



Heartbeat of HOSA

Volume 2, Issue 1, Winter 2005

Calendar of Events

JANUARY

- 14: SLC Planning Meeting (BVROP, 9-3)
- 27: South IAC Meeting (BVROP, 1-4)

FEBRUARY

- 2: Newsletter Articles Due
- 13-15: Tech Prep Conference (CAHCE) & Partnership Academies

MARCH

- 1: Chapter Affiliations Due for Second Semester Programs
- 3: CE Event Manager Meeting (Irvine Hyatt, 5pm)
- 4: CE Event Manager Training (NOCROP, 9-3)
- 11: SLC Planning Meeting (Irvine Hyatt, 9-3)
- 15: SLC Registration Due
SLC Hotel Reservations Due
Candidate Applications Due
Scholarship Applications Due
BOD Applications Due

APRIL

- 6: Board Of Directors Meeting
- 7-10: SLC - Hyatt Regency Irvine
- 22: NLC Letters of Intent Due
- 29: Newsletter Articles Due

MAY

- 6: NLC Registration Due to HQ
- 13-15: State Officer Training

JUNE

- 22: California Mandatory Meeting
- 22-25: NLC - Nashville, TN

JULY

- 18-19: Executive Council Meeting
- 18-21: State Officer Meeting

How to Help Increase Your Meeting Attendance

BY BRENT WHEELER, *Cal-HOSA State President*

As health care professionals in training, we have learned that we need to keep an eye on key "vital statistics" associated with our patients as indicators of their overall health and well being. The same thing holds true for our HOSA chapters. In our effort to determine the level of a chapter's healthiness, there are vital stats that we can use as key indicators. One key stat is participation at regular chapter meetings.

Chapter meetings are the core of a local HOSA program. They represent our best opportunity to educate members, to communicate important information, to build relationships among members, and to deliver value in return for members' investment in HOSA. If members are attending chapter meetings on a regular basis, they are more likely to be engaged in chapter projects, to help with fundraising and other important chapter responsibilities, and to seek out and accept leadership roles and assignments. Conversely, members who aren't attending are at greater risk of dropping out completely, missing out on all the benefits that can be had through HOSA membership.

All chapters struggle at times to make meetings relevant, interesting, and attractive to their members. Sometimes, even if the meetings themselves are well planned and executed, getting members to attend can be challenging as well. Let me share ideas about ways you can interest your members and bring them into your meetings.

Whenever you have a meeting, incorporate an activity as part of the agenda. The activity doesn't have to be time consuming, but it should be fun and designed to help members become more acquainted with each other. While meetings should inform and educate, they should also be times when members can enjoy being together.

Everyone loves a surprise. Sometimes that is all they can think about ... what is the surprise this week? Create an unknown item, or a surprise, as part of your meetings. This will make the meeting more interesting and provide another reason for people to show up.

Finally, make sure that members have no excuse for not knowing about a meeting. Don't assume that everyone knows when the meeting is happening or that everyone has your regular meeting time built into their personal agenda yet. Advertise. Invite. Be creative, and make meeting announcements interesting! A personal touch can go a long way to getting people started coming to meetings.

Now that you have these tips go out and apply them in your chapter. See what works for you. Make the meetings fun, surprise them, and of course get them there by any creative means necessary!

The Pulse

BY LINDA GAYLOR
Cal-HOSA State Advisor
California Department of Education

Greetings to our Cal-HOSA Family! As we begin the New Year it is time to reflect on the past and build for the future. Your Cal-HOSA Leadership Team; Board of Directors, State Officer, and Committee Members have been hard at work planning for an exciting New Year filled with benefits for our members, chapters, advisors, and health careers partners.

At our recent meetings in Irvine we reviewed the year's goals and designed plans for the upcoming State Leadership Conference at the Irvine Hyatt in March. Highlights so far for 2004-05 include:

1. Robust new chapter interest at both the secondary and post-secondary level
2. Adding a third Fall Leadership Invitational Event
3. New health care industry partners
4. Securing an amazing keynote speaker for the upcoming State Leadership Conference
5. New HOSA promotional resources including posters and presentations
6. Election of a dynamic new team of state officers committed to communication with local chapters

With much to be proud of, we look forward to many more accomplishments this year.

- ★ Contact state officers for help.
- ★ Visit the state and national websites to find out the latest benefits
- ★ Apply for scholarships.
- ★ Get ready for competition.
- ★ Run for state office.
- ★ Volunteer for our national service partner to fight Alzheimer's.

We hope that all of you have 'Caught the Fever' and are ready for an exceptional 2005! Lead well!

Visit our website!
www.cal-hosa.org

2004-2005 State Officers

President: Brent Wheeler

Region 2 VP: Maribel Hermosillo

Region 3 VP: Camille Silva

Region 4 VP: Briana Lee

Region 5 VP: Brandon Louis

At-Large Rep: Carlos Salazar

Does your chapter have an outstanding HOSA member? Is this someone that deserves to be Cal-HOSA's **member of the month**? Advisors, don't forget to submit your member of the month nominations to Headquarters. You may submit your nominations via email to calhosa@csupomona.edu.

Members and advisors, if you would like to share your chapter's news, accomplishments, events or activities please submit these via email to the Cal-HOSA Headquarters. We are excited to **share your chapter's news!** Send articles, pictures or descriptions of what's happening with your HOSA chapter. Your chapter news can be sent to calhosa@csupomona.edu.

Be A Goal Finisher

BY BRYCEN WOODLEY
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So what's all this talk about goal setting? I know just what you're thinking: "Hey buddy, I've heard about enough of this goal setting thing ... I've got it!" But have you really got it? As I think back to all of the workshops, seminars, general sessions, and leadership events that I've attended, a common element of each was that at some point one of the speakers talked about the importance of setting goals. In fact, the earliest message I can remember listening to was about goal setting and its importance. What a revolutionary concept goal setting was for me at that time! I hadn't really given much thought to setting my own goals, and prior to that first message, hadn't heard very much about it. I was sold. Goal setting was the thing for me.

The purpose of this article is it to help you avoid making the same mistakes I made early on. Sure, I was a goal setter and lots of us are, but was I a goal finisher? Not at first I wasn't, but over time I've learned the value of taking the goals from my thoughts and dreams and placing them on paper and making them happen ... over time I've become a goal finisher. So just what is a goal finisher? Quite simply, it's the difference between success and mediocrity. (Ok, quick side bar. Mediocrity: of moderate or low quality, value, ability, or performance. You don't want Mediocrity!) Choosing to be a goal finisher will define who you are and what you eventually accomplish in life.

To help in the process of becoming a goal finisher, I'll outline six steps anyone can take to transition from being a goal setter into a goal finisher:

1. Be specific: Make sure you set goals that are clear and specific. A goal should be indicative of what you want to accomplish and should be measurable. An example of a non-specific goal would be to say: "Do better in school." The problem with a goal like that is trying to define it.

How do you know when you've achieved it? Just what does "better" mean? A better goal would be: "Get a 3.5 GPA." It's easy to define and you know when you've accomplished it.

2. Take some time to plan out your goals. The best way to do this is to set aside an hour or two and go somewhere quiet where you can focus. Write down whatever goals come to your mind and then begin the process of working through them. This will help you avoid just arbitrarily setting meaningless goals. Spend some time thinking about what you want to accomplish. As you think through your goals, what they mean to you, and how they will affect you, you'll notice that they begin to change and eventually become solid statements of what you want to accomplish in life.

3. Place your goals into an easy-to-read format and post them somewhere where you'll see them every day (e.g. the wall in your bedroom, your bathroom mirror, on your night stand, etc.). A bulleted list can be a very useful way to lay out your goals. That way you can quickly read them when you see them. Don't have them bunched into a paragraph or written on a post-it note. You want to have your goals written out so that they are clear to see and clear to read. This way you'll see them, read them, and be reminded of them each day.

4. TAKE ACTION! It's one thing to write your goals down, but don't forget what we've spent the bulk of this article discussing ... you must be a goal finisher and not just a goal setter. As you see your goals each day you'll be reminded of them. Work aggressively to accomplish them. Take steps daily to get closer to accomplishing your goals. Work a little harder on your homework, spend a little extra time practicing your free throw shots, exercise a little bit more, work a little more at whatever it is you're trying to accomplish, and you'll find yourself well on your way to becoming a goal finisher!

5. Track your progress: As you make progress on your goals take note of it and write it down. Keep track of significant milestones along your way.

Write notes next to your goals indicating your achievements. When you complete goals, put a check next to them on your list, but don't cross them out or remove them right away. Leave them there as a reminder of what you've accomplished and the progress you're making. Doing this will provide momentum and give you greater confidence in your ability to achieve your goals.

6. Monitor and redirect: Schedule time every few months to re-visit your goals and to assess where you've been and what you've accomplished. It is so vital that we take time in our lives to stop and think about where we're at. It's kind of like a personal inventory. Identify what's been going well and where you need improvement. During these personal inventories you may come upon new goals or possible modifications to current goals. Take note of these new ideas and write them down.

As you strive to implement these six easy steps you'll see a big difference in your goal setting efforts. You'll find that you move more quickly from goal setting to goal finishing and you'll feel better about your personal progress.

Don't forget that truly successful people don't spend their lives waiting for things to happen to them; they take the initiative and make things happen for themselves.

They identify areas in their lives where improvement is needed and

they aggressively seek out ways to improve. They are not satisfied with simply being goal setters. They take the next step and are committed themselves to being goal finishers!



LEADERSHIP FEVER

Catch HOSA's Leadership Opportunities



BY CALIFORNIA HOSA PAST STATE PRESIDENT JESSICA ROJAS

This article was printed in the December issue of the National E-Magazine, which can be accessed by visiting www.hosa.org.

There is an epidemic sweeping through the HOSA membership. It's spreading fast and YOU could be next! The condition does not discriminate based on height, color, gender, ethnicity, or even personality. However, it does target anyone who is an active member of HOSA.

The symptoms include: rapid pulse, lack of sleep, rapid breathing, an increase in blood pressure, a rush of endorphins and even uncontrollable shaking! The fever attacks the gray matter of the brain and the right and left ventricles of the heart. In extreme cases, it can spread to the oral and peri-orbital areas around the eyes and mouth and eventually attack the joints and muscles.

The only treatment for this condition is actually increased doses and more intense encounters with those who have it. And as a carrier of this condition, I can tell you that it is life changing if you catch it!

What is this affliction that is sweeping HOSA?

It's HOSA Leadership Fever
and no member is immune to the condition!

Catch the Leadership Fever—IN YOUR CHAPTER!

The leadership fever starts in the local chapter through active membership, attending meetings, serving as a chapter officer, becoming a voting delegate, and volunteering for projects.

Introducing new members, schools, and professionals to HOSA is a superb way to get started in leadership. Volunteer to fundraise or speak to local organizations about HOSA. Organize alumni and leaders from the health care community to speak or train your chapter in leadership.

The best way to catch the leadership fever is to fully explore all the opportunities of HOSA membership and then GET INVOLVED! The fever is contagious and once you decide to get active—your leadership journey begins!

Catch the Leadership Fever—IN YOUR COMMUNITY!

Through our national partnership with the Alzheimer's Association you can bring great benefits to your community and exercise your leadership skills at the same time. Take charge or get involved with your chapter's existing community service efforts. Download the Memory Walk Team Captain Kit from www.hosa.org. Recruit volunteers. Organize a fundraiser. Invite speakers to educate about the affects of Alzheimer's. Planning and implementing community service projects are key ways to build your leadership skills.

Catch the Leadership Fever—IN YOUR STATE!

Leadership is a cornerstone of HOSA and there is no place

to find better opportunities than through your state. Attend the fall conferences, and be sure to plan on participating in regional events and the annual State Leadership Conference. It's an exercise in leadership just to make the commitment to go to these important leadership events. By networking, attending training, meeting other leaders, and gaining new ideas, you'll continue to develop your skills.

Catch the Leadership Fever—IN YOUR OFFICE!

Perhaps the best way to experience leadership opportunities is by running for local, state, or even national office. Just by running for office you gain critical skills in preparation, interviewing, speaking, and campaigning to be selected to serve your fellow members. And once elected, the training and leadership development never stops! As an officer you will attend officer trainings, work with other dynamic leaders, set goals, and gain vital professional, etiquette, and speaking skills.

Catch the Leadership Fever—IN COMPETITION!

HOSA offers incredible leadership development opportunities through the Competitive Events program. Events like Parliamentary Procedure, Speaking Skills, Biomedical Debate, HOSA Week, National Recognition Program, and more all provide opportunities to learn and apply leadership skills.

Catch the Leadership Fever—IN THE HANDBOOK!

Leaders are readers! One of the best ways to learn about leadership opportunities but also expand on your leadership skills as well is simply by reading the HOSA Handbook. It's big. It's bulky. Indeed there is a lot to read. But, that is because HOSA is so full of leadership opportunities! Go to www.hosa.org and download Section A, B, and C. There is even a HOSA Student Handbook full of great leadership opportunities just waiting for you!

Catch the Leadership Fever—IN AMERICA!

The best of HOSA leadership can be found at our National Leadership Conference! Held each year in a leading city, this incredible event brings together thousands of the best HOSA leaders from all corners of the nation. The Leadership Academy is a way to develop your leadership skills through team building activities. The educational symposiums bring top leaders from the field of health care to train and share about the skills needed to excel as a health care professional and leader. And, the keynote speakers found at the National Leadership Conference can't be beat! You'll experience the full symptoms of HOSA Leadership Fever at the NLC!

Catch the HOSA Leadership Fever—TODAY!

I was inspired by a quote from a favorite HOSA leadership speaker Mr. Byron Garrett when he said "Leadership: If not now—when? If not you—then who?" You are destined to lead, but first you must decide to do it! Why wait to get started? You only delay becoming the leader you were meant to be! Contact a state or national officer— they can be your personal leadership guide! Whatever you do—don't delay or the HOSA leadership fever will pass you by!

Spice Up Someone's Life

BY CARRIE UNDERWOOD
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It's usually during the Holiday Season that we really concentrate on family and friends. We search for the perfect gifts. We send Holiday cards to share our well wishes. We join each other in setting resolutions to be better people in the New Year. And, once the Holiday Season comes to a close (and the sales are over) we quickly return to the hustle and bustle of our everyday lives.

But why should we wait for one season of the year to give a gift or bring good cheer? It's our job to "season" and spice up people's lives all year! So in honor of counting down the 12 days of the Christmas Season, I submit for leaders 12 "seasons" to use in spicing up people's lives during all 12 months of the year.

#1 Write a Compliment Letter

A solid majority of letters received by businesses, politicians, and other community leaders tend to be complaint letters. And yes, most of them are usually deserved. However, to survive as a leader you have to do a good job—which means most are actually doing better than the complaint letters share. Yet, most of the time enterprises and leaders never receive a letter complimenting their great works. A study by Disney seems to confirm why. On average, if someone has a bad service experience they'll tell 9-12 other people about the negative experience. If they had a good experience they'll only share with about 4 people (if any at all). Be different! Don't just be a good finder—be a good teller. Write a letter complimenting those you see doing a super job.

#2 Do Without Being Asked

One of the easiest ways to spice up someone's life is to do something you know needs to be done without being asked. Whether it's a parent, teacher, employer, minister, neighbor or friend, no one can deny the appreciation for a good deed done without being asked. Doing something without being asked shows you care, pay attention, and take initiative. It doesn't have to be complex. Take out the garbage. Empty the dishwasher. Fill the printer or copier with paper before it runs out.

#3 Change Your Greeting

"How are you?" This is a standard question we get asked everyday. And the usual response is something like "Good", "Fine", or "Okay." I'm always cheered by the people I know who have a unique and encouraging response to this

What is HOSA? What does it stand for? Why should I join?

BY MIRABEL HERMOSILLO
Cal-HOSA Region 2 VP

HOSA stands for Health Occupations Students of America. HOSA is not a club, rather it is a professional membership organization. HOSA is a nationally recognized organization for students who are interested in preparing to start health career careers. HOSA can inspire you gain to leadership skills, learn to work as a team, and further your career development. You can find HOSA in forty states across the United States and even Puerto Rico.

In HOSA you will be able to attend different leadership conferences such as the Fall Leadership Conference (FLC) where state officer elections take place you can learn about leadership and career development. The State Leadership Conference (SLC) is where competitive events take place. You compete in different areas that put to the test your skills, health care knowledge, and leadership abilities. In addition, at the SLC, you attend workshops, business sessions, and recognition ceremonies and participate in additional state officer elections. If you place in the top three in a competitive event you are then eligible to attend the National Leadership Conference (NLC) where you compete in your event against the best students from across the county. As with other HOSA conferences, the NLC also offers a wide range of leadership, career, and personal development opportunities. Since the NLC is held each year in a different major American city, it gives you a chance to travel and experience many areas of the country.

question. Each day you have a chance to answer this question. Leaders will see it as an opportunity to share some positive energy. Be creative. Be of good cheer. Be original. Just don't give the usual blah answer, "good."

#4 Leave Thoughtful Voice Mails

This day and age it is so easy... maybe just a bit too easy... to hit the Send button on our e-mail program to communicate. However, it's hard to communicate feelings, enthusiasm, and care with an e-mail. Here's the key to leaving voice mails that make someone's day. First, call them when you are sure to get their voice mail. Second, start with an enthusiastic and warm greeting. Third, somewhere in the message mention, "There's no need to call me back—I just wanted to leave a voice mail to let you know I was thinking of you."

#5 Surprise Someone!

Surprises come in all shapes and sizes. They

HOSA is full of wonderful opportunities that are just waiting for you. Now that I have given you the basic facts and figures about HOSA, let me tell you why I believe you should join this wonderful organization. Being a member of HOSA means you are recognized as one of the top health care students in the country. Membership means you will meet new and interesting people from all over California and across the nation. Attending conferences means you will travel to exciting locations, feel the thrill of competition, win scholarships, and just have fun. Membership builds your self-confidence and helps you become a leader.

When I joined HOSA during my sophomore year I really didn't have a clue what I was getting into. However, when I attended my first conference, I met HOSA members from all over California, the workshops were great, and I was able to feel the thrill of competition along with being recognized as one of the best in my specialty. I was hooked! Since then I have attended one Fall Leadership Conference, two State Leadership Conferences, and one National Leadership Conference. I've been elected as a state officer and have made new friends and built my network among peers around the state and country. But, most important, I have been able to add practical experience to my classwork in a way that will make me much better prepared when I enter the workforce full time.

Now it's up to you to take that step for your future and become a member of HOSA. It can change your life as it did mine.

don't have to be grand to be great. Surprises do not have to be expensive, time consuming, or overwhelming. And they certainly should not be done because you are in trouble or trying to call attention to yourself. The best surprises are personal, do not create a burden, are appropriate, and of course unexpected.

#6 Send a Picture!

Capturing images through digital or traditional photos is a multi-billion dollar industry. It's easy to understand why—a picture is truly worth thousand words. Sending a picture of a meaningful moment is a terrific way to spice up someone's day! With digital cameras, camera-phones, and instant cameras—it's easier than ever to capture a moment and share it. Remember, a picture is worth a thousand words!

Look for six more ways to Spice Up Someone's Life in the next edition of *The Heartbeat of HOSA*.