



MN HOSA

Newsletter

www.minnesotahosa.org



SLC Need-To-Knows

Our State Leadership Conference is **one month away!** With over **650 members** registered, 2024 SLC is going to be our biggest conference yet! And of course, such tremendous participation comes with an **extensive array of activities**. Throughout the conference, participants can engage in a variety of **interactive workshops, seminars, and guest lectures** led by experienced healthcare professionals and educators. In addition to the educational components, students will have the opportunity to showcase their medical knowledge and skills in **competitive events** that cover a wide range of healthcare disciplines. Competitors who **place in the top 3** of their events have the **opportunity to compete at ILC in Houston, TX** this summer. Here are the details—including important dates throughout March—you need to know (continued on pages 2 & 3):

Date: Sunday, April 7th → Tuesday, April 9th

Location: St. Cloud Convention Center in St. Cloud, MN

Theme: 24 HOSA Magic (inspired by Bruno Mars)—get excited for some glitz and glam

For **more information**, read through the MN HOSA **State Leadership 2024 Event Guide**, which has been sent out through email. Please continue to **check your email** for other **important updates** from State Director Summer Hagy. We are constantly **publishing new information** and constantly **updating existing information**.

Join our Slack!

****This is especially imperative for SLC announcements****

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. On it, you can connect with your region, receive special announcements, and send direct messages. Scan the QR code to join!

March Timeline for SLC

1. **March 6–17th:** Online Testing Window
MOST events have a test, even skill events. **Review the guidelines** or check the spreadsheet (**QR code**) to see if your event has a test:

Please make sure to **give yourself enough time** to take each test, as some take longer than others. Tests must be taken by **Sunday, March 17th by 11:55 p.m.**—there will be **NO EXCEPTIONS**.

Other notes:

- Tests are taken **ON YOUR OWN**. Even if you are in a partner/team event, you will test independently, **not as a group**.
- Automated **testing credential emails** will come to the email listed in the HOSA System.
 - **Each test has unique credentials**. If you register for 2 tests you will receive 2 emails.
 - Check your **junk/spam** if you do not receive an email
 - Your **local advisor** will have a list of credentials
 - As a last resort, you may **email** **director@minnesotahosa.org** for your credentials

2. **March 8–15:** Virtual Competition Time Selection

3. **March 8–20:** In-Person Competition Time Selection

To study for your events, reference our **competitive event resources** on **minnesotahosa.org**. There, you'll find a comprehensive list of all 70+ CEs in HOSA, their associated **guidelines**, and supplemental **videos** that can aid in your studying. Additionally, **scan the QR code** to access resources you can use to study for your specific events.



**HOSA COMPETITIVE EVENT
CHARACTERISTICS PROFILE**



23–24 EVENT RESOURCES



C.E. SIGN-UP GENIUS



**“PATIENT” AND SUPPLY
REQUIREMENTS**

March Timeline for SLC

4. **Weeks of March 11 & March 18:** State Officer Candidate Interviews

5. **March 18:** SLC Merch Orders are due by 3:00 p.m.
Scan the QR Code!

- There will be an extremely limited merch supply for purchase at SLC
- Payment is required prior to receiving your items – you may pay in person or send a check to MN HOSA – PO Box 210 – Sartell, MN 56377
- No \$\$ – No Merch

6. **March 19–21:** Virtual Events via Zoom

7. **April 1:** Barbara James Service Hours and/or BTM Fundraising Dollars entered and approved for SLC recognition



SLC MERCH ORDER FORM



State Officer Applicant Tips

The State Officer application process is well underway. For those who applied by the March 1st deadline, there are **several steps** that lie ahead.

Throughout the **weeks of March 11th and March 18th**, we will be conducting **interviews**. The application process is **finally completed at SLC**, where you will go through a **series of tasks** and undertake other **volunteer-based roles**.

Read some of our **tips** for making yourself the **best candidate possible!**



- Look at the tentative **applicant schedule** on the application info doc. You will be **BUSY BUSY**, so it's important to **remain diligent** about your schedule.
- Be your **authentic self**. We want to know you as you are and assess what **unique character** traits, values, and skills you can contribute to the incoming State Officer team!
- Come in with **confidence**. The more self-assured you present, the better your **ideas come across**.
- **Practice** some of your points + **HOSA knowledge**. There will be an **in-person test**, so make sure you know your HOSA history!
- **Remain flexible** so that you can **think on your feet** when the time comes.
- Do not be afraid to **be the first to reach out**, whether it's to the Officer team or your peers. An important part about being a state officer is **visibility to members**, so exhibiting that will be important.

WOMEN'S HISTORY MONTH

March is International Women's History Month! The purpose of Women's History month is to recognize women's historical impact and celebrate the countless achievements, commitments, and stories of women across the nation. It is also a time to work towards advancing rights and opportunities for women and girls locally, nationally, and around the world.



There are many amazing women who play essential roles in running Minnesota HOSA. We want to formally recognize these women for all of the hard work, patience, and enthusiasm they contribute to our organization and its members. They are truly the force behind everything that we do!, and enthusiasm they contribute to our organization and its members. They are truly the force behind everything that we do! Below, read features about 3 amazing women in MN HOSA!



SUMMER HAGY

As the State Advisor and Executive Director of MN HOSA, Summer's work is dynamic, challenging, and vital to all of our State operations. Through the Healthforce Center of Excellence, she oversees the development and implementation of educational experiences that serve students in nearly 50 chapters across MN. She also serves as a public member on the Minnesota Board of Nursing and as the Central Region State Advisor for the HOSA, Inc. Board of Directors.



LAUREN TRYGSTAD

Serving as the current State Officer Advisor, 22-23 IEC Postsecondary/ Collegiate Board Representative, and past MN State Officer, Lauren is a powerhouse for the HOSA-Future Health Professionals community. An aspiring Emergency Medicine Physician, Lauren is passionate about the healthcare field and works tirelessly to build genuine connections, initiate meaningful change, and provide opportunities that shape the next generation of healthcare leaders.



BRYANA RENNER

Bryana currently serves as the MN HOSA Board Chair, a member of the ILC Competitive Events Team, and newly assumed the role as our Competitive Events Coordinator! Through her 8 years of work for the Board, decorated competitive history, close connections with students and professionals across the state, and award of Outstanding HOSA Alumni at the 2023 International Leadership Conference, Bryana has shown unwavering dedication to our HOSA family.

Special thanks to our MN HOSA Board members:

Morgan Meyer Jensen, Shelli Sowles, Chau-Mi Phan, Karen Powell, Sharon Blomgren, Mary Jo Huebner, Nabeelah Rahmathullah Tariq, Angela Belous, Nicole Mattson, Christy Mader, Teri Homan, Ellen Schneider, and Mandy Satterfield

This month, make sure to show your appreciation for the special women in your life, including those who have impacted your experience in HOSA (advisors, mentors, teachers, volunteer coordinators, peers, etc). There are so many wonderful women to celebrate, today and always!



Officer Story of the Month

Ken Pham

What does it mean to grow up? Growing up means learning how to move on, being understanding, and learning to cope with change. This month, my grandpa died from liver cancer, and with that came change. I now understand what it means to step up in life, as I became the main caretaker for my sister when my mother flew back to Vietnam. Simultaneously, I have had to learn how to give up certain activities to fill in the gaps and how to move on from death. Death ends lives, only to move others forward. Grieving is the key to growing up.

Officer Meetup on March 17th

The 2023–2024 State Officer Team is hosting a meetup on March 17th at **Frgmnt Coffee** in Minneapolis

**Address: 43 SE Main St.
Minneapolis, MN 55414**

Time: Sunday, March 17th, 2:00–4:00 pm

This event is a **completely casual** event that serves as a chance for us to **get to know you!** Come and enjoy a drink + sweet treat and spend some time talking with your State Officers and/or HOSA peers. Feel free to **bring your friends**, as we would love to have as many people as possible in attendance. We can't wait to see you!

