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HOSA shatter YOUR EXPECTATIONS

FUTURE HEALTH PROFESSIONALS 2021-2022

7 STEPS TO SUCCESS IN HIGH SCHOOL EMT PROGRAMS

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LIMMER
EDUCATION

I have been an educator for the better part of 40 years. The last academic year was the first high school EMT class I ever taught. Educator friends and online colleagues shared stories of immaturity and mayhem in the high school experience. I began with a fair amount of nervousness as the class approached. Since you are reading this article, I suspect you know the outcome.

My first high school class was one of the most challenging and rewarding classes I ever taught. I am hooked.

As I reflect on my first class (and in the middle of my second), I tried to pick out some of the things that made it a success—and things I am now doing differently. While I suspect I am preaching to the choir, I'd like to share some things I have learned.

Here are 7 Steps to success in a high school EMS program.

1. TREAT THEM LARGELY LIKE AN ADULT...BUT REMEMBER THAT THEY ARE ULTIMATELY TEENS AND HIGH SCHOOLERS.

One of the things I decided early on was that I wasn't going to start with the mindset that these were kids. They are taking an Emergency Medical Technician class as dual credit college students. Both EMS and college imply (relative) adulthood—and I went for it. I didn't shelter them. I spiced up class with an occasional real-life street story from my years of experience, and I expected them to hold themselves like EMTs in class. And it worked.

2. EARN AND KEEP THEIR TRUST.

A core concept in public safety is respect. You respect your patient. You respect yourself. You respect and trust your partner. This is how we work together in challenging situations. When you build a relationship of trust and respect with your students, interesting things happen that transcend the classroom. This is one of the ways we recognize our students are young—and need us. From college hopes and dreams to career advice to frank conversations about family issues and suicidal ideation, trust is the foundation that allows us to make the difference we hear so much about in education.



How do we earn trust? I'm not sure there is a definitive recipe, but you must care, follow through on promises, and be approachable. You can say you are approachable, but it isn't about words. It is about being present enough to see a change in a student and know something is different or wrong. You can open the door and hope the student comes through for help at that point.

3. NEVER LET THEM SEE YOU SWEAT.

At times felt like I was walking a tightrope without a net. Especially in the early days. As I look back, it was the students who helped me feel comfortable and succeed.

I believe that hesitancy, indecision, and lack of confidence are the precursors to an unsuccessful program. Students can tell. Develop a solid plan—and never let them see you sweat.

4. MAKE SURE STUDENTS ARE ALLOWED TO WALK THE WALK.

My college has a foundation that supplies equipment for my EMT students. I still remember the day we went to the bookstore and got their stethoscopes, penlights, trauma shears, and other EMS equipment. I also remember the day they first came to class in uniform.

If there are uniforms or tools of the trade in your student's program, always take the time to let them feel the weight of those tools. Feel the excitement of holding those tools for the first time. Feel the wonder of wearing the uniform for the first time. Acknowledge their feelings and share them with them. Take pictures. Then relate their feelings to the career they are exploring. Explain the responsibility of the uniform and how to uphold that responsibility.

Let them walk the walk.

5. SET EXPECTATIONS—AND FOLLOW THROUGH.

I may have struggled here the most. If you asked me, the biggest mistake I made was spending too much time engaging and learning and not enough testing. It is vital to have expectations—and regular testing helps set appropriate expectations.

A colleague taught me If you want students to learn superficially, test them superficially. If you want them to learn comprehensively, test them comprehensively—educator words to live by.



6. ENGAGE, APPLY, EXCITE

Now that I have made the point about expectations out of the way, the most significant thing we can do as far as techniques is to engage, apply, excite. While I treat my students primarily as adults, I recognize the need to push the envelope as far as creating a dynamic learning environment.

After spending a few weeks on the basics, we begin a case-based learning approach. It goes like this over four 1.5 hour sessions:

- **Monday** - Lecture and learning activities
- **Tuesday** - students assess a simulated patient. This is also uniform day (walk the walk).
- **Wednesday** - students go to the lab to explore treatments and skills they would use on the patient.
- **Thursday** - case presentations. Students present their patients to the class. This includes assessment, differential diagnosis, and treatment plans.

Faculty who teach in other EMT programs at my college consistently tell me how the high school EMT students act more professionally than the other EMT students on campus and outperform them clinically as well.

7. ABOVE ALL, THEY ARE THERE TO LEARN.

The balance of the 6 points above brings us to the final point: It is always about learning. Learning is the foundation of what we do, how we prepare our high school students for success in anything they do, and how we send them out the door successful and confident. We teach. They learn.

Trust, respect, feeling, expecting, engaging. The hub all these spokes emerge from is learning.

I'm in my second year of teaching a high school EMT class. I thought my first class may have been a fluke. They were awesome, and I still miss them.

My second class seems to be on the same path. I don't take attendance because the students always show up—as do I. And we are going to do it again.

I wouldn't miss it.

BE THE MATCH

A HOSA STORY

Every year, hundreds of thousands of people are diagnosed with life-threatening blood cancers and diseases. For these patients, a bone marrow or cord blood transplant may be their only hope for a cure. However, only 30% of patients have a fully matched donor in their family, and the need for unrelated blood donors is more prominent than ever. Enter Be The Match.

Be The Match is a non-profit organization whose life-saving mission is centered around matching donors with blood cancer patients. With a growing registry of over 39 million potential donors, Be The Match has facilitated over 105,000 transplants and continues to create possibilities for patients to receive their life-saving treatment. Beyond their registry, Be The Match conducts research on blood and marrow transplants, advocates for improved patient access to care, and offers support to the families of these patients.

Recently, one of our very own HOSA members has answered Be The Match's call to service. Emily Hathcock, who served on the 2020-2021 HOSA International Executive Council, is a current junior at Wofford College in Spartanburg, South Carolina majoring in Biology and minoring in Government. She has plans of attending medical school and hopes to work in Capitol Hill advocating for health policy. Emily was given the opportunity to donate at the end of last year, and here is what she had to say about her experience.



Former International Executive Council PS/C VP
Emily Hathcock

Tom: Emily, can you speak a little bit to what your experience was like on donation day?

Emily: So, donation day was a good day. I started my day early. Maybe around 6 o'clock in the morning. They just basically prepped me. They gave me my last few shots and then I sat in the chair for about seven to 8 hours. I was taken great care of throughout the day, but overall I'd say it was pretty simple. It felt like a longer version of donating blood. I had a needle through my arm and just relaxed after that small needle prick. I got to do a lot of thinking and was pretty excited for what I was doing! Overall, I'd say it was a good day. I remember once I finished up, I went back to the hotel and I slept!

Tom: Wow, I never realized it was that straight forward! It's really a noble cause and great to see people like you making a difference. To get here, **what was your motivation to join the registry?**

Emily: I think It's such a simple thing to do. Given the opportunity to potentially save someone's life is just amazing. What's more, it's so incredibly easy as just swabbing your cheek and mailing it in. I don't know, I didn't really put a lot of thought behind it. I just did it. But I went into it thinking if they need me, they need me, if they don't, then they don't. But again, it's so simple and the patients are having to go through so much and the least that a potential donor can do is swap their cheek and give their stem cells. So, I was just driven to do it, it felt like a calling to me.

Tom: That's awesome Emily.

Can everyone do what you did? How can HOSA members under the age of 18 get involved?

Emily: Absolutely! Anyone can get involved with Be The Match and that is the beauty of it! Be The Match has a pre registry that allows anyone under the age of 18 to sign up to receive updates and swab when they are finally 18! But if you're under 18, you can host swabbing events at your school, campaign on social media, and continue to raise funds for the cause. Any of those supporting efforts to get the word out there about Be The Match would be a fantastic way for people who aren't of age to donate yet.

Tom: It's really cool that we can get involved even under the age of 18! Thanks for sharing your insights with us Emily!

Emily: Of course, Tom! It's an amazing thing that this organization does because it literally saves people's lives. Being an actual donor and having that connection with Be The Match now, it really kind of feels like family. They took really great care of me. I still talk to a lot of the people on their side. What they do is just absolutely incredible. I'm always happy to share this message, that's the kind of energy Be The Match is all about!

BE  THE MATCH®

Be Involved. Save Lives.



Emily,
HOSA member,
blood stem cell
donor

Register today to see if
you're a match for a
patient in need.



Scan QR Code
OR
Text HOSA to 61474

Watch Emily's journey and get started by visiting BeTheMatch.org/HOSA

STEP UP AND SAVE A LIFE LIKE EMILY DID

Under 18? Sign up for the Pre-Registry and you'll receive a
reminder email on your birthday to join! Scan QR code to begin.

DISRUPT THE DISPARITY

ODDS OF FINDING A MATCH BASED ON ETHNIC BACKGROUND

Black or African American	Asian or Pacific Islander	Hispanic or Latino	Native American	White
29%	47%	48%	60%	79%

Enhancing Your Professional Image

How to Put Your Best Foot Forward!

Kartik Tyagi, President-Elect
Mielad Ziaee, Secondary Board Representative

Now more than ever before, it becomes important for students as early at the high school level to develop and enhance their professional image, be it to find an internship, job opportunity, develop a cohesive resume or LinkedIn profile, apply for a scholarship, or simply learn more about the relevant experience required to pursue a field of one's interest. Herein, we share some tips on how to enhance your professional image: from making a powerful LinkedIn profile and resume to using these core professional skills in the real world to engage in networking and to apply for internships, jobs, and scholarships!

First thing's first: you may know that it is especially important to create a resume to highlight your key experiences. But what about LinkedIn? Should you create a LinkedIn profile?

Well, professional branding and image is the key to your future – it's the key to new opportunities and will set you up for success! LinkedIn is designed for professional networking, so using it to get to know people, grow professional networks, and get job/internship offers is especially helpful!

With over 300 million members across the globe, LinkedIn is expansive, and starting a profile may just be right for you! Here's what to keep in mind:

1. Use a professional profile photo that portrays a clean, powerful, and positive image of you
2. Have an impactful headline that emphasizes your current role or focus
3. Write a compelling summary that doesn't "sell" yourself, but rather "tells" your story and journey, using numerous paragraphs to discuss your goals, aims, and background/core skills
4. List your experience from most relevant to least relevant!
5. Include your education
6. Make an effort to ensure your profile is as complete as it can be! Add in volunteering experience, organizations joined, your honors/awards, publications, projects, and more!

Want to take a look at some of your International Executive Council's LinkedIn Profiles for inspiration? Here are a couple:



Sricharan's LinkedIn



Mielad's LinkedIn



Alekhya's LinkedIn



Kartik's LinkedIn

So: now you've created a LinkedIn profile. What next? Network! Networking is an integral skill, and it begins with reaching out, initiating conversation, and "connecting" with peers and professionals alike on LinkedIn, and via email! In a world that is so dependent on continued engagement, it is so important to maintain professional relationships with peers and with individuals you consider mentors, advisors, professors, teachers, community members, elected officials, and prospective employers!

Networking allows you to stand out and share your story in a personalized way. And it has the benefits of allowing you to grow your professional network. Making it a habit to connect with new people or people you have engaged with in the past may not be the worst, most professionals today say. In fact, it may even work in your favor when you are looking for professional advice, applying for jobs, internships, scholarships, and other opportunities, and are trying to put your "best foot" forward!

Now, you're truly ready to put your "foot in the door" and apply these valuable skills in the real world. With applications and opportunities becoming competitive, we want you to stand out with the Professional Image and Materials you have developed. You may wonder—where can you start? For what can you apply?

One popular Professional Development opportunity is internships. Though they have many similarities with jobs, Internships are a learning experience, giving you the chance to work in the industry and work alongside professionals. Generally, internships have a shorter timeframe than a typical job would. To begin your journey to an Internship, we recommend you look in what you are interested. Join extracurricular organizations and take courses that interest you. This way you are both prepared for your role and understand how an internship may fit your future goals. A common misconception is for students to apply for an internship without knowledge of what they are passionate about; when you take time beforehand and truly explore your interests, you are better able to grow—personally and professionally—as an intern!

You are probably wondering, "Where can I find an internship?." Thankfully, many organizations support and encourage Interns. In fact, they see interns as an important asset to their company. From Biotechnology Companies to Health Law Firms, there are opportunities for everyone. Did you know you can find Internships through HOSA? Check out careers.hosa.org and search for Internships!

Beyond Internships and Jobs, your professional development can also support you in receiving Grants and Scholarships. To stand out amongst applications, try to highlight your story and responsibilities. This can take the form of displaying your work as a HOSA Officer or describing your volunteerism in hosting a Be the Match Event at your school. Make sure to tie these roles to your personal interests and passions, explaining why you are an ideal candidate for the scholarship.

Applying for a Scholarship may be daunting at first, but there are many opportunities for you to find them to apply for. Look no further than the HOSA Scholarship! You can find information about the HOSA Scholarship at hosa.org/scholarships. You can also look into your community for local Scholarships.

Whether you plan to apply for an Internship or a Scholarship, developing your Professional Image is key. Even devoting ten minutes each day to this will help you pave the way to your future. A little goes a long way!

EXERCISE AFFECTS LEARNING AND RETENTION

As we all start to settle into the routines that will dictate the rest of our year, it's important to consider how our habits will impact every aspect of our lives. For many of our members, including ourselves, attending school and school-related activities encompasses a majority of our attention and time. We tend to lose ourselves in the upcoming assignments, tests, and overall busy routine that comes with being a student. Often times, the first thing to disappear from these routines when things get tough is exercise. We begin to skip one day and then the next, and eventually, physical activity loses its place in our routines. Yet, this seemingly small tweak has grave consequences.

According to *Knowable Magazine*, published by Annual Reviews, the benefits of exercising far outweigh the surface-level "negative" impacts of using one's time to exercise. While many of us are fully aware that exercise improves our physical performance, few realize the drastic improvements many have seen with their mental health and cognitive performance upon re-integrating exercise into their lives. From large scale changes to the neural architecture of one's mind to the minute improvements we see in cognitive functions like focus, exercise has the potential to give students a competitive advantage. Not only are students who exercise less likely to become depressed but exercise's effects on the body against depression are almost instant. The release of neurochemicals directly into the bloodstream upon physical activity mimics the effects of antidepressants, immediately helping to improve and stabilize mood.

The benefits of exercise seem almost too good to be true, and we understand that it's hard to leave studying behind when deadlines are coming up. Because of this, we've compiled some quick ways that you can get physically active to not only give yourself a study break but ensure your future performance is top tier. If you're looking for some new ways to get active, try

- Walking around your neighborhood or campus
- Starting a short pick-up game
- Playing with your pet
- Exploring nearby parks or gardens
- Finding a workout partner!

As you can see, exercising itself doesn't have to be complicated.

We wish you the best of luck in the upcoming year, and we can't wait to see all that you all achieve!



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HOSA Members!



geico.com/org/HOSA | 1-800-368-2734 | Local Agent



Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. Homeowners, renters and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko® image © 1999-2022. © 2022 GEICO

GATHERING RESOURCES FOR HOSA'S COMPETITIVE EVENTS

Shiva Gadireddy | North Carolina HOSA State President

Did you know that almost every HOSA competitive event has a direct list of sources where the information can be found? Every question you see on an exam, every task you might be asked to do in a skills event, and anything in between all came from the "Official Resources" section you can find in the competitive event guidelines.

Official References

6. All official references are used in the development of the written test and skill rating sheets.

- [American Heart Association, Basic Life Support, Latest edition.](#)
- [American Heart Association, Heartsaver First Aid, Latest edition.](#)
- [Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)

This article will cover some of the ways that you can acquire these resources to use in preparation for your competitive event!

Buying the Resource

- Most official references have links that will take you to a website where you can purchase the textbook or guide or a subscription to the publisher and receive access to it.
- *Make sure to check the estimated delivery date and whether it is a digital copy*

Amazon Book Rentals

- Some textbooks and resources are available for rent on Amazon's website at a lower cost than purchasing the resource to own
- Follow the instructions at this link to rent your own book!
- *Not every resource will be found through this method*

Checking your Local Library / Community College

- Visit a local library or search their online catalog for competitive event resources!
- Search by your textbook's ISBN number, title, or author, and check it out for an extended period (It's Free!)
- Some libraries are able to purchase a book for you to check out and use
- Reach out to community colleges and universities in your area and inquire about borrowing their resources to prepare for your event

Starting a HOSA Chapter Library

- Have your local HOSA chapter purchase textbooks and other resources for competitive events that any member can borrow for use
- Use existing chapter funds or raise your own through various fundraisers
- The chapter library's collection will grow over time and will make it easy for any student to access the resources they need to compete!

Other Resources

- Competitive Event Useful Tools
- Watch past competitions on Youtube (especially Teamwork events!)

About the Author

Shiva Gadireddy is the 2021-2022 North Carolina HOSA State President. A senior at Cox Mill High School, Shiva Gadireddy has been an active member of HOSA since his freshman year of high school and has previously served on the local, regional, and state level of NC HOSA. Pursuing an education in STEM, he hopes to utilize computer science to positively benefit the field of medicine. Regularly participating in HOSA's Medical Math event, Shiva was able to combine his passion for medicine and mathematics in a competition that weaves both fields together. When he's not competing, he is an active member of his community, leading 3D printing workshops at Discovery Place Science, assisting the Radiology Department at the local hospital, and organizing food and donation drives for temples in the area in order to pour in more resources for those around him.