

# 2009 MICHIGAN HOSA LEADERSHIP U BREAKOUT SESSIONS EXPANDED

## Session

## Description

Career Health Display Orientation:	Here students will be able to see examples of Career Health displays so that they have an idea of what is expected in the competitive event.
Chapter Officer Round Table:	Meet with other chapter officers to swap ideas and gain knowledge on running an effective HOSA chapter.
College Success 101:	Starting college can be very stressful for anyone. Attend this session to prepare yourself on how to apply and where to apply, as well as what to expect in your first year of college.
Community Awareness 101:	Attend this session to learn how to educate the community on topics such as health education or proper hand washing. Here you will gain knowledge of how to implement a strong Community Awareness program into your chapter. Advisors come to this session!
Community Service 101:	In this session you will learn how to participate in Michigan and National HOSA's Community Service Projects as well as how to keep your chapter active in your community. This session is great for advisors too!
CPR/First Aid Orientation:	Planning to compete in CPR/First Aid? You won't want to miss this session. Here you will learn from former 1 <sup>st</sup> place State Winners on the best techniques for performing CPR/First Aid in from of HOSA judges.
Forensic Pathology 101:	Forensic pathology is a rapidly growing career in healthcare, not to mention the craze for shows like CSI. In this presentation listen to a Forensic Pathologist and learn just exactly what they do.

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- Fundraising 101:** Learning various fundraising options that work. Attend this session to help your HOSA chapter become a “Million Dollar Chapter.”
- Genetics 101:** Interested in all the hype about DNA coding, cloning and genetic research? Take part in this presentation to learn about all the hot topics in genetics today and how it might affect you.
- Healthcare Careers 101:** Not sure what you want to be when you “grow up?” Participate in the session to explore all of the various healthcare careers, not just nursing and medicine.
- Healthcare Policy 101:** An extremely pressing issue in the U.S., here we will discuss what healthcare reform means and how it will affect Americans, their health and their money. We will also learn what President Obama’s Healthcare Reform Policy means.
- Healthy Living 101:** An apple a day keeps the doctor away. Find out how to practice a healthier, less stressful lifestyle. Learn what kind of foods to eat and how much sleep you really need.
- Historian/Report Training:** Job description review.
- HOSA Bowl Orientation:** Want a sneak peak at what questions you may be asked in HOSA Bowl? Attend this session and you can watch a live demonstration on what HOSA Bowl looks like in competition.

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- Internet Etiquette 101:** Today's world depends on technology, but is it always our friend? Don't get tangled in the Web. This session will cover issues of confidentiality and accessibility to your information on the internet. Your seemingly harmless blog post today may hinder your professional opportunities tomorrow. This is for all you Facebook fans and My Space maniacs.
- Interviewing Techniques 101:** Participate in fun, active games and leadership skill building activities with hundreds of students from around the state.
- Leadership Activity Center:** Participate in fun, active games and leadership skill building activities with hundreds of students from around the state.
- Medical Bio-Ethics 101:** No Matter where you work you are sure to experience ethical crisis, especially in healthcare. Here we will discuss the ethical issues that you may encounter in healthcare with focus on end-of-life issues. Presenters and guest from the University of Michigan Medical Center will show the video "Evan Mayday's Good Death" followed by a brief discussion.
- Medical Reserve Corps:** Dedicated to establishing teams of local volunteer medical and public health professionals to contribute their skills and expertise throughout the year as well as during times of community need, the MRC is a great way for HOSA members to begin their health careers.
- Meeting Management 101:** Learn how to preside over meetings and committees and get home before midnight. (Chapter Officers only)

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Money Management 101:	This presentation is designed specifically for high school and college students. A personal banker from Bank of America will go through the steps of how to become financially stable at a young age. You will learn how to save for college, avoid credit card debt and retire a millionaire.
Nanotechnology 101:	TBD
Parliamentarian Training:	Job description review.
President/VP Training:	Job description review.
Professional Conduct 101:	Learn all the right techniques to becoming a REAL professional in both school and work. This is a must for all healthcare workers. Topics such as dress, speech, office conduct and ethics will be discussed.
Public Health Service:	The U.S. Public Health Service Commissioned Corps is an elite team of thousands of individuals dedicated to delivering the Nation's public health promotion and disease prevention programs and advancing public health service. Attend this session to learn more about the U.S. PHS and how one can participate as a college student as well as full time careers available.
Public Speaking 101:	Discover how to effectively speak in front of large groups of people. Learn how to calm those butterflies in your stomach all while reaching to your audience.
Resume Construction 101:	Often the first impression, a resume can determine instantly whether you get a job interview or not. Here we will discuss the necessary components to producing an A+ resume.

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Secretary/Treasurer Training:	Job description review.
Technology 101:	101 Technology Tips: An interactive session to teach the most common things you should know about technology.
Weight Management 101:	We all know America has an obesity, problem but what can be done fix it? What is being done to fix it? Listen to an expert in this field on ways to mend America's heaviest problem.

## **Advisor Only Sessions:**

Advisor Round Table:	Meet with other local advisors to learn best practices on managing a HOSA chapter.
Event Manger Orientation:	Plan on managing or working a CE at a regional, state or national conference? Attend this advisor only workshop to learn what an Event Managers role is what you can expect while managing an event.
Incorporation HOSA/CE into your Curriculum:	Learn ways to effectively implement a HOSA chapter and Competitive events into your normal day to day classroom routine and lesson plan.
State Board of Education CEs:	TBD
State Board of Nursing CEs:	A review on Michigan's State Board of Nursing Rules and Regulations.