.
- Some events may offer travel scholarships provided by sponsors

Scholarship Awards

- This award is funded by the sale of HOSA Scholarship Shirts
- Amount of scholarship dollars awarded is determined by shirt sales
- Scholarships may be used for academic purposes or ILC travel
- Winners must be present during the final Awards Ceremony at SLC on Tuesday March 20, 2018
- Online application due March 1st and will be announced at SLC

Chapter Resources

Membership:

All students participating in HOSA activities and the local, state, and/or national level must pay annual dues. Dues are \$14 total (\$10: National & \$4 State) Once a member affiliated using the online affiliation systems schools should send payment to National HOSA using the information on the affiliation invoice. Dues should not be sent to Nebraska HOSA. All members and conference/event participants must complete the HOSA multiple release form prior to participation in any HOSA event. One form can be completed for participation in all Nebraska HOSA Activities. The local and state advisor should both have a copy of the release form.

Types of HOSA Membership:

Secondary: The Secondary Division shall be composed of secondary students who are or have been enrolled in a Health Science or an organized health career awareness program or are interested in, planning to pursue, or pursuing a career in the health professions. A secondary student is one who, a) is enrolled in a state-approved Health Science program or is planning to pursue a career in the health professions; b) has not received a high-school diploma (or its equivalent) prior to the state's annual conference; or c) has been within the continuous, sequential educational system for two or more years prior to the current year's HOSA National Leadership Conference.

Middle School: The Middle School Division shall be composed of middle school students who are in grades 6-8 and are interested in or planning to pursue a career in the health professions. A middle school student is one who: a) is enrolled in a state-approved health science program or is planning to pursue a career in the health professions; and b) has not been promoted to a secondary institution (grades 9-12) prior to the state's annual conference.

Post-Secondary: The Postsecondary/Collegiate Division shall be composed of students enrolled in Health Science programs at the postsecondary/collegiate level. A postsecondary student is one who (a) is enrolled in a state-approved post-secondary program or college level program; (b) has received a high-school diploma (or its equivalent) and/or has been out of the continuous, sequential educational system prior to the current Health Science enrollment for two or more years prior to the current year's HOSA National Leadership Conference.

HOSA Activity Tracking System (HATS)

Members and chapters can track volunteer hours and money raised through the HOSA Activity Tracking System.

- This tracking system is use to recognize students for the Barbara James Service Award and the National Service Project.
- Instructions for using HATS can be found at <http://hosa.org/node/265>

Attire Guidelines

- HOSA Uniform Policy: Tailored navy blazer with emblem affixed over the heart OR black or navy blue suit
 - Shirt/blouse for females - white tailored or short-sleeve white jewel neck shell
 - Shirt for males - white closed-neck, man-tailored dress shirt, suitable for use with a tie
 - Accent for female members - maroon HOSA scarf or tie is optional but not required
 - Accent for male officers - navy or maroon long tie
 - Matching navy slacks for males and matching navy slacks or skirts for females (skirts must be a minimum of knee length)
 - Closed-toe blue or black shoes (hose optional)
- Competitive Event's Dress Attire:
 - Delegates must adhere to the Dress Code as specified in the individual competitive event guidelines for the orientation and event in which they are competing. Bonus points will be given according to the individual guidelines. For all competitive events, five (5) bonus points will be added once per competitor and/or team to the tally sheet for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are as noted in the event guidelines. School tags, state badges or ID's must be removed or completely covered during competition.
- Business Casual Attire: Appropriate business casual dress includes slacks or khakis, dress shirt or blouse, open-collar or polo shirt and dress shoes that cover all or most of the foot.
- Official HOSA Casual Dress Attire: Appropriate dress for official social functions in conjunction with HOSA will include everything EXCEPT tank tops, halter tops, short shorts or skirts and cut-offs.



IMPORTANT: All skirts must be at least knee length to participate in HOSA events.

State Officer Team

State Officers of Nebraska HOSA will serve as the student leaders of Nebraska HOSA and consist of at least president, vice president and secretary; other offices may be added when deemed necessary by the State Officer Nominating Committee and State Advisor. Each year four to ten officers will be elected to serve a one-year term.

Officer Candidates

- A candidate for a state office must be a member in good standing in a local chapter.
- A candidate shall be in good academic standing in keeping with the standards of their local school system.
- Candidates for a state office shall submit official candidate application form provided by Nebraska HOSA State Advisor.
- Candidates for a state office shall take and pass a written examination, shall participate in an interview with the State Officer Nominating Committee, and shall give a 2 minute speech at an official Nebraska HOSA delegate business session.

Election Process

- The Nominating Committee (made up of HOSA alumni, health science professionals, and/or other HOSA supporters) will make their recommendation, based on points from the rating scale, as to the slate of State Officers.
- There will be a vote of the slated candidates by the voting delegates to select the specific offices on the officer team.
- Applications can be downloaded from www.nebraskahosa.org by January 1, 2018.
- Completed applications must be submitted to the State Advisor by March 1, 2018.

Nebraska HOSA Contact Information

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2017-2018 Nebraska HOSA State Officer Team



Enya Zhu	State President	Lincoln East High School	enya.nehosa@gmail.com
Conner Brown	State Secretary	Kearney High School	conner.nehosa@gmail.com
Kiersten Preuss	State Vice President	Millard North High School	kiersten.nehosa@gmail.com
Megan Leasure	State Vice President	Verdigre High School	megan.nehosa@gmail.com
Kali Mansur	State Vice President	Southwest High School	kali.nehosa@gmail.com