



**“The Hands of HOSA
Mold the Health of
Tomorrow.”
-HOSA Motto**

hosa future
health
professionals
Lakeville North

**Lakeville North High School
HOSA-FHP
Membership Contract**

General Information About HOSA-FHP

Welcome! We are so happy you decided to join us this evening! The purpose of our introductory meetings is to explain what HOSA-Future Health Professionals is, what we do, and how we do it. After reading this contract and attending one of our introductory meetings we hope that you'll join us in furthering your journey in the Healthcare field, and make many friends who can help you along the way.

-Lauren Trygstad, LNHS HOSA-FHP President 19'-20'

What IS HOSA?

HOSA is an international student organization **recognized by the U.S. Department of Education and the Health Science Education (HSE)** Division of ACTE (Association for Career and Technical Education). HOSA's two-fold mission is to promote career opportunities in the healthcare industry and to enhance the delivery of quality health care to all people. HOSA's goal is to encourage all health science instructors and students to join and be actively involved in the HSE-HOSA Partnership.

HOSA provides a unique program of leadership development, motivation, and recognition exclusively for secondary, postsecondary, adult, and collegiate students enrolled in health science education and biomedical science programs or have interests in pursuing careers in health professions. HOSA is 100% health care!

Since its inception in 1976, HOSA has grown steadily **reaching over 245,000 members through 54 chartered HOSA Associations, USA, American Samoa, Canada, District of Columbia, Germany, Italy, China, and Puerto Rico.**

HOSA is not a club to which a few students in school join. Rather, HOSA is a powerful instructional tool that works best when it is integrated into the HSE and health science related curriculum and classroom. HSE instructors are committed to the development of the total person. Those who join the HSE-HOSA Partnership recognize the importance of providing students with training far beyond the basic technical skills needed for entry into the healthcare field. The rapidly changing health care system needs dedicated workers who, in addition to their technical skills, are people-oriented and capable of playing a leadership or followership role as a member of a healthcare team.

HOSA's mission is especially critical when considering the acute shortage of qualified workers for the healthcare industry. It is essential that the HSE-HOSA Partnership maintain its momentum and encourage all HSE instructors to integrate HOSA into their curriculum and classrooms.

-hosa.org

What Is The Purpose of HOSA-FHP?

The purpose of HOSA-Future Health Professionals is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness, and recognition, which is an integral part of the Health Science Education instructional program. The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

What's The Mission of HOSA-FHP?

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

General Information About HOSA-FHP

What Are HOSA-FHP's GOALS?

The goals that HOSA believes are vital to each member are:

- To promote physical, mental, and social well being.
- To develop effective **leadership qualities and skills**.
- To develop the ability to communicate more effectively with people.
 - To develop character.
 - To develop responsible citizenship traits.
- To understand the importance of pleasing oneself as well as being of service to others.
 - **To build self-confidence and pride in one's work.**
- To make **realistic** career choices and seek successful employment in the healthcare field.
- To develop an understanding of the importance in interacting and cooperating with other students and organizations.
 - To encourage individual and group achievement.
- To develop an understanding of current healthcare issues, environmental concerns, and survival needs of the community, the nation, and the world.
- To encourage involvement in local, state, and national health care and education projects.
 - To support Health Science Education instructional objectives.
 - To promote career opportunities in health care.

HOSA BYLAWS

(Adopted at the 1987 National Conference)

(Revised 1994, 1997, 1998, 2000, 2004, 2010, June 2015)

Section 1.

Membership Composition.

- a. HOSA is a national organization of, by, and for students who (1) are or were enrolled in secondary, or postsecondary/collegiate health science classes and/or (2) are interested, or planning to pursue or pursuing a career in the health professions.
- b. Members shall be students who are or have been enrolled in Health Science classes, and/or are interested, planning to pursue or are currently pursuing a career in the health professions, and persons associated with, participating in or supporting Health Science in a professional capacity.

HOSA State Associations shall be chartered by the Board of Directors of HOSA, Inc., and may be composed of the following divisions: Secondary, Postsecondary/Collegiate, Associate, Alumni and Professional.

The Secondary Division shall be composed of secondary students who are or have been enrolled in a Health Science or an organized health career awareness program or are interested, planning to pursue or pursuing a career in the health professions.

f. Promote involvement in current healthcare issues, environmental concerns and survival needs of the community, the nation and the world.

g. Establish and maintain state associations in good standing with HOSA.

Our HOSA-FHP Chapter

Some Useful HOSA Slang

Advisor- This is the teacher who's in charge of a hosa chapter. Here at Lakeville North your advisor is Teri Homan

Chapter- This is an individual school's group of HOSA members. So if you see a group of kids at a competition and you're wondering where they're from you could say, "what chapter are you guys from?"

SLC- This stands for State Leadership Conference which is basically the state competition.

ILC- This stands for International Leadership Conference which is what you go to if you win 1st, 2nd, or 3rd place in any event at SLC. Last year 7 of us attended, let's see if we can add a couple more.

Executive Council- Basically the main people in charge. For example the LNHS HOSA Executive Council consists of all the officers, the advisors, and the two chairpersons.

State Officer- The state high school officers elected at fall conference to run all state events.

When Are The Meeting's?

We will be posting a calender soon with all meeting dates for the semester, but here's the basics. Chapter meetings will occur once a month usually on a monday. There will always be a morning meeting and an afternoon meeting for those in sports or other activities. This year we will have 5 permanent committees that will have additional meeting dates. Everyone must join a committee!

Committees

Each LNHS HOSA member must commit to ONE committee!

Chapter Committee

- The Chapter committee run by President Lauren Trygstad, is responsible for determining team building activities and events for HOSA-FHP member's to attend.
- This committee is designed for those outgoing individuals who care about the development of teamwork in our HOSA chapter.
- This group of individuals is responsible for planning AT LEAST 2 events/activities per month.
 - Each person MUST HAVE 10 Chapter Hours in order to letter and remain in the organization, these are hours dedicated to team building in Chapter Committee events, Chapter Committee members are responsible for keeping attendance records for each event.

Volunteer Committee

- The Volunteer Committee run by Treasurer Anna Sekerak is responsible for providing AT A MINIMUM 3 volunteer opportunities per month.
- As a HOSA member you must accomplish AT LEAST 8 volunteer hours EACH semester in order to letter OR AT LEAST 6 volunteer hours PER SEMESTER to remain in the organization.
- Some examples of volunteering opportunities include Feed My Starving Children, food bagings, nursing home entertainment, Cub Food bagings, Santa's Secret Store..etc
- Please join this committee if you have any connections with places that need volunteers!

Our HOSA-FHP Chapter

SPEAKER COMMITTEE

- This Committee is run by Secretary Chau-mi Phan, and is responsible for finding AT LEAST 2 guest speakers per month, who work/worked in the medical field.
- We ask that you join this committee if you have family members who work/worked in the medical field and would be willing to share their story with our chapter.
- Each chapter member is required to attend AT LEAST 2 guest speakers sessions per semester

PRESS COMMITTEE

- This committee is run by our Reporter, Alexys Larson, and Historian, Katie Fecke.
- This committee will be responsible for taking pictures at ALL EVENTS sponsored by LNHS HOSA and sending them to the Reporter and Historian for further usage.
 - AT LEAST 1 representative must be present at each HOSA event.
- This committee is also in charge of making the posters/pamphlets that are distributed around the school during fundraisers and HOSA week. After the posters/pamphlets are drafted, they must be shown to the Secretary to be approved and signed by the principal.

HOSA HAPPENINGS COMMITTEE

- This committee is run by HOSA chairwomen's Hannah Wirth and Brianna Rehborg.
- The primary goal of this committee is to tell the story of our chapter of HOSA-Future Health Professionals throughout the year using a print newsletter, electronic newsletter, or website. For this recognition event chapters will select ONE (1) newsletter (print or electronic) or a website, to be judged at the state level, and will follow the state's instructions for event submission. If you're good at following directions, or really good at designing this is the committee for you!

How Will Attendance Work?

Once we have all LNHS HOSA participants registered we will split into 6 randomly generated groups, each group will be governed by one of our officers. Before each meeting you will report to your designated officer and they will mark down that you were present at that meeting. If you're going to be absent, you will notify the same officer that you would usually check in from (you will receive their contact info when groups are assigned).

What Does the HOSA Logo Look Like?

OMG THERE ARE SO MANY, BUT HERE ARE A FEW.



WHO IS ON OUR EXECUTIVE COUNCIL?

President- Lauren Trygstad **Grade-** 11th

Favorite Quote- "My name, my real name. That is not the point. The name I chose is Doctor.

The name you choose it's like, it's like a promise you make." - The Doctor "Doctor Who"

Dream Job- E.R Physician **Hobbies-** Singing, choir, guitar, piano, sleeping, makeup, laughing at my own jokes, and talking;)

Picture Caption- These suits clash, but I love her anyway;)



Favorite HOSA Picture



Vice-President- Sophie Thomas **Grade-** 11th

Favorite Quote- "She believed she could, so she did."

Dream Job: Pediatrician

Hobbies: dancing on lakeliners, going on walks with my dog, photography, gardening, and kayaking

Secretary- Chau-mi Phan **Grade-** 11th

Favorite Quote- "It is better to be hated for what you are, than to be love for what you are not."

-Andre Gide **Dream Job-** Family Practice Physician

Hobbies- Playing instruments, drawing, tutoring, singing, Volunteering, tennis.

Picture Caption- When people try to sell a china pin for 80\$.



Favorite HOSA Picture



Favorite HOSA Picture

Reporter- Alexys Larson **Grade-** 11th

Favorite Quote- "Don't cry because it's over, smile because it happened."

Dream Job- Personal trainer in California. **Hobbies-** Working out, Rock climbing, Boating, Adventuring, Tanning, Hanging with friends

Picture Caption- When mom says "dinner's ready".

Historian- Katie Fecke **Grade-** 12th
Favorite Quote- "Choose happiness."
Dream Job- Social Worker? Maybe? :)
Hobbies- Hanging with my dog, hiking with my friends, photography, listening to music, volunteering, baking.
Picture Caption- My favorite HOSA picture is this because it shows how we've been with hosa the entire time, and through the awkward we were incredibly happy through and through 😊



Favorite HOSA Picture

Favorite HOSA Picture



Treasurer- Anna Sekerak **Grade-** 12th
Favorite Quote: "Our greatest weakness lies in giving up. The most certain way to succeed is to always try again."- Thomas Edison
Dream Job: Epidemiologist **Hobbies:** tennis, lifeguarding, volunteering at the zoo and hospital, hanging out with my friends, walking my dog
Picture Caption- Hosa gives me the best opportunity to work at something with some of my best friends and still have fun while doing it.

Chairman- Hannah Wirth **Grade-** 11th
Favorite Quote: "Try the impossible to show it can be done"
Dream job: Pediatrician
Hobbies: Painting, Listening to music, Playing with my dogs, Volunteering, Cooking, CrossFit
Picture Caption- "These suits are hot! No seriously though we're burning."



Favorite HOSA Picture

Favorite HOSA Picture



Chairman- Brianna Rehborg **Grade-** 11th
Favorite Quote- "You should like things just because people tell you you're supposed to."
Dream Job- Not quite sure yet, something in the medical field definitely **Hobbies:** crossfit, playing with my pets, Swimming, Boating, Coloring, Drink la croix (lol), Concerts, Anything to do with stranger things
Picture Caption- [OBJ] How I feel when hosa people are talking about medical things I'm not interested in but try my best to follow along. It's ok tho they go on to explain it but then I get more confused.

The Paperwork

Please make checks out to LNHSOSA

HOSA Club Fee: **\$55** (Scholarships available please email lnhshosaofficers@gmail.com if needed.)

THIS FEE INCLUDES THE COST OF A LONG SLEEVE SHIRT

NAME: _____ GRADE: _____

Email: _____ Phone # _____

T SHIRT SIZE: (circle)

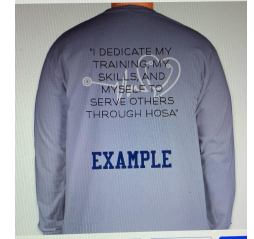
S M L XL

OPTIONAL NAME ON LONG SLEEVE SHIRT +\$5.00

(circle)

YES

NO



IF YES THEN WHAT NAME: _____

(Please write legibly)

OPTIONAL QUARTER ZIP : \$30 YES NO

(Recommended if planning on competing)

QUARTER ZIP SIZE: (circle)

S M L XL

OPTIONAL NAME ON QUARTER ZIP +\$5.00 YES NO

IF YES THEN WHAT NAME: _____

I _____ recognize the universal need for quality, compassionate healthcare. I understand the importance of academic excellence, skills training, and leadership development in my career pathway. I believe through service to my community and to the world, I will make the best use of my knowledge and talents. I accept the responsibility of a health professional and seek to find my place on a team equally committed to the well-being of others. Therefore, I will dedicate myself to promoting health and advancing healthcare as a student, a leader, an educator, and a member of HOSA-Future Health Professionals.

Signed _____ Parent Signature _____

Date _____



Regular Fee (membership and long sleeve shirt)- \$55

With Name on Long Sleeve Shirt- \$60

Regular Fee + Quarter Zip- \$90

Regular Fee + Quarter Zip with name- \$95

Return this signed contract page and payment to Room 304 by September 30th (Checks made out to LNHSOSA)