



MN HOSA

# Newsletter

[www.minnesotahosa.org](http://www.minnesotahosa.org)



Happy New Year

## Mid-Winter Final Reminders

### More Reminders

Competitors **must bring most of the equipment** listed in their guidelines

- This is particularly relevant for **Health Professions Events (such as EMT and CPR)**.
- **HOSA bowl** takes **priority** over all other events

Dress code:

- HOSA suit alternative, business professional, or event-specific attire.
- Reference the official HOSA dress code in Mid-Winter Google folder (QR code)



State Director Summer Hagy has created a Midwinter Conference Google Drive folder, which contains updated schedules, event brackets, and other essential details. All participants and advisors have access to this folder, and should review this information before attending Mid-Winter! To view this folder, scan the QR code to the left or look for the link in your email.

To prepare for your events, reference the comprehensive list of competitive event resources on our website: [minnesotahosa.org](http://minnesotahosa.org). There, you'll find the 60+ CEs, their associated guidelines, and supplemental videos that can aid in your studying. Guidelines are the set of rules and rubrics established by Minnesota HOSA. They contain information about how the event is structured, what material to study, and exactly how you will be scored. Video resources are another invaluable tool, as they include real HOSA scenarios, visuals, and/or demonstrations to help you understand what you're walking into on competition day. In the coming days, take some time to review these materials for your events—it makes a world of difference!

## New Year, New Me?

The start of a new year often comes with promises of new beginnings. Reinventing your mind, body, and lifestyle is exciting... for about a week. Then, that lofty goal you set a few minutes before midnight feels impossibly burdensome: there's no way you can stick with it! But why?

As humans, we are psychologically prone to inflating our true abilities, especially when picturing our ideal selves. This is a cognitive bias known as the Dunning-Kruger effect, and is often augmented by new environments and opportunities. The new year can serve as both of these things. Renewed energy and high motivation make it easy for us to believe that we will stick to our goals. But once the sparkle wears off, the mundanity of everyday life seeps in, and we are exposed to the challenges that come with following through.

But it doesn't have to be this way! We can turn the narrative around by recognizing that change does not come instantaneously. Goals are important, but to achieve them, we have to be realistic and hold ourselves accountable. To do this, it's best to start small. If you have a bigger goal in mind, break it down into practical steps. Begin with the first step, and when you've completed it, move onto the next one. This way, you can make progress that continues building on itself. Over time, with sustained effort, your individual steps will lead you to achieve the goal you set in the beginning!

Along with this, it is essential to build daily habits. This can be as simple as moving your body for five minutes, putting your phone down during meals, or drinking an extra glass of water. No matter what you choose to work on, it's necessary to be consistent. Make an effort to complete your goal every single day. If you do this, your new practice will eventually become habitual, and you can start to expand on it from there.

Lastly, remember to be kind to yourself! Life changes require time and energy, and may feel daunting at times. It's okay to take a break, seek help, and/or reevaluate your priorities. Additionally, as you begin to work on your goals, take some time to reflect on the progress you make and be proud of yourself! Every step, no matter how small, is important to making healthy, sustainable change.



## Request an Officer Visit

The new year has begun, and we know life can get busy. If you need some guidance from a current state officer or assistance in facilitating a meeting, we're here to help! When you submit a request through this form, one of our state officers will coordinate a time to attend (in-person or virtually) one of your chapter's meetings and assist you with activities or help you relay information about HOSA. We would love to engage with you and your chapter! To fill out the form, scan the QR code below.



## Winter Moving Palooza

As the weather turns colder and the sunlight draws short, some individuals may develop Seasonal Affective Disorder (SAD), a type of depression related to the change in seasons. For most people, SAD begins in the early winter and subsides in the springtime. Some common symptoms of Fall & Winter SAD include oversleeping, appetite changes, tiredness, and general low mood.

SAD affects thousands of individuals in Minnesota, and we wanted to take initiative. So, in December, we started a challenge called the Winter Moving Palooza, which aims to raise awareness about Seasonal Affective Disorder (SAD) by promoting physical activity and fostering community engagement. Open to all HOSA chapters in Minnesota, this challenge will continue through January. Participants (individually or with other HOSA members from your chapter) will track themselves completing any physical activity and then make an Instagram post showcasing their movement! Each post should also include a caption highlighting the importance of staying active during the winter months. Once you make a post, you can challenge other chapters around Minnesota to start moving! To be recognized for your efforts, you must tag @minnesotahosa in your posts. ALL ACTIVE Minnesota Chapters are HIGHLY recommended to do an activity upon being challenged.



## Mentor Mentee Program

The mentor-mentee program is off to a great start! At our official first meeting, we discussed State Officer roles and responsibilities, outlined the first assignment of the program, and played Guess Who Drew with a gorgeous array of rubber duck illustrations. If you couldn't make it to this meeting, don't fret, for it's not too late to join! Our upcoming meetings will be on the following dates:

- January 19th: First assignment due and group project explained
- February 16th: Group project presentations and Q&A for prospective state officer applicants
- March 17th: In-person meet and greet with the state officers

The meetings throughout January and February comprise the heart of this program. You get the chance to build foundational knowledge, have one-on-one conversations with the Officer team, and build relationships with people you may not have otherwise met. When you finally get to SLC, these connections will make for a more fun and fulfilling experience.

We want YOU to be a part of this awesome program! And we would also love for you to share this opportunity with your HOSA friends! To join, simply scan the Slack QR code or visit our Instagram page!

## Join our Slack!

If you have not already, please join our Slack channel! This app-based server is our primary method of communication with HOSA members throughout the year. It includes sub-channels for your region, the mentor-mentee program, and special announcements. Scan the QR code to join!



## Positive Affirmations

As we head into a fresh new year, and back to school, it is easy for us to get lost into the hustle and bustle of new goals, resolutions, and piling school work. Thus, it is important for us to dedicate time in our daily lives just to ourselves, appreciating the present moment, and not letting regrets pull us back into the past, or fears dragging up into the unknown future.

Below are some affirmations that can help guide us back to ourselves, in the here and now. Everyone has their own preferences so we invite you to write a positive affirmation or reminder, and put it somewhere you can see it often. Whether it's your bathroom mirror, the door to your room, or your phone lock screen. Sometimes, something as simple as coming back to your breathing, can bring you a pocket of peace throughout your day.

"I have everything within myself to do great things."  
 "I am capable of reaching my goals."  
 "I am here, safe, in the present moment."  
 "Breathing in, I know that I am breathing in. Breathing out, I know that I am breathing out."  
 "I am enough, I am resilient."  
 "Waking up, I am full of gratitude, as I have 24 brand new hours before me."  
 "I am loved, my voice has value."  
 "My mistakes do not define me. The only way to act on both the past and the future is in the present moment."  
 "I have come out of every challenge and obstacle stronger than before."  
 "It is my mindset that determines my day, not the actions of others."  
 "I am strong."



## Officer Story of the Month Aditya Suresh

Growing up, I was obsessed with the Percy Jackson series. I've read the entire series, as well as the Heroes of Olympus and every other book of Uncle Rick's, more than two times over. It's safe to say that I was a mythology kid through and through. One day, in fourth grade, my friends (who were also PJO enthusiasts) and I decided to go on our own quest. Although we didn't travel all the way from New York to LA or through the ever-changing labyrinth, we did run around our school playground a couple of times, slashing our imaginary swords and climbing up "active volcanoes". During our adventure, I, of course, was a son of Poseidon and my friends had their own godly parents. We got many weird looks, but I'm glad to report that we successfully saved Olympus from the villainous Kronos (you're welcome world).