

Chapter Success Guide

NEW MEXICO HOSA

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Table of Contents

HOSA OVERVIEW	4
History, Size and Reach of HOSA and New Mexico HOSA.....	4
HOSA Endorsements	4
HOSA is Co-curricular.....	4
KEY CONTACT INFORMATION	6
KEY EVENTS AND DATES	8
State Leadership Conference (SLC)	8
International Leadership Conference (ILC).....	8
YEARLY CALENDAR	9
Affiliation Requirements	10
Initial Affiliation Application	11
Affiliation and Curriculum Fees & Payments	11
Chapter Officer List & Program of Work	11
National HOSA Chapter Membership Recognition	12
New Mexico HOSA Advisor Mentorship Program	12
New Mexico HOSA Chapter of the Year	14
New Mexico HOSA Chapter of Distinction	14
STARTING A CHAPTER.....	15
Affiliation Process	15
COMPETITIVE EVENTS PROGRAM	16
HOSA’s Competitive Events Program	16
Eligibility for State Competitions.....	16
Competitive Event Changes and Updates for 2022–2023.....	18
Event Topics for 2022–2023	18
ONLINE TESTING	23
RECOGNITION EVENTS	24
Healthcare Issues Exam	24
National Service Project (HOSA Service Project)	24

Barbara James Service Award	24
HOSA Happenings	25
INTERNATIONAL LEADERSHIP CONFERENCE	26
Welcome Dallas, TX!	26
Eligibility	26
ILC Registration Process	26
NATIONAL PROGRAMS AND OPPORTUNITIES	28
Washington Leadership Academy	28
HOSA E–Magazine	28
National Service Project	28
RUNNING FOR OFFICE	29
Become a Chapter, State, or National Leader of HOSA!	29
Interested in Applying for State Office?	29
Is State Office Right for Me?	29
National Officer Selection Process	30
SCHOLARSHIPS	31
ALUMNI	32
CONFERENCE ATTIRE	33
HOSA Uniform Policy	33
Tips for Dress Code Success	34
HOSA BRAND	35
Meaning Behind the New Brand	35
Using the Brand	36

HOSA OVERVIEW

HOSA - Future Health Professionals is the premier organization for student leaders pursuing careers in the healthcare industry. The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

History, Size and Reach of HOSA

Founded in 1976, formerly as Health Occupations Students of America, HOSA - Future Health Professionals has over 260,000 members each year in over 6,000 middle, secondary and postsecondary/collegiate chapters across the world.

New Mexico HOSA

New Mexico HOSA was one of the original states when HOSA started in 1976. It has grown over the years to 2044 members in 25 chapters in 2021-2022. It had the largest increase in middle school membership in the nation and excelled at the International Leadership Conference. New Mexico HOSA is growing, and we want you to be a part of its success!

HOSA Endorsements

HOSA is endorsed by the U.S. Department of Education, New Mexico Public Education Department, the Health Science Education Division of the Association for Career and Technical Education, National Health Science Consortium, and over 50 other health-related partners and industry associations.

HOSA is Co-curricular

HOSA is a national organization that operates as an integral component of the health science education curriculum. Through its network of state and local chapters, HOSA provides powerful instructional tools, recognition, leadership, networking, scholarships, and connections to the healthcare industry to thousands of members across the U.S.

Through the HOSA Competitive Events Program members compete in teams or as individuals in over 60 different events related to all aspects of health care. HOSA integrates into the Health Science Education curriculum to develop and recognize smart, dedicated, and passionate future health professionals.

HOSA offers numerous health leadership conferences and professional development opportunities including the International Leadership Conference, Washington Leadership Academy held in Washington, DC, HOSA University, New Mexico CTSO Leadership Rallies, and the New Mexico State Leadership Conference.

HOSA Mission Statement

The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health science education students, therefore, helping students to meet the needs of the health care community.

HOSA Facts

- HOSA is one of New Mexico's eight Career and Technical Student Organizations (CTSOs) along with BPA, Educators Rising, National FFA Organization; DECA; SkillsUSA; Family, Career and Community Leaders of America (FCCLA); and TSA.
- Dr. Jim Koeninger is the National HOSA Executive Director.
- HOSA is the largest student organization in America concentrating 100% of its mission and programs on developing future health professionals and leaders.
- Nationwide there are over 260,000 HOSA middle school, high school, and college members. The U.S. Department of Education endorses HOSA with all state chapters endorsed by the State Department of Education.
- National HOSA conferences feature high profile speakers. Dr. Mike Varshavski was the keynote speaker at the 2022 HOSA International Leadership Conference (ILC).
- Over 11,000 attendees are present at the ILC each year.
- Each year HOSA awards over \$400,000 in scholarships at the national and state levels to deserving members.
- National HOSA offers nearly 60 healthcare industry endorsed competitive events.



Keynote speaker at the 2022 International Leadership Conference, Dr. Mike Varshavski

- The competitive events program can be utilized throughout the academic school year as an instructional resource.
- HOSA's Competitive Events Program includes four events specifically designed for students with disabilities.
- The U.S. Surgeon General's office hosts summer internships in Washington, D.C. for HOSA members annually.
- During the summer of 2012, National HOSA launched a new brand for HOSA to modernize the image, retain familiarity, and establish HOSA's identity worldwide.
- The 2022-2023 National Theme is "Beyond All Limits"

KEY CONTACT INFORMATION

New Mexico HOSA Contact Information

Phone: (575) 562-4729 | Mailing Address:

New Mexico HOSA
1500 South Avenue K, ENMU Station 61
Portales, NM 88130

NATIONAL HOSA

National HOSA Headquarters

548 Silicon Drive, Suite 101, Southlake, TX 76092

Phone: (800) 321-HOSA (4672) | Fax: (972) 874-0063 | E-Mail: hosa@hosa.org

National HOSA Staff

Dr. Jim Koeninger, Executive Director
Sarah Walters, Deputy Executive Director
Karen Koeninger, Director, Partnerships &
Sponsorship
Laura Sheppard, Senior Director
Jeff Koeninger, Director
Hope Antrim, Director of Finance
Bobby Crandall, Chief Solutions Officer
Bergen Morehouse, Director of Competitive
Events

Haley White, Alumni Relations & Advancement
Jan Mould, Deputy Director of Competitive
Events
Carie Staub, Deputy Director of Competitive
Events
Jason Koeninger, Software Architect
Janet Nelson, Director for New State Advisor
Development

HOSA Supply Service – Awards Unlimited

Supplies all chapter materials, member emblematic supplies and official HOSA blazer

Larry King, Larry Loomis

Phone: (800) 950-3553 | Fax: (402) 474-3782 |

Web: <https://awardsregalfrostys.amercommerce.com/>

SOCIAL MEDIA

<https://www.facebook.com/HOSANewMexico>

www.facebook.com/hosafhp

@NMHOSA

@NationalHOSA



WEBSITES

New Mexico HOSA <http://nmctso.com/hosa/>

National HOSA www.hosa.org

STATE MANAGEMENT TEAM

Christine Phipps | **Director/State Advisor** | Christine.Phipps@enmu.edu | (575) 497-7771

Jane Shovlin | **Advisor Mentor** | nmhosa.jshovlin@gmail.com | (520) 820-5840

Sarah Kinlund | **Business Manager** | Sarah.Kinlund@enmu.edu | (575) 562-2176

Cassidy Le | **State Officer Coordinator** | cassidyle100@yahoo.com

BOARD OF TRUSTEES

Michael Ogas | **Board Chair**

Dr. Andrea Ellis-Gill | **Vice Chair**

Jennifer Bakevich | **Secretary**

Eugenia "Gena" Trujillo | **Health Industry Representative South**

Tina Majkrzak | **Board Member**

John Kutinac | **Health Industry Representative South**

MariaAnna Molina | **Health Industry Representative South**

Coral Yuan | **State President**

Breezy Gutierrez | **PED-CCRB Representative**

STATE OFFICER TEAM

Coral Yuan | **State President**

Las Cruces High School

NMHOSA.CYuan@gmail.com

Obed Blanco | **VP of Membership**

Clovis Christian School

NMHOSA.OBlanco@gmail.com

Haleigh Aldrich | **VP of Leadership**

Arrowhead Park Early College High School

NMHOSA.Haldrich@gmail.com

Janaki Venepally | **VP of Communication**

Arrowhead Park Early College High School

NMHOSA.Jvenepally@gmail.com



KEY EVENTS AND DATES

State Leadership Conference (SLC)

Conference Registration Window: February 3, 2023 – March 3, 2023

The pinnacle of New Mexico HOSA is the State Leadership Conference. Students from all over New Mexico come to compete for an opportunity to advance to the International Leadership Conference. Aside from competition, this conference includes many networking opportunities, leadership sessions, and a chance to create lasting friendships among chapter members. *All members must have paid their affiliation fees prior to registering for the conference.*

Albuquerque

April 13-15, 2023

Albuquerque Marriott Pyramid North | UNM Medical Center

International Leadership Conference (ILC)

Registration information will be available at <http://ilc.hosa.org/>.

The HOSA International Leadership Conference (ILC) is the highlight of the HOSA year. Over eleven thousand middle school, high school, and postsecondary/collegiate students, advisors, industry leaders and alumni gather for several days of HOSA excitement. Most participants at ILC compete in one of HOSA's competitive events and the top competitors in each event are recognized for their outstanding achievements. In addition to the competitive events, many students and advisors participate in HOSA National Leadership University and the Education Symposiums.

Dallas, TX

June 21 – 24, 2023 | Dallas Convention Center | Dallas, TX

YEARLY CALENDAR

Date	Activity	Location/Notes
August 1	Online Affiliation OPEN	http://apps.hosa.org/hosaconf/
September 1	Fall Leadership Registration – OPEN	
September 14	CTSO Advisor Academy	Albuquerque
September 15-16	NMACTE Conference	Albuquerque
October 1	Fall Leadership Registration – CLOSED	
October 17-19	Fall Leadership Conference	Albuquerque, Artesia, Las Cruces
October 15	HOSA 100 Club DEADLINE	Mail affiliation dues to National HOSA: 548 Silicon Drive, Suite 101 Southlake, TX 76092
November 1	Initial Membership Roster – DUE	Email to State Director – hosa@nmctso.com
November 7 - 11	National HOSA Week!	Celebrated within local chapters and local communities
November 15	Pin Design Contest Deadline - http://nmctso.com/wp-content/uploads/2018/10/1NM-HOSA_Pin-Contest_Guidelines_16-2.pdf	Emailed by 5:00pm to sarah.kinlund@enmu.edu
January TBD	CTSO Day at the Round House	
February 6	State Conference Registration – OPEN	https://apps.hosa.org
February 15	State and National Officer Application Submitted	Online by 5:00 pm
March 3	State Conference Registration – CLOSED	
March 3	HOSA Affiliation Payments due	
March 6 – 31	State Online Testing Window	https://testing.hosa.org
March 20	State Conference - Housing DUE to hotel	
April 13 – 15	State Leadership Conference	Albuquerque Marriott Pyramid North UNM
April 28	Pin Order DUE	Email to State Director at hosa@nmctso.com
April 28	Intent to Compete Form DUE	Form will be emailed to advisors immediately after SLC
May 1	Finalists for ILC Published	Emailed to advisors and posted on NM HOSA website
May 10	ILC Registration Deadline	http://apps.hosa.org/hosaconf/
June TBD	CTSO State Officer Training	ENMU Campus Portales, NM

MEMBERSHIP INFORMATION

Affiliate early and achieve HOSA 100 Club Recognition. New Mexico HOSA Chapters are encouraged to affiliate early in the year to achieve HOSA 100 Club recognition. To achieve HOSA 100 Club Recognition, New Mexico HOSA chapters should meet the requirements listed below by **October 15**.

All chapters achieving HOSA 100 Club affiliation status will receive a certificate and be recognized in HOSA online publications.

Affiliation Requirements

To be an officially recognized New Mexico HOSA chapter, the following requirements should be met:

Submit Initial Affiliation Application

*Complete application through National HOSA Online Affiliation System
Must have 5 members and 1 advisor*

Submit annual payment for National HOSA affiliation fees and New Mexico HOSA affiliation fees

*Send payment to: National HOSA
548 Silicon Drive, Suite 101
Southlake, TX 76092*

Submit Program of Work & Chapter Officer List

Submit to New Mexico HOSA Advisor Mentor - Jane Shovlin – hosa@nmctso.com.

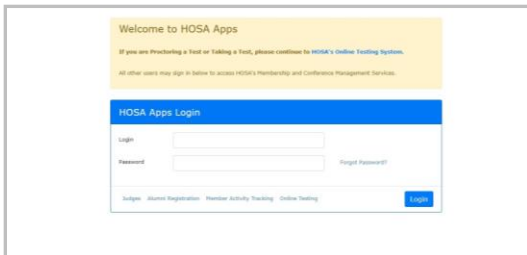
Before You Begin. Gather all information you will need to enter into the Affiliation System. This includes the following:

- ✓ Chapter Charter Number and Affiliation Password
This password remains the same each year. If you need to request your username and password, contact your HOSA State Director at hosa@nmctso.com.
- ✓ Membership List
You will be asked to provide information about each member to include:
 - *Classification (grade or class in school)*
 - *Organization and title (for professional members)*
 - *Complete mailing address*
 - *Phone, Fax, and E-mail Address*

Initial Affiliation Application

The Affiliation Process is online, and it is easy!

1. Go to the National HOSA web site: <https://apps.hosa.org>
2. You will then be asked for your national charter number (“Login”) and password. Enter the information and begin the online affiliation process.



3. After successfully logging in, click on the “+” sign to enter members into the HOSA online system.

TIP: REVIEW THE ONLINE AFFILIATION INSTRUCTIONS

To access instructions for online affiliation, please click on the first link in the main menu. It is recommended that you review the instructions if you are unfamiliar with the online affiliation system.

Affiliation and Curriculum Fees & Payments

Once local members are entered into the affiliation system, the chapter is ready to submit payment.

Fees. The National HOSA affiliation fee is \$10.00 per member. The New Mexico HOSA affiliation fee is \$15.00 per member. Fees total \$25.00 per member.

Submit payment. To make payment, follow the following steps:

1. Print Invoice. To access the invoice, go to the Main Menu of the National HOSA Affiliation System. Select **View and Print an Affiliation Account Statement (PDF)** in the main menu.
2. Make check payable to National HOSA. Both national affiliation fees and state curriculum fees are submitted and paid to National HOSA.
3. Mail payment and copy of invoice to:

National HOSA
548 Silicon Drive, Suite 101
Southlake, TX 76092

Chapter Officer List & Program of Work

The final step for Initial Affiliation is to submit a Chapter Officer List and Program of Work to New Mexico HOSA. These requirements help ensure chapters start their year strong with a leadership team in place and a plan of action for the year. Both the Chapter Officer List and Program of Work should be submitted to the New Mexico HOSA Advisor Mentor, Jane Shovlin by emailing hosa@nmctso.com.

Chapter Officers. Officers serve as the student leaders for the local chapter. These individuals may be elected and/or appointed to serve in a variety of positions (for example: President, Vice President, Secretary, Treasurer, etc.). Additional information about the responsibilities and duties of HOSA chapter officers is available in the National HOSA Handbook: Section C.

To meet this requirement, chapters will submit a contact list for their local officers to the New Mexico HOSA Advisor Mentor, Jane Shovlin by emailing hosa@nmctso.com. This list will be utilized by the State Officer Team to facilitate communication between the state and local levels.

Program of Work (POW). A Program of Work (POW) is a summary of all activities and projects a chapter plans to carry out throughout the year. To meet this requirement, chapters will upload their Program of Work to the New Mexico HOSA Advisor Mentor, Jane Shovlin by emailing hosa@nmctso.com.

National HOSA Chapter Membership Recognition

HOSA 100 Club: Chapters that submit their paid affiliation fees by **October 15** will be recognized as members of the HOSA 100 Club and will be listed in the HOSA Spring E-Magazine.

HOSA 100% Affiliation Club: Chapters that affiliate 100% of their Health Science students with HOSA will be recognized as a member of the HOSA 100% Affiliation Club and will be listed on the HOSA web site.

New Mexico HOSA Advisor Mentorship Program

New Mexico HOSA continues to achieve growth through the commitment and support of local chapter advisors. New Mexico HOSA will provide additional support to new advisors through a mentorship program. In addition, experienced advisors will receive special recognition for participating in this program as a mentor.

New Mexico HOSA Chapter of the Year

New Mexico HOSA would like to recognize the accomplishments of its chapters from February 1 of the previous school year through February 1 of the current school year. Applications for this honor must be postmarked by February 1 and mailed to the state office. Faxed or emailed copies will not be accepted.

Mail to: NM HOSA
 1500 S. Ave K
 ENMU, Station #61
 Portales, NM 88130

The application for New Mexico HOSA Chapter of the Year will be available on the New Mexico HOSA state website - <http://nmctso.com/wp-content/uploads/2018/07/HOSA-Chapter-of-the-year.pdf>

The winning chapter will be recognized during the State Leadership Conference and receive the State Banner to hang in their school. Additional posting will be on the New Mexico HOSA and NMAA websites as well as social media accounts.

New Mexico HOSA Chapter of Distinction

Every chapter is encouraged to participate in the Chapter of Distinction Award. There are three award levels, bronze, silver and gold.

- Bronze Level – recognizes chapters that have reached a baseline of achievement.
- Silver Level – recognizes chapters that go beyond the bronze level.
- Gold Level is the highest level, these are our top chapters showing excellence in all areas.

Each level is designed to give chapters a benchmark for success and future improvement, leading to stronger chapters and more prepared students. Chapters that complete the Chapter of Distinction application are eligible for the Chapter of the Year Award. Both applications are in one form for your convenience.

STARTING A CHAPTER

Over 1,200 members in over 25 chapters across New Mexico have made the decision to join HOSA and become Future Health Professionals! How can you start a HOSA chapter at your school?

Requirements. To start a HOSA chapter, identify a faculty member to serve as the chapter advisor and recruit at least **five** members interested in pursuing careers in health care.

Affiliation Process

Get started today! Just follow these steps:

1. Contact New Mexico HOSA State Director at hosa@nmctso.com and indicate your interest in starting a HOSA chapter!
2. Decide which method your program will use to organize one or more HOSA chapters. The options are:
 - a. **Classroom-based chapter.** A HOSA chapter is formed for each health science class of five (5) or more students.
 - b. **Instructor-based chapter.** A chapter is formed by one health science instructor for all students enrolled in his/her classes.
 - c. **School-based chapter.** A single chapter is formed for all students in all classes regardless of the number of teachers.
3. Contact local school/college officials (e.g., activity directors, Dean of Student Activities) and inform them about starting a HOSA chapter. There may be additional rules, regulations, or approval processes to fulfill in order to start a HOSA Chapter. This is also a great opportunity to educate school officials about the benefits of HOSA.
4. Complete the Online Chapter Affiliation Application.
5. Elect chapter officers and develop a Program of Work.
6. Set up a school visit by the state officers to help guide your chapter into the world of HOSA!

COMPETITIVE EVENTS PROGRAM

HOSA's Competitive Events Program provides members the opportunity to showcase their skills, knowledge, and leadership abilities in over 60 different healthcare-related events and recognition events. The Competitive Events Program recognizes members for their excellence in competition on the state and national level. The top state performers qualify to compete at HOSA's annual International Leadership Conference.

HOSA's Competitive Events Program

HOSA's competitive events are divided into six categories:

- Emergency Preparedness Events
- Health Professions Events
- Health Science Events
- Leadership Events
- Teamwork Events
- Recognition Events

Please Note: Competitive event guidelines are in the HOSA Handbook, Section B at <http://www.hosa.org/GRR>.

Eligibility for State Competitions

Students must be affiliated and paid members to compete at the State Leadership Conference. The following is the eligibility policy adopted by the New Mexico HOSA Board of Trustees on July 25, 2018:

- Each New Mexico HOSA member is eligible to compete in a maximum of three (3) New Mexico HOSA Competitions in all competitive event categories (Health Science, Health Professions, Emergency Preparedness, Leadership, Teamwork) combined.
- Health Science Events – Competitors may register for a maximum of three (3) events in this category
- Health Professions, Emergency Preparedness, Leadership, Teamwork – Competitors may register for a maximum of one (2) event in all of these categories combined.
Exception: Recognition Events do not count towards the event maximum limit

If students qualify for more than one event for National HOSA competition, students must choose only one (1) competitive event for the International Leadership Conference, with the exception of Recognition Events. Students may compete in an unlimited number of Recognition Events at the national level.

EVENT	# IN TEAM	LEVEL	TEST	MUST PRESENT?	SKILL EVENT?
CERT Skills	2	S & P/S	50		Yes
CPR/First Aid	2	S & P/S	50		Yes
Life Support Skills	1	S			Yes
Life Threatening Situations	1	M	35		Yes
Epidemiology	1	S & P/S	50		
Emergency Medical Technician	2	S & P/S	50		Yes
Mental Health Promotion **NEW EVENT**	2-6	S & P/S		Yes	
MRC Partnership	2-6	S & P/S		Yes	
Public Health	2-4	M, S & P/S		Yes	
Biotechnology **NEW EVENT**	1	S & P/S	50		Yes
Clinical Laboratory Science **NEW NAME**	1	S & P/S	50		Yes
Clinical Nursing	1	S & P/S	50		Yes
Clinical Specialty	1	S & P/S		Yes	
Family Medicine Physician	1	S & P/S		Yes	
Home Health Aide	1	S & P/S	50		Yes
Medical Assisting	1	S & P/S	50		Yes
Nursing Assisting	1	S & P/S	50		Yes
Personal Care	1	S			Yes
Pharmacy Science	1	S & PS	No		Yes
Physical Therapy	1	S & P/S	50		Yes
Sports Medicine	1	S & P/S	50		Yes
Veterinary Science	1	S & P/S	50		Yes
Dental Science	1	S & P/S	50		Yes
Extemporaneous Health Poster	1	M			
Extemporaneous Writing	1	S & P/S			
Interviewing Skills	1	S		Yes	
Job Seeking Skills	1	S & PS		Yes	
Health Career Photography	1	S & P/S		Yes	
Health Careers Preparation	1	M		Yes	
Healthy Lifestyle	1	M, S & P/S	50	Yes	
Prepared Speaking	1	M, S, & P/S		Yes	
Researched Persuasive Writing and Speaking	1	S & P/S		Yes	
Research Poster Presentation	1	S & P/S		Yes	
Speaking Skills	1	M & S		Yes	
Medical Spelling	1	S & P/S	50	Yes	
Medical Math	1	S & P/S	50		
Human Growth & Development	1	S & P/S	100		
Nutrition	1	M, S & P/S	100		
Behavioral Health	1	S & PS	50		
Pharmacology	1	S & P/S	100		
Pathophysiology	1	S & P/S	100		
Medical Law and Ethics	1	S & P/S	100		
Cultural Diversity and Disparities	1	S & P/S	100		
Health Career Exploration	1	M	50		
Math for Health Careers	1	M	35		
Foundations of Medical Terminology	1	M	50		
Dental Terminology	1	S & P/S	100		
Medical Terminology	1	M, S & P/S	100		
Medical Reading	1	M, S & P/S	50		
Health Informatics	1	S & P/S	75		

Health Career Display	2	M, S & P/S		Yes	
Community Awareness	2-4	S & P/S		Yes	
Creative Problem Solving	3 or 4	S & P/S	50	Yes	
Dynamic Decisions	3-5	M	35	Yes	
Exploring Medical Innovation	2-4	M		Yes	
Forensic Science	2	S & P/S	50		Yes
Health Education	2-4	M, S & P/S		Yes	
HOSA Bowl	4	M, S & P/S	50	Yes	
HOSA Bowl for Middle School *NEW EVENT*	4	M	Yes	Yes	
Biomedical Debate	3-4	S & P/S	50	Yes	
Medical Innovation	2-4	S & P/S		Yes	
Parliamentary Procedure	5-8	S & P/S	35	Yes	
Public Service Announcement	3-6	S & P/S		Yes	
Healthcare Issues Exam	1	S & P/S	50		
National Service Project	Chapter	M, S & P/S			
Barbara James Service Award	Chapter	S & P/S			
HOSA Happenings	Chapter	M, S & P/S			

Competitive Event Changes and Updates for 2022–2023

General Updates and Reminders

- Substitutions - 25% of the original team any chapter, even state
- Photo Id's – photo of the ID is acceptable. EXCEPTIONS: BD, HB and MS

Health Science & Recognition Events

- Cultural Diversities and Disparities – Medline Plus and CDC websites retired. Health Disparities in the United States by Donald Barr added. Global Health site added: <https://ourworlddata.org>
- Health Career Exploration – (Middle School Division) – New resource – Health Science Concepts and Applications by Marshall & Roe
- Human Growth & Development – Leifer/Fleck Growth & Development Across the Lifespan by Saunders is retired. Lifespan Development by Kato added.
- Medical Math – Decimal expressions of less than 1 should be presented with a “leading zero.” Whole numbers should never be followed by a decimal point and a zero, a trailing zero.”
- Medical Spelling – Fishbowl method removed. Randomized word list will be used – competitors will spell in order from the list.
- Medical Terminology – Steadman’s Terminology has been retired. Introduction to Medical Terminology by Stanhope & Turnbull has been added.
- Middle School – Foundations of Medical Terminology - Medical Terminology Express and Illustrated Guide to Medical Terminology have been retired. Introduction to Medical Terminology by Stanhope & Turnbull and Medical Terminology for Health Professionals by Anne Ehrlich have been added.
- Foundations of Medical Reading (Middle School Division) –
 - “You’re Going to Die! – My Journey to Survive” by Jesse Campbell
 - “The Student Leadership Challenge – Five Practices for Becoming an Exemplary Leader” by Kouzes and Posner

- “Seven Signs of Life – Unforgettable Stories from an Intensive Care Doctor” by Dr. Abbey
- Medical Reading -
 - “The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine” by Janice P. Nimura
 - “A Good Time to be Born – How Science and Public Health gave Children a Future” by Perri Klass
 - “The Kissing Bug” by Daisy Hernandez
 - “Every Deep Drawn Breath” by Dr. Wes Ely
 - “Atomic Habits – Tiny Changes, Remarkable Results” by James Clear
- Pharmacology – Decimal expressions of less than 1 should be presented with a “leading zero.” Whole numbers should never be followed by a decimal point and a zero, a trailing zero.”
- Middle School – “Foundations of Nutrition” Williams’ Basic Nutrition & Diet Therapy has been retired. Nutrition & Wellness for Life by West has been added.

Health Professions

- Biotechnology ****New****
 - Resources
 - Brown, J. Kirk, Biotechnology A Laboratory Skills Course. BioRad. Latest Edition
 - Starr & Taggart, Biology: The Unity and Diversity of Life AP. National Geographic Learning Cengage, Latest Edition
 - Biotechnology Innovation Organization [http://www,bio.org](http://www.bio.org) as posted as of September 1, 2022
 -
 - Skills (draft – to be finalized by September 2022)
 - Prepare Ingredients for 1x Agarose Gell in TAE
 - Pour Agarose Gel
 - Set up and Load Agarose Gel
 - Set up PCR Reaction
 - Gel Interpretation
 - Centrifugation
 - Bradford Essay
 - Qualitative ELISA – (Serum Antibody Detections by ELISA)
 - Bacterial Transformation
 - Use Aseptic Technique to transfer Bacteria
- Clinical Laboratory Science - ****New**** (Skills draft will be finalized in September 2022)
 - Resources
 - Estridge and Reynolds - Basic Clinical Laboratory Techniques – Cengage Learning, Latest Edition
 - Simmers, Simmers-Hartker, Simmers-Kobelak, Fuller – DHO Health Science. Cengage. Latest Edition.
 - Skill 1: Identifying Laboratory Instruments/Equipment
 - Skill II: Infection control and transmission – based precautions.
 - Skill III: Using a Microscope
 - Skill IV: ABO grouping
 - Skill V-A: Preparing a Blood Film or Smear
 - Skill V-B: Staining a Blood Film or Smear

- Skill VI: Physical Examination of Urine
- Skill VII: Microscopic Identification of Urine Sediment

- Pharmacy Science – Decimal expressions of less than 1 should be presented with a “leading zero.” Whole numbers should never be followed by a decimal point and a zero, a trailing zero.”

Emergency Preparedness Events

- CERT Skills – Lifts and Carries will be combined into one skill.
- EMT – Skills align with the textbooks instead of skill sheet.
- Mental Health Promotion ****NEW****
 - Team of 2-6 people
 - “Be There” certification
 - Resources
 - CVS Health,
 - Jed Foundation
 - SAMHSA
 - Surgeon General’s Advisory Report
 - Work as a Mental Health Professional
 - Select protective factors to address
 - Social media campaign for peers
 - 7-minute presentation for judges

Leadership Events None

Teamwork Events

- HOSA Bowl – Middle School Division) New event for next year. –
- Health Career Display Middle School - Round 1 and Round 2 with display time.

Event Topics for 2022–2023

2022 – 2023 National HOSA Theme: “Beyond All Limits”

Biomedical Debate

Topic: Medical Errors Should be Considered Criminal Offenses

Extemporaneous Writing

Topic: The topic is secret and will be given to the competitors right before they begin to compete. This can be any topic related to Health Science Education or HOSA, such as:

HOSA: A Contributing Member of the Healthcare Community

- *How does HOSA contribute to the healthcare community?*
- *What types of services does HOSA provide?*
- *What are the benefits to the healthcare community?*
- *What are the benefits to HOSA members?*

Extemporaneous Health Poster

Topic: The topic is secret and will be given to the competitors right before they begin to compete. Topics will be related to HOSA or Health Science curriculum competencies. Support documentation (articles, pamphlets, etc.) may be provided. For example:

- *Eating right*
- *Tips for Skin Cancer prevention*
- *Benefits of HOSA membership*
- ***Reminder this is a middle school only event***

Medical Reading

Foundations of Medical Reading (Middle School Division) –

- “You’re Going to Die! – My Journey to Survive” by Jesse Campbell
- “The Student Leadership Challenge – Five Practices for Becoming an Exemplary Leader” by Kouzes and Posner
- “Seven Signs of Life – Unforgettable Stories from an Intensive Care Doctor” by Dr. Abbey

Medical Reading SS/PS

- “The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine” by Janice P. Nimura
- “A Good Time to be Born – How Science and Public Health gave Children a Future” by Perri Klass
- “The Kissing Bug” by Daisy Hernandez
- “Every Deep Drawn Breath” by Dr. Wes Ely
- “Atomic Habits – Tiny Changes, Remarkable Results” by James Clear

Public Service Announcement

Topic: How to Talk to Friends and Family about Mental Health

Public Health

Topic: Heart Healthy for Life: What you Need to Know Now

Research Persuasive Writing & Speaking

Topic: Virtual Learning: Positive or Negative for Future Health Professionals?

National Service Project

Be The Match

<https://bethematch.org/>

ONLINE TESTING

All testing for the State Leadership Conference is administered through HOSA's online testing system. If an event has a test, students MUST test online prior to SLC.

Dates. Mark your calendars with these important Online Testing related dates and deadlines.

February 6 – March 3, 2023

Registration window for New Mexico HOSA State Leadership Conference

March 6 – 31, 2023

Online Testing Window

Registration. Students who are planning to compete in any event that has a testing component must take the test online. Advisors should log into the National HOSA affiliation system (<https://apps.hosa.org>) using their unique login and password and select "Conference Registration." From there choose "NM HOSA SLC 2023" from the dropdown menu and click "Begin Registration." You can follow the on-screen instructions to register your members for their respective events.

Please note: Signing a student up for a Health Science event does not obligate them to attend the State Leadership Conference. They will, however, need to be registered and paid for in order for their test score to qualify them to attend ILC.

RECOGNITION EVENTS

HOSA's Recognition Events are designed to recognize members and chapters for outstanding work in HOSA and HOSA-related projects. There are six Recognition Events that students are able to choose from, with recognition on both the state and national level.

Although students can only compete in one competitive event at the national conference, they can participate in as many recognition events as they wish.

The Recognition Events are:

- Health Care Issues Exam
- National Service Project (HOSA Service Project)
- Barbara James Service Award
- HOSA Happenings
- Outstanding HOSA Achievement

A brief overview of each recognition event is below. Complete rules and guidelines, criteria, applications, and verification forms are available on the National HOSA website at hosa.org/guidelines.

Healthcare Issues Exam

Purpose: To encourage Health Science students to investigate, analyze and apply their knowledge of current healthcare-related issues.

Description: This event shall be in the form of a 50-item multiple-choice test and one essay question that will be graded only to break a tie. All questions will be written at a level to measure thinking skills. Competitors will have 1 hour to complete the test.

National Service Project (HOSA Service Project)

Purpose: To encourage Health Science students to provide community service through the adoption of goals and implementation of strategies related to the support of a national health care organization.

Description: The HOSA National Service Project involves the sponsorship of a national healthcare organization by local HOSA chapters. Local chapters plan service projects to support the selected organization. Chapters document their involvement and submit documentation to their state advisor by the state deadline to be eligible for national recognition.

2022-2024 Service Organization: Be the Match
Be The Match Web Site: <https://www.bethematchhosa.org/>

Barbara James Service Award

Purpose: To encourage Health Science students to become contributing members of their communities by performing community service.

Description: The Barbara James Service Award is in memory of Barbara James, 1982-83 HOSA Inc. Board Chairman. Her leadership skills and contributions to HOSA exemplify the caring and

compassion of HOSA members. This award seeks to recognize individual HOSA members whose commitment to community service is worthy of recognition.

HOSA Happenings

Purpose: To encourage HOSA chapters to share chapter activities and professional learning

Description: Chapters will tell their chapter's story throughout the year using a print newsletter, electronic newsletter, or website. For this recognition event, chapters will select ONE (1) newsletter or website to submit to the HOSA State Office to be judged. All submissions that reach a pre-determined standard will be awarded a Certificate of Excellence.

INTERNATIONAL LEADERSHIP CONFERENCE

The Annual International Leadership Conference (ILC) brings together thousands of future health professionals from across the world! This conference features:

- Exciting general sessions
- Educational and social learning activities
- Leadership academies
- Tours to healthcare facilities
- Exhibits presented by professional healthcare associations
- National Competitive Events
- Annual business of the national student organization of HOSA, including the election of national leaders
- Educational symposiums
- Opportunities to meet people from across the world including China, Canada and Guam.
- Fun, excitement, recognition, and opportunities for HOSA members!

Welcome to Dallas!

This year's International Leadership Conference will be held June 21 – 24, 2023, in Dallas, TX at Dallas Convention Center. For more information, visit <https://hosa.org/ilc>.

Eligibility

All members registered by the New Mexico HOSA ILC deadline are eligible to attend ILC.

For competitive events, New Mexico HOSA sends the top three competitors/teams in each event to compete at ILC. To be eligible to compete, chapters must complete every step in the Registration Process including the Intent to Compete Form and Online Conference Registration.

ILC Registration Process

Each year, New Mexico HOSA will publish an ILC Registration Guide, which serves as your guide in preparation for ILC. *Although National HOSA provides registration information and deadlines, it is important to adhere to New Mexico HOSA's process in order to be eligible to attend.*

State Winners List: Following the State Leadership Conference, New Mexico HOSA publishes the list of winners. The top three individuals or teams in each event are eligible to compete at Internationals. However, if a competitor decides not to attend ILC, New Mexico HOSA will move up the next competitor. This means that members placing 4th or 5th may still have the opportunity to compete at internationals.

Intent to Compete: All top five winners in all competitive events must submit an Intent to Compete form. This form serves as official notification to New Mexico HOSA regarding a competitor's intent to compete. This form is important because it assists New Mexico HOSA in establishing the final list of competitors and ensures that New Mexico HOSA will be fully represented in all competitive events. Every competitor who received 1st, 2nd, 3rd, 4th, or 5th place should have an Intent to Compete form completed, even if the competitor(s) will not attend ILC. Any forms not received by the Intent to Compete deadline will be assumed as "No, will not attend" response.

Intent to Compete Deadline: April 28, 2023

ILC Competitor Notification: All Intent to Compete Forms will be processed, and chapters notified with a final ILC Competitor List. This list will be published on the New Mexico HOSA website at <http://nmctso.com/hosa/> and emailed to advisors.

ILC Competitor Notification Release Date: May 1, 2023

ILC Online Registration: The New Mexico HOSA ILC Registration Guide will provide the steps to register for conference. Although National HOSA provides registration information and deadlines, it is important to adhere to New Mexico HOSA's process. Chapters are responsible for registering students for events and confirming chapter details. Registration must be completed by the New Mexico HOSA deadline as a validation process takes place immediately after the deadline.

ILC Registration Payment: Registration payments should be directed to New Mexico HOSA. Please make checks payable to New Mexico HOSA and mail check to:

New Mexico HOSA
1500 South Avenue K
ENMU-Station 61
Portales, NM 88130

TIP: IT'S NEVER TOO EARLY!

It's never too early to start planning for the International Leadership Conference! Start planning ahead by saving the dates in the calendar, studying competitive event guidelines, and fundraising.

NATIONAL PROGRAMS AND OPPORTUNITIES

Washington Leadership Academy

The Washington Leadership Academy in Washington, D.C. has been hosted annually by HOSA for State Officers, and for Local Chapter Leaders. It is a training experience for future HOSA leaders who are interested in learning more about running for local chapter office, becoming a more effective leader, understanding and valuing people, interacting with others, and serving the organization and others. This action-packed experience provides the highest level of HOSA leadership training available. We encourage local chapter leaders and members who want to strengthen their leadership skills and build their resume to join HOSA in Washington, D.C. There are also opportunities for local chapter advisors to interact and share valuable ideas with other HOSA advisors. The Washington Leadership Academy will be hosted September 24-27, 2022. For more information, visit www.hosa.org.

HOSA E-Magazine

The HOSA E-Magazine is the official publication of National HOSA for its members, advisors, partners and supporters. The E-Magazine includes articles and information on chapter spotlights, alumni success stories, HOSA partners, healthcare related news, HOSA conferences, events, and opportunities, and more! Many of the articles are written by individual members and every chapter is encouraged to write and submit an article. The E-Magazine is published three times a year and articles can be sent to hosa@hosa.org at any time for inclusion in the next issue. Visit www.hosa.org to view the latest E-Magazine!

National Service Project

Be The Match[®], operated by the National Marrow Donor Program[®] (NMDP), is a nonprofit organization that's dedicated to helping every patient get the lifesaving transplant they need. As trusted leaders in advancing treatments for those facing life-threatening blood cancers, we provide the ground-breaking research, innovative technologies, patient support and education that save lives. Visit their website for more information at <https://www.bethematchhosa.org/>

RUNNING FOR OFFICE

Become a Chapter, State, or International Leader of HOSA!

If your dream is to be a Future Health Professional, community leader, or public servant then getting involved in the HOSA Officer Leadership Program is for you! Get started at the local level as a chapter officer or a committee member. Take the extra step to become a state officer and maybe even go onto become a national officer following your state officer term!

As an officer you'll receive premier training, plan incredible projects, meet with civic and industry leaders, lead service projects, design public relations and communications efforts, and plan leadership conferences. If you enjoy training and traveling, networking and new friends, or simply want to be recognized as a leader in the world's premier student organization for those pursuing careers in the healthcare industry, then get started today in the HOSA Officer Leadership Program.

The New Mexico HOSA State Officer Program provides tremendous opportunities for students to gain new leadership skills, learn critical thinking, improve their planning and organization skills, become stronger speakers, demonstrate initiative, and much more. In short, it is a unique and valuable experience that New Mexico HOSA is excited to make available to its members.

Interested in Applying for State Office?

It is never too early to start thinking about running for state office! The first thing every member interested in serving on the state level should do is first gain experience on the local level. Whether this is as a local officer or committee member, get involved!



The State Executive Council Application for 2023–2024 will be available on the state web site this Fall. The deadline to submit State Officer applications is **February 15, 2023**. All candidates must be active members of their local chapter and in good standing. Candidates must have a strong commitment to their education and have

2022-2023 New Mexico HOSA State Executive Council:

State President Coral Yuan
Vice President of Membership Obed Blanco
Vice President of Leadership Haleigh Aldrich
Vice President of Communication Janaki Venepally

Is State Office Right for Me?

The opportunities provided to state officers are tremendous. Many state officer alumni count this time as a pivotal experience in their life. Along with the opportunities and benefits of being an officer comes many important responsibilities. Those interested should carefully consider the decision to run for office and what it requires.

The average state officer spends five to ten hours a week working on their state officer assignments and responsibilities. Prior to state officer meetings, conferences and HOSA events the amount of time required tends to spike as officers finalize preparations and polish up assignments. It is important to realize that although academics remain the number one priority, officers will not be able to fall behind in their responsibilities as a HOSA officer. Officers are required to participate in the team decision-making process, perform assigned tasks, and attend required conferences and events.

It is important to understand that if elected, officers will be required to attend conferences, officer meetings and HOSA events throughout the year. Officers are not allowed to leave early, come late, or miss any parts of these events (except in the case of an extreme emergency) without permission. Officers have frequently had to miss out on big games, dances, trips, etc. because they conflicted with their state officer responsibilities. The expectation is that state officer responsibilities and commitments will take priority after an officer's academics.

Anyone willing to make this kind of commitment and that has the drive to succeed and the dedication to get the job done should seriously consider running for state office! If unsure, it is recommended members consult with their local advisor and get their opinion and advice. Those who decide to run for office can be assured that holding state office will be one of the most memorable experiences of their life and one of the most effective career preparation experiences they could ever have while in high school.

National Officer Selection Process

Members wishing to take their HOSA involvement to the highest level can serve on the National Executive Council. National officers are the ambassadors of HOSA and represent the over 260,000 HOSA members. Any New Mexico HOSA member interested in running for national office must first be approved by the State Advisor. It is highly recommended to serve as a State Officer before seeking approval to run for National Office. For more information, contact the State Director at hosa@nmctso.com.



SCHOLARSHIPS

HOSA’s co-curricular program fosters a culture of learning, discovery, and hard work. HOSA members look to prepare for their futures, and many continue their education into the postsecondary/collegiate level. HOSA’s scholarship program is designed to support a member’s pursuit of a higher education and reward outstanding members with scholarships.

Scholarships are provided by sponsors such as:

- Nursing Spectrum
- National Technical Honor Society
- National Consortium on Health Science Education
- Delmar
- Philip R. Patton (HCA - Hospital Corporation of America)
- U.S. Public Health Service
- HOSA General Scholarship Fund
- And more!

HOSA has partnered with Tallo to provide our members with the opportunity to apply for scholarships. Scholarships are generously provided by HOSA partners. There is one scholarship application for any member interested in applying for a scholarship awarded on the national level. Applications and supplemental documentation must be **received by** National HOSA no later than **March 15, 2023** (TENTATIVE) for consideration. For more information, visit www.hosa.org/scholarships.

The Awards Committee will make the final decision on scholarship awards and scholarship recipients will be announced in May. Those receiving scholarships on the national level will be recognized during the general sessions and at an awards dinner at the International Leadership Conference.

ALUMNI

Any supporters of HOSA are encouraged to become Alumni members!

In addition to past HOSA members, all supporters of HOSA are also eligible to participate at the local, regional, and state levels as alumni members. Alumni members have an opportunity to help build and inspire the next generation of HOSA healthcare professionals.

Alumni members have the privileges of active members with the exception that they cannot vote, hold office, or compete. Benefits of alumni membership include:

- Strengthening your network through continued involvement
- Having the satisfaction of helping others
- Serving others
- Continuing professional development and leadership opportunities
- Being part of a great organization

Suggested participation includes:

- Assisting the advisor of your local chapter
- Volunteering to assist in activities at the regional, state, and national level
- Serving as a local chapter mentor
- Judging events
- Serving as a competitive event section leader
- Assisting with Courtesy Corps
- Presenting and assisting with workshops
- Connecting your health care agency to New Mexico HOSA
- Providing testimonials of how HOSA has impacted your life

How to become an alumni member

- Complimentary alumni membership is available at both the state and national level. It's free!!!
- Go to <http://hosa.org/alumni> to apply for Alumni Membership
- Complete the application and submit to National HOSA. That's all you have to do!
- Registration is one time only; you don't have to do it again!

NEW MEXICO ALUMNI

Don't forget to sign up as an NM HOSA Alumni member. This is a great way for you to connect with other HOSA members, help at the local and state level, serve as a judge, and more. Your \$5.00 donation will go towards the NM HOSA Scholarship fund for graduating seniors.

CONFERENCE ATTIRE

Official Dress Code for ALL General Sessions

This policy is for student delegates. Advisors, family members, and guests are not required to wear the HOSA uniform or the black or navy-blue suit with a white shirt to the general sessions. The HOSA, Inc. Board of Directors approved the following dress policy that began at the 2011 NLC in Anaheim, California:

The official dress code for the student members for all general sessions will be either of the following:

- HOSA uniform (see below)
- OR
- Black or navy-blue suit with a white shirt (the white shirt can be the member's choice)
- Closed-toe blue or black shoes (hose optional)
- Male members **MUST** wear a tie.
- Female members may choose to wear knee-length skirt or slacks.

Student delegates not adhering to the above dress policy for all general sessions will NOT be admitted.



HOSA Uniform Policy

- Tailored navy blazer with emblem affixed over the heart.
- 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
- **Closed-toe** blue or black shoes (hose optional)

Competitive Event 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 noted in the event guidelines.

Other Conference Attire

Conference delegate attire should be proper and appropriate since it reflects directly upon the State Association and National HOSA. Conference delegates are strongly encouraged to wear HOSA uniforms or appropriate business attire to all conference activities (other than the general sessions where the official dress code for general sessions must be adhered to).

Under no circumstances will blue jeans, shorts, or other casual attire be accepted at any Conference function (with the exception of tours, HOSA's dances, and other recreational activities). Delegates dressed in such casual attire will not be permitted to participate in official HOSA conference meetings.

Tips for Dress Code Success

No dress code can cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about acceptable HOSA attire should ask their HOSA local or state advisor.

Here are a few more tips to help you understand the HOSA Dress Code:

- No denim clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are not permitted. Blue jean skirts and dresses are NOT acceptable.
- Dressy pants of different lengths that are part of a suit/ensemble may be acceptable, but “shorts” are not acceptable.
- Casual tank or tube tops, t-shirts, sweatpants/shirts, or tennis shoes are never acceptable.
- Business-casual attire may include khaki pants and polo tops.
- Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable. Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.
- Open-toed shoes and heeled sandals are permitted, except during general sessions.

HOSA BRAND

During the 2012 HOSA National Leadership Conference, the HOSA, Inc., Board of Directors launched a new brand for HOSA – Future Health Professionals. All chapters are highly encouraged to incorporate the new brand moving forward.

The goals in developing a new logo for HOSA were to modernize the image, retain familiarity, and establish HOSA's identity. The new HOSA brand took careful thought and some bold moves. In our eyes, this new logo design represents the most natural evolution of the HOSA brand. Its modern type of stylish color palette gives the brand a fresh face that will maintain its appeal among current and future generations of eager health science students, advisors, and our partners. So move forward with us as we take the organization into the new millennium with a crisp new identity for **HOSA – Future Health Professionals!**

- HOSA, Inc. Board of Directors (2012)

Meaning Behind the New Brand

Excerpts from the National HOSA Brand Style Guidelines

Main word in lower case: The main word is presented in lower case. On the surface, this creates a welcoming, organic look that conveys HOSA's connections to science and technology. But more than that, it is crucial in establishing HOSA as its own word, and not an acronym. When introducing HOSA's identity, Future Health Professionals, it is important to move away from "Health Occupations Students of America." In lowercase, it is much less likely that the H, O, S, and A will stand out as individual letters. When written, it should be HOSA or HOSA – Future Health Professionals.



HOSA's identity: The HOSA identity is positioned directly after HOSA so that it completes the natural eye line, making it hard to miss. "Future Health Professionals" is colorized with maroon to empower students and remind employers that HOSA members leave the program ready to join the workforce and/or pursue further education.

HOSA emblem: This is the new HOSA emblem. If you would like a file copy of the new emblem, please email NM Advisor Mentor, Jane Shovlin at hosa@nmctso.com.



Color palette and textures: The accompanying color palette and textures offer support to the logo by positioning HOSA as friendly and fresh. Colors were chosen on what would feel crisp and clean and fit naturally into the health environment. The circles and dots further support the curvy and organic feel of the logo. Typography is kept lowercase as well, to support the friendly nature of the identity.

Stationery and marketing: The stationery and marketing elements feature these colors and shapes in a variety of ways to create a rich and vibrant system of collateral that stands out – reminding those who see it that HOSA is always moving forward.

Using the Brand

For more information about how to use the new brand, please refer to the National HOSA Brand Style Guidelines. New Mexico HOSA chapters may acquire access to HOSA logos, fonts, and other resources by contacting the State Director at hosa@nmctso.com.

HOSA should **not** be referred to as
“Health Occupations Students of America”

HOSA is no longer an acronym.

HOSA is simply... **HOSA – Future Health Professionals**