



NJ HOSA PULSE

2023 WINTER NEWSLETTER





TABLE OF CONTENTS

pg. 3	<i>A New Beginning</i>
pg. 4–5	<i>Northern Regional Recap</i>
pg. 6–11	<i>Northern Regional Conference Winners</i>
pg. 12–13	<i>Southern Regional Recap</i>
pg. 14–19	<i>Southern Regional Conference Winners</i>
pg. 20–21	<i>Throwback Activity – Crossword</i>
pg. 22	<i>Finding the Healthcare Career For You</i>
pg. 23–25	<i>SEC to IEC</i>
pg. 26	<i>Mental Health Check-In</i>
pg. 27	<i>Until Next Time...</i>



A NEW BEGINNING

by Amy Berkemeyer, RN, MEd.
NJ HOSA State Advisor

HOSA-Future Health Professionals has been part of my life since I was hired in 1992 to teach at Passaic County Technical Institute. I had see the word "HOSA" at a nursing convention a year earlier as I was checking out of the hotel and I saw a sign that said "WELCOME HOSA". It baffled me, but now I knew what it was, an amazing organization that changed my life in so many ways. As part of my new job, I was a Chapter Advisor and I quickly learned how fulfilling it was to work with a group of students who embraced all that HOSA has to offer including leadership roles, competitive events, and scholarship opportunities. Attending Washington Leadership Academy events and Fall Leadership Conferences helped me to learn so much about HOSA and I highly recommend that all students and their advisors attend these amazing conferences.



To be able to network with others can be life changing so go and experience them! I have attended close to 23 national, now international conferences, and am amazed to see so many talented people from around the world. HOSA has changed so many lives, mine included, due to the focus of helping people to find their future in so many healthcare roles. I too was able to learn and grow within this amazing organization from chapter advisor to competitive events consultant to now, the huge honor of being the NJ HOSA state advisor. To the many, many students who I have gotten to meet and know, I share with you that you have no idea how much you have impacted my life in such so many amazing ways! My goal is to share this passion and spread the word about HOSA-Future Health Professionals across not only New Jersey, but across the nation and the world and working with YOU will make it happen for sure.



NORTHERN REGIONAL RECAP

by Kathleen Zhang

Energetic. Inspiring. Fun. These are just some of the words I hope come to your mind as well looking back at our Northern Regional Conference on January 21st, 2023. Opening the conference, we heard remarks from the state officers and State Advisor, Mrs. Berkemeyer. Following the competitive events, members had the opportunity to finally get a break after all their hard work preparing and completing their events. With laughs and conversations filling the building, we had a fun time socializing and interacting with all of you at and around the HOSA table. Following lunch, it was a full circle moment to have HOSA alumnus, Dr. Rio Kazmi, as our keynote speaker. He led a fantastic, inspiring presentation about his journey to medicine, his perseverance through his life's challenges, and his advice to help us on our own journeys. Afterwards, we had our Power of Delivery workshop and played Don't Forget the Lyrics, where members found their voice on the stage. The energy all of you members had to volunteer for this activity was fantastic to witness as it really highlighted why we all love in-person conferences – the opportunity to be surrounded by many passionate peers.

Congratulations to all those who placed, and I can't wait to see some of you at the NJ HOSA State Conference this month! For those who didn't place, I want to commend the effort you put into your events as I know this is not the end of your HOSA and healthcare journeys. There are still many events you could participate in at the NJ HOSA State Conference and the HOSA International Leadership in June and lots of opportunities to grow in HOSA besides competition. Now, let's get ready for the NJ HOSA States Conference as for many of us, it's our first states conference experience! I can't wait to interact and meet with all of you again this month. Hope to see you there!





NORTHERN REGIONAL RECAP

by Kathleen Zhang





NORTHERN REGIONAL CONFERENCE WINNERS

Dental Terminology

1. Rebecca Handsman
 - Union County Vocational Schools
2. Guntas Brar
 - Bridgewater Raritan High School
3. Veronica Belzak
 - Union County Vocational Schools
4. Ian Lee
 - Academies at Englewood
5. Shiva Sai Teja Kalva
 - Morris Hills High School
6. Adriana Gedeon
 - Bergen County Academies
7. Toni Greer
 - Central High School
8. Sofia Guidetti
 - Paramus High School

Medical Terminology

1. Aditya Kapadia
 - Morris County School of Technology
2. Anika Akkinepally
 - Montgomery High School
3. Deandra King
 - Essex Tech
4. Joseph Koyfman
 - Hunterdon County Biomedical Sciences Academy

Medical Spelling

1. Tanvin Aren
 - Union County Vocational Schools
2. Timothy Terrado
 - Union County Vocational Schools
3. Janae Barnes
 - UCVTS HOSA
4. Harshita Mutukulloju
 - Morris County School of Technology
5. Jack Haji
 - Bergen County Academies
6. Jordan Pai
 - Hunterdon County Biomedical Sciences Academy
7. Srija Boddu
 - Morris County School of Technology
8. Mythri Iyer
 - Montville Township HS

5. Justin Lee
 - Bergen County Academies
6. Hannah Gallagher
 - Sussex County Technical School
7. Siya Gupta
 - Bridgewater Raritan High School
8. Christine Xu
 - Bridgewater Raritan High School



Medical Math

1. Justin Lee
 - Mountain Lakes HS
2. Hana Ighneim
 - PCVTS HOSA
3. Andrew Ko
 - Bergen County Academies
4. Nicholas Falcone
 - Ridge High School
5. Julia Chen
 - Union County Academy for Allied Health Sciences
6. Krishav Singla
 - Union County Vocational Schools
7. Krish Kawle
 - Union County Vocation Schools
8. Emma Shi
 - Bergen County Academies

Behavioral Health

1. Kaitlyn Miranda
 - Union County Academy for Allied Health Sciences
2. Vivian Dong
 - Ridge High School
3. Rohan Ganesh
 - Morris Hills High School
4. Saketh Karri
 - Morris County School of Technology
5. Anthony Narag
 - Morris County School of Technology
6. Cesar Toledo
 - High Technical High School
7. Daniel Mosaad
 - Paramus High School
8. Denise Peralta-Huaman
 - PCVTS

Human Growth & Development

1. Anna Yam
 - Morris County School of Technology
2. Kelly Li
 - Union County Vocational Schools
3. Udgita Pamidigantam
 - Thomas Edison Energysmart Charter School
4. Tanushri Kemisetti
 - Morris County School of Technology
5. Aidan Park
 - Bergen County Academies
6. Sofiya Doroshenko
 - Bergen County Academies
7. Anya Patel
 - Parsipanny High School
8. Alexander Oveissi
 - Ridge High School

Medical Law and Ethics

1. Charlie Benthin
 - Hunterdon County Biomedical Sciences Academy
2. Aderinola Adegoke
 - Union County Vocational Schools
3. Gayatru Patel
 - Union County Vocational Schools
4. Joanna Perez
 - Morris County School of Technology
5. Rima Rajan
 - Union County Academy for Allied Health Sciences
6. Alexander Campo
 - Bergen County Academies
7. Claudia Maria Ramirez Aleman
 - UCVTS HOSA
8. Elizabeth Lorenzo
 - Montville Township HS



Nutrition

1. Praanjali Gajera
 - PCVTS HOSA
2. Aditya Vij
 - Bergen County Academies
3. Helen Zhou
 - Bridgewater Raritan High School
4. Nicolas Klisiewicz
 - Morris County School of Technology
5. Jeffery Liu
 - Union County Vocational Schools
6. Rohit Mandadi
 - Sussex County Technical School
7. Shivarni Govind
 - UCVTS HOSA
8. Abel Larsen
 - PCVTS HOSA

Pharmacology

1. Jack Parmegiani
 - Union County Vocational Schools
2. Allison Zamudio
 - PCVTS HOSA
3. Ryan Keiser
 - Montville Township HS
4. Jacob Derwid
 - Hunterdon County Biomedical Sciences Academy
5. Sade Pena
 - High Technical High School
6. Aiden Lubeck
 - Vernon Township High School
7. Mahima Srivershini
 - Ridge High School
8. Tala Issa
 - High Technical High School

Pathophysiology

1. Sanjay Kesavan
 - Morris County School of Technology
2. Sucheta Pansare
 - Morris County School of Technology
3. Nina Vadnere
 - Union County Vocational Schools
4. Priyanka Sunkara
 - Morris County School of Technology
5. Zoey Wen
 - Bergen County Academies
6. Luke Kocherry
 - Morris County School of Technology
7. Priyanka Iyer
 - Mountain Lakes High School
8. Ria Kamat
 - Bergen County Academies

Cultural Diversities and Disparities

1. Kaylee Zhang
 - Mountain Lake HS
2. Aadi Gadekar
 - Morris County School of Technology
3. Marielle Rodney
 - Bergen County Academies
4. Foyasal Sorwar
 - UCVTS HOSA
5. Diya Sareen
 - Montgomery High School
6. Sophia Cannilla
 - Montville Township HS
7. Anna Akerele
 - Bergen County Academies
8. Lyndsey Kim
 - Union County Vocational Schools



Dental Sciences

1. Arleth De Jesus
 - PCVTS HOSA
2. Soledad Bello
 - PCVTS HOSA
3. Valerie Hernandez
 - PCVTS HOSA
4. Annabelle Louis
 - PCVTS HOSA
5. Kimberly Lam
 - Parsippany High School
6. Juhi Vora
 - Thomas Edison Energysmart Charter School
7. Lucy Soukup
 - Morris County School of Technology
8. Magdaleno Salas
 - Central High School

Medical Assisting

1. Nicole Antonio
 - Wayne Valley High School
2. Alex Kim
 - Bergen County Academies
3. Alejandra Rodriguez
 - Technology High School
4. Gian Plata
 - Bergen County Academies
5. Julia St. Clair
 - Sussex County Technical School
6. Samantha Hagopian
 - Union County Vocational Schools
7. Nikiya Philemon
 - Sussex County Technical School
8. Sahana Mohabir
 - Sussex County Technical School

Home Health Aide

1. Carleigh Salazar
 - Morris County School of Technology
2. Scott Fellman
 - Morris County School of Technology
3. Jazmine Quintero
 - Morris County School of Technology
4. John Rachko
 - Bergen County Academies
5. Jessica Loaiza
 - Sussex County Technical School
6. John Rachko
 - Paramus High School
7. Amanda Fiedler
 - Sussex County Technical School
8. Milexis Idrovo
 - Technology High School

Nurse Assistant

1. Diya Patel
 - Morris County School of Technology
2. Jenyvib Tenorio
 - Morris County School of Technology
3. Zeina Alee
 - Thomas Edison Energysmart Charter School
4. Jessie Boccuzzo
 - Sussex County School of Technology
5. Norhan Madian
 - Morris County School of Technology
6. Silauris Upia
 - Admiral William F. Halsey Jr. Health and Public
7. Ava Custode
 - Montville Township HS
8. Divya Arora
 - Morris County School of Technology



Personal Care

1. Gianna Victorino
 - Bergen County Technical High School
2. Valentina Zoe Apaza
 - Bergen County Technical High School
3. Kimora Vega
 - Bergen County Technical High School

Sports Medicine

1. Sophia Seier
 - Pequannock High School
2. Megan Mok
 - Paramus High School
3. Aidan Tailor
 - Morris Hills High School
4. Brandon Batres
 - Sussex County Technical School
5. Sophie Bleibtreu
 - Morris County School of Technology
6. Dane Walker
 - Sussex County Technical School
7. Micaela Beltran
 - UCVTS HOSA
8. Jessica LeFort
 - Vernon Township High School

CPR First Aid

1. Avery Crafton & Sophie Van Den Broek
 - Vernon Township High School
2. Israa Boudib & Raj Shah
 - HCST - County Prep
3. Jasmin Calva-Rueda & Kimberly Paramo
 - Technology High School
4. Madeline Correia & Emma Miller
 - UCVTS HOSA
5. Ali Illoglu & Vania Oliveira
 - Union County Vocational Schools
6. Chioma Aka & Emily Robles
 - Essex Tech
7. Reese Antonio & Robert Liput
 - Wayne Valley High School
8. Joceyln Reynolds & Jenniver Ellsworth
 - Newton High School

EMT

1. Hilma Barrera & Cisne Lata
 - Technology High School
2. Harlalka Saniya & Anuva Yonzon
 - Union County Academy for Allied Health Sciences
3. Marissa Corso & Emma Lee
 - Morris County School of Technology
4. Natalie Fung & Ryan Nicol
 - Newtown High School
5. Marissa Ajamian & Daniel Lovett
 - Vernon Township High School
6. Shean Jiang & Eric Kuznetsov
 - Paramus High School
7. Isabella Arias & Esteban Ocana
 - PCVTS HOSA
8. Richelle Sindhvani & Deekshitha Vinod
 - Bridgewater Raritan High School



Extemporaneous Writing

1. Anthony Maldonado
 - HCST County Prep
2. Ava Stroh
 - Union County Academy for Allied Health Sciences
3. Diya Nainwal
 - Union County Vocational Schools
4. Adam Havriliak
 - Bergen County Tech High School Northern Valley
5. Naiara Saafigueroa
 - Technology High School
6. Karis Kim
 - Bergen County Academies
7. Alex Gao
 - HCST County Prep
8. Sofia Rahman
 - Union County Vocational Schools

Job Seeking Skills

1. Evis Diaz
 - Bergen County Academies
2. Anusha Jonnalgadda
 - Morris Hills High School
3. Lesley Barreto
 - Union City High School
4. Ryan Minaya
 - HCST - County Prep
5. Keegan Healy
 - UCVTS HOSA
6. Gabriela Vergara
 - Admiral William F. Halsey Jr. Health and Public

Prepared Speaking

1. Emilija Petric
 - Ridge High School
2. Eesha Oza
 - Bergen County Academies
3. Sriridhi Pothu
 - Bridgewater Raritan High School
4. Jesse-Rose Dadzie
 - Central High School
5. Karthik Angara
 - Bridgewater Raritan High School
6. Gepp Jude
 - Hunterdon County Biomedical Sciences Academy
7. Rita Elsamin
 - HCST-County Prep
8. Nour Abedullah
 - HCST-County Prep

*CONGRATULATIONS
TO ALL WINNERS &
GOOD LUCK TO ALL
THOSE WHO PLACED
TOP 5!*



SOUTHERN REGIONAL RECAP

by Zayd Elhedoudy

The NJ HOSA Southern Regional Leadership Conference was held on Saturday, February 4th, 2023 at Cumberland County Technical Education Center (CCTEC) in Vineland, New Jersey. For the first time since 2020, NJ HOSA members from all over southern New Jersey had the opportunity to put their knowledge to the test, hoping to place in the top eight. The top eight winners in each event would then move on to compete at the State Leadership Conference, and grow as future health professionals.

The day started as over six hundred fifty excited members entered the building and enjoyed a breakfast prepared by the CCTEC culinary department. During the opening session, they were greeted by a warm opening speech by myself, Southern Regional Vice President - Zayd Elhedoudy. Following their competitive events, members had the opportunity to explore the Hosa Exhibit tables which detailed more information on opportunities in NJ HOSA, the New York/New Jersey Blood Center, as well as Right Response Fundraising.

After lunch, an informative "Power of Delivery " workshop was held by State Historian, Deepa Subramanya and Secretary, Prisha Oza that taught members the importance of the manner in which they convey messages. You all made sure to get on their feet as a "Just Dance" activity was held where students were able to dance to their favorite songs.

Our lovely guest speaker, Dr.Rio Kazmi - a 3rd year internal medicine resident and former HOSA member - also gave an inspirational speech to the membership about his own story, and the importance of persevering through adversity.

The day concluded with anxious students waiting to hear if their name would be called during the awards ceremony. February 4th was filled with nerves, friendship, spirit, and commitment for a better future, and it all starts right now.



SOUTHERN REGIONAL RECAP

by Zayd Elhedoudy





SOUTHERN REGIONAL CONFERENCE WINNERS

Dental Terminology

1. Nadeem Mazahreh
 - Middlesex County Magnet Schools
2. Rishi Mitti
 - Middlesex County Magnet Schools
3. Salbia Zainab
 - Middlesex County Vo-Tech Piscataway
4. Sophia Taylor
 - Gloucester County Institute of Technology
5. Sandly Lavarin
 - Monmouth County Vocational School
6. Ayla Mir
 - West Windsor Plainsboro HS South
7. Alishba Faisal
 - Gloucester County Institute of Technology
8. Sriram Tarun
 - Monroe Township High School

Medical Spelling

1. Christian Bernabe-Estorque
 - Cumberland Co. Tech-Ed Center
2. Ronit Ganguli
 - West Windsor Plainsboro HS North
3. Remiel Brigilin Stanley
 - Monroe Township High School
4. Sia Mathur
 - Monroe Township High School

Medical Terminology

1. Ryan Do
 - Gloucester County Institute of Technology
2. Hael Raj
 - Middlesex County Magnet Schools
3. Shreya Ratish
 - Cumberland Co. Tech-Ed Center
4. Nitin Balajkannan
 - Middlesex County Magnet Schools
5. Divija Gullapali
 - Middlesex County Magnet Schools
6. Rida Ahmed
 - Middlesex County Magnet Schools
7. Dhea Pringgokusanto
 - Middlesex County Magnet Schools
8. Ishita Bhakata
 - Atlantic County Institute of Technology

5. Mahi Mahitcha
 - JP Stevens
6. Grace Stanley
 - Gloucester County Institute of Technology
7. Rida Hashmi
 - Piscataway High School
8. Samantha Powell
 - Gloucester County Institute of Technology



Medical Math

1. Mukund Maurya
 - Middlesex County Magnet Schools
2. Jenna Manolakos
 - West Windsor Plainsboro HS North
3. Kaushal Krishnamurthy
 - South Brunswick High School
4. Kira Zimmer
 - Monmouth County Academy
5. Sanskruti Joshi
 - Mercer County Technical Schools
6. Akul Laddha
 - South Brunswick High School
7. Aayush Chebolu
 - South Brunswick High School
8. Tirth Patel
 - Piscataway High School

Behavioral Health

1. Arushi Bhattacharya
 - Middlesex County Magnet Schools
2. Jina Chakraborty
 - Middlesex County Magnet Schools
3. Mia Zhong
 - JP Stevens
4. Vishruth Batchu
 - Monmouth County Academy
5. Veda Sanghi
 - Monroe Township High School
6. Anvi Kachalia
 - West Windsor Plainsboro HS North
7. Nethaka Haldo
 - West Windsor Plainsboro HS North
8. Sharanya Sarkar
 - South Brunswick High School

Human Growth & Development

1. Katie Fu
 - Middlesex County Magnet Schools
2. Sanjana Anand
 - Middlesex County Magnet Schools
3. Bootnik Nicolette
 - Marlboro High School
4. Adithi Santhosh
 - JP Stevens
5. Anjali Sinha
 - JP Stevens
6. Daniela Roman-Ocampo
 - Cumberland Co. Tech-Ed Center
7. Caeshia Jacob
 - Monmouth County Academy
8. Danielle Towler
 - Ocean Township High School

Medical Law & Ethics

1. Trisha Gupta
 - West Windsor Plainsboro HS North
2. Rachana Senthil
 - Middlesex County Magnet Schools
3. Radha Pandya
 - Piscataway High School
4. Shruthi Muruganandam
 - West Windsor Plainsboro HS North
5. Vyshnav Rajiv
 - Middlesex County Magnet Schools
6. Avni Urmika
 - JP Stevens
7. Kiara Montaque
 - BCIT-Westhamptom Campus
8. Varshiini Ramesh
 - South Brunswick High School



Nutrition

1. Nidhi Rajput
 - Middlesex County Magnet Schools
2. Fenny Katyastha
 - Middlesex County Magnet Schools
3. Sriya Ghankot
 - JP Stevens
4. Makena Augusta
 - Monmouth County Academy
5. Advait Vemireddy
 - West Windsor Plainsboro HS North
6. Jalaja Saireddy
 - JP Stevens
7. Andrew Tenorio
 - Piscataway High School
8. Akshita Dhinesh
 - West Windsor Plainsboro HS South

Pharmacology

1. Sachin Aravind
 - Middlesex County Magnet Schools
2. Rithwik Aggarwal
 - Middlesex County Magnet Schools
3. Michael Crean
 - Ocean Township High School
4. Jai Desai
 - Sayreville War Memorial High School
5. Sara Manjalay
 - Middlesex County Magnet Schools
6. Arya Patel
 - Piscataway High School
7. Naisha Guttikonda
 - JP Stevens
8. Ariana Maini
 - Freehold High School

Pathophysiology

1. Bhavesh Manne
 - Middlesex County Magnet Schools
2. Bay Parker
 - Monmouth County Academy
3. Srikar Pothuraju
 - West Windsor Plainsboro HS North
4. Amirthavarshini Subburaman
 - JP Stevens
5. Alissa Ye
 - JP Stevens
6. Martiza Ramirez Martinez
 - Atlantic County Institute of Technology
7. Brianna Dougherty
 - Burlington County Institute of Technology
8. Betsey Kitzhakkepuram
 - Middlesex County Magnet Schools

Cultural Diversities and Disparities

1. Sujal Dhoka
 - Middlesex County Magnet Schools
2. Veda Sundhini
 - Middlesex County Magnet Schools
3. Mahisvi Vemulapalli
 - Monmouth County Academy
4. Tara McHale
 - Monmouth County Academy
5. Vidushi Jain
 - Piscataway High School
6. Advik Kotte
 - South Brunswick High School
7. Eeshani Kharshikar
 - South Brunswick High School
8. Navya Venkat
 - Middlesex County Magnet Schools



Dental Sciences

1. Joleth Chavez Ortiz
 - Ridge High School
2. Aysenur Turkmenoglu
 - Bergen County Academies
3. Yana Krishnan Balagopal
 - Sayreville War Memorial High School
4. Downtiana Vasquez
 - Monmouth Regional High School
5. Muhsin Khan
 - Noor ul Iman High School

Medical Assisting

1. Arisdelsi Acevedo
 - Cumberland Co. Tech-Ed Center
2. Giselle Martinez
 - Lakewood High School
3. Samia Naveed
 - Sayreville War Memorial High School
4. Brayan Roblero-Romero
 - Cumberland Co. Tech-Ed Center
5. Magaly Perez-Carpinteyro
 - Lakewood High School
6. Annalise Jaikisson
 - Sayreville War Memorial High School
7. Inaaya Kamdar
 - Piscataway High School
8. Akshiti Sinha
 - West Windsor Plainsboro HS South

Home Health Aide

1. Sahasra Thella
 - Middlesex County Magnet Schools
2. Preeti Airen
 - Middlesex County Magnet Schools
3. Simone Blanding
 - Cumberland Co. Tech-Ed Center
4. Julianna Rosario
 - Cumberland Co. Tech-Ed Center
5. Heaven Acevedo
 - Cumberland Co. Tech-Ed Center
6. Hope Wilhelm
 - Tinton Falls Allied Health
7. Surabhi Ponna
 - West Windsor Plainsboro HS South
8. Sharaya Humphries
 - BCIT - Westhamptom Campus

Nursing Assitant

1. Isabella Cardillo
 - Freehold High School
1. Vanessa Lopez
 - Monmouth County Academy
3. Kim Clare
 - Freehold High School
3. Tiara Gordon
 - BCIT-Westhamptom Campus
3. Kiarah Powell
 - BCIT-Westhamptom Campus
6. Conner DeJesus
 - Gloucester County Institute of Tech.
6. Indiana Delacruz
 - Gloucester County Institute of Tech.
6. Sriya Potturu
 - JP Stevens



Sports Medicine

1. John Abdill
 - *Cumberland Co. Tech-Ed Center*
2. Kyleay Woodside
 - *Cumberland Regional High School*
3. Thalia Stewart
 - *Cumberland Co. Tech-Ed Center*
4. Angelina Mazahreh
 - *Burlington County Insititute of Technology*
5. Faareh Johnson
 - *Burlington County Insititute of Technology*
6. Christopher Martinez
 - *Burlington County Insititute of Technology*
7. Zoey Spady
 - *BCIT-Westhampton Campus*
8. Alexis Smith
 - *Cumberland Regional High School*

CPR First Aid

1. Sirin Baniya & Krisha Patel
 - *Atlantic County Institute of Technology*
2. Disha Garg & Shrihith Golugula
 - *Middlesex County Magnet Schools*
3. Marissa Manel & Christopher Stewart
 - *Cumberland County Tech-Ed Center*
4. Alicia Bradley & Amanda Chen
 - *Gloucester County Institute of Technology*

EMT

1. Addison Mancill & Ava Martine
 - *Cumberland Co. Tech-Ed Center*
2. Dayannara Medina & Roshan Mohanakrishnan
 - *Sayreville War Memorial High School*
3. Ameya Patel & Shreeji Patel
 - *Piscataway High School*
4. Heather Cardinuto & Sadana Subramanian
 - *Freehold High School*
5. Joanne Raymundo & Emmalee Toal
 - *Gloucester County Institute of Technology*
6. Karen Gonzalez Sanchez & Miguel Martinez Flores
 - *Cumberland Regional High School*



Extemporaneous Writing

1. Hasini Thupakula
 - West Windsor Plainsboro HS South
2. Shreya Rewar
 - JP Stevens
3. Nabeeha Johra Anis
 - West Winsor Plainsboro HS South
4. Maya Patel
 - West Winsor Plainsboro HS South
5. Anushmita Dey
 - JP Stevens
6. Savannah Ryan
 - Middlesex County Vo-Tech Piscataway
7. Kate Clune
 - Gloucester County Institute of Technology
8. Kansas McGraw
 - Cumberland Co. Tech-Ed Center

Job Seeking Skills

1. Dev Doshi
 - JP Stevens
2. Diya Nair
 - Middlesex County Magnet Schools
3. Sameera Reddymeka
 - West Windsor Plainsboro HS North
4. Chrismely Castro
 - Camden County Technical School
5. Chloe Lin
 - Cherry Hill East High School
6. Kaushik Mahesh
 - JP Stevens
7. Anvitha Komarraju
 - West Windsor Plainsboro HS North
8. Vincent Haro-Moss
 - Camden County Technical School

Prepared Speaking

1. Arshia Ganesh
 - Middlesex County Magnet Schools
2. Nishtha Wahi
 - West Windsor Plainsboro HS South
3. Shivali Pandya
 - South Brunswick High School
4. Abhirami Rajesh
 - West Windsor Plainsboro HS North
5. Krish Patel
 - JP Stevens
6. Asmaa Elhedoudy
 - Mercer County Technial Schools
7. Ishal Shahid
 - Middlesex County Vo-Tech Piscataway
8. Varshiini Ramesh
 - Middlesex County Magnet Schools

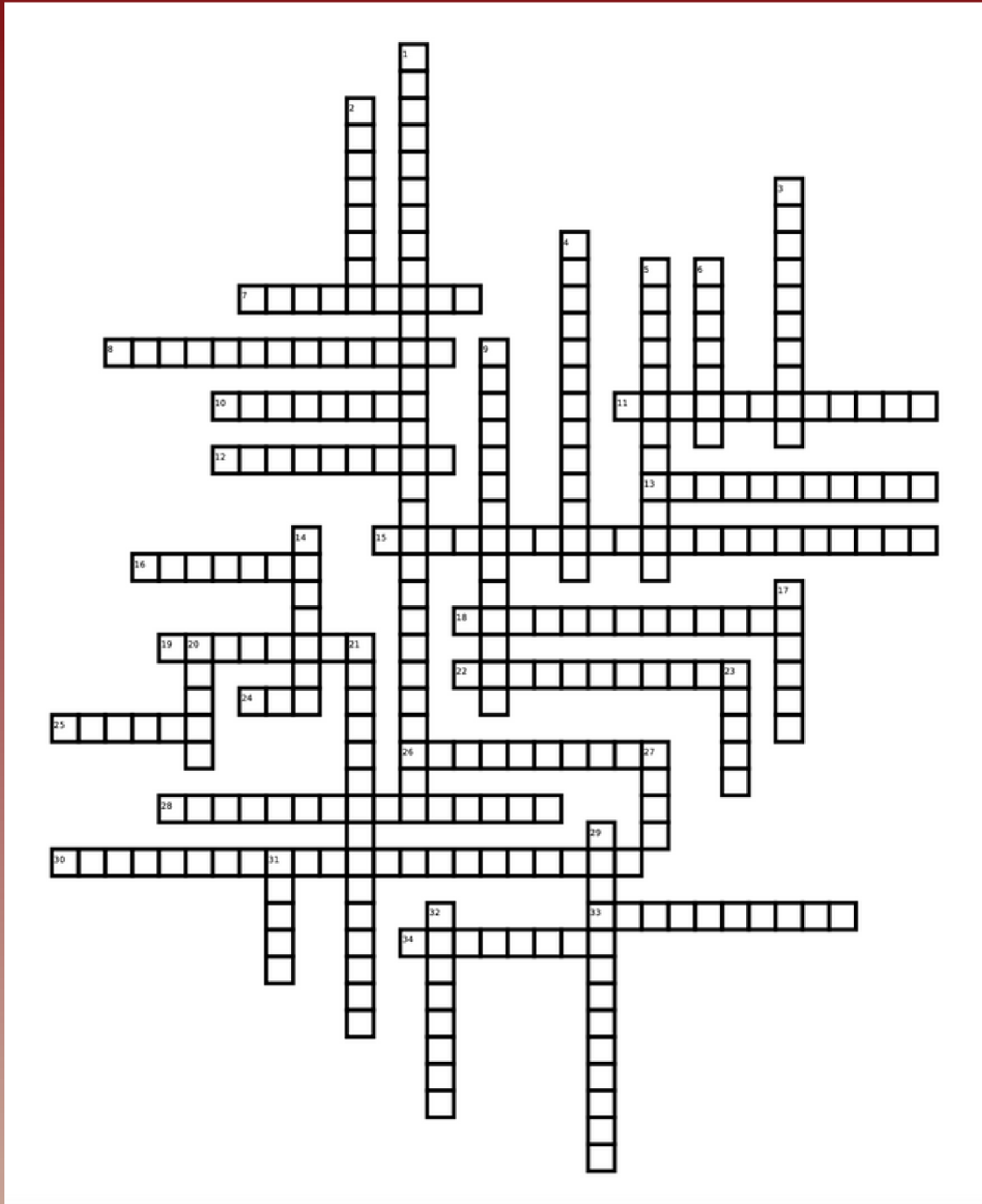
*CONGRATULATIONS
TO ALL WINNERS &
GOOD LUCK TO ALL
THOSE WHO PLACED
TOP 5!*



THROWBACK ACTIVITY

Crossword!

If you would like to complete the crossword, you can either print out this page of the newsletter or download the page to write-in digitally! Good luck!





THROWBACK ACTIVITY

Crossword!

Down:

1. group of HOSA members who are elected to lead HOSA-FHP
2. an endocrine disorder where there is a problem with the insulin and metabolic regulation system of the body
3. the organized provision of medical care to individuals
4. lawyer who focuses on medical-related legal concerns
5. the science of protecting and improving the health of people and their communities
6. a healthcare professional who is qualified to operate on the human body
9. branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise
14. a healthcare professional who is qualified to treat the diseases and conditions that affect the teeth and gums
17. a blood disorder where there are not enough red blood cells circulating oxygen through the body

Across:

7. the place where you should ALWAYS go for any resources you may need
8. a healthcare professional who is qualified to assist industry scientists with research, testing and conducting experiments
10. core value of HOSA - always tap into your creativity and bring your ideas to life
11. offered through NJ HOSA and HOSA-FHP; grants that are given to students who are of high academic achievement
12. a person who expresses a willingness to undertake a service without compensation
13. a healthcare professional who is qualified to identify, assess and manage disorders of hearing, balance and other neural systems
15. group of HOSA members who are elected to lead NJ HOSA
16. the Secondary Board Representative on the IEC 2022-23
18. the generic term for a popular pain reliever and fever reducer
19. the belief in or practice of selfless concern



FINDING THE HEALTHCARE CAREER FOR YOU

by Deepa Subramanya

I have a question for you all: when you think of healthcare careers, which ones come to mind immediately?

Let me guess: most of you thought of doctors, physicians, surgeons, and nurses.

While it is true that the careers listed above are vital aspects of our healthcare system today, it is also true that there are a plethora of underrepresented healthcare careers that are unheard of to many middle and high school students that are planning to pursue a future in healthcare. And, unfortunately, that's where our generation hits a wall — there can be a career that is made just for you, but, many individuals might never have the resources to find that career. Luckily, that's where HOSA steps in.

Through HOSA, you are given the opportunity to delve into the vast spectrum of healthcare careers that exist, allowing you to discover what truly inspires your heart to grow both personally and in your everyday career and to serve others. Take a look at some of the competitive events offered: from Dental Science to Home Health Aide to Sports Medicine, the events are meant to expose each member to the different possibilities of careers in front of them. What I encourage you all to do now is to utilize this resource and refrain from trapping yourself in a box — the box of what you think a “successful” healthcare career looks like. Because the truth is, any career in healthcare can be successful as long as there is a fire burning within you to help others and continuing learning for the rest of your life. As you venture into States, consider your event as more than just an event: it is your chance to see if this is something you could pursue in the long run. And if not, don't stop trying.

If you're interested in business, you can pursue jobs in the pharmaceutical industry or in healthcare administration. If you're interested in public policy, you can pursue careers regarding public health. If you love debate, you can decide to be a medical malpractice lawyer. If you love lab work, you can be a laboratory technician. As you can see, there is so much to uncover in the healthcare field. As you continue on to be a future health professional, continue to learn more about yourself and find a job that allows you to do the greatest good for the greatest number of people.





From SEC to IEC by Corey He



It seems like it was yesterday when I was elected to serve as a state officer in New Jersey. At the time — this was in March of 2021 — I was convinced that I could fill the shoes of my predecessor and that I had a general idea of the skillset necessary to succeed in this position.

I was completely wrong.

To put it bluntly (from one of my most trusted mentors), I was a rather boring speaker, a bland personality, and an individual who needed to truthfully reflect on what it means to be a professional “servant leader.”

When I was first elected, I told myself I would push for large agendas and initiatives for our members. As the year went on, however, I realized that although such ambitious ideas are great, they aren’t at the essence of what makes a memorable state officer. At the end of the day, the membership of New Jersey HOSA wanted to get to know me as a person — not as an officer, but as a friend, a peer, and a fellow member passionate about the mission of HOSA.

From this point onward, I began to explore the true bounds of my platform as a state officer. Although I would never have considered myself “reserved” or “introverted” at the time, I now see that I was initially hiding a facet of myself. I made it a priority to crawl out of my shell: I needed the members to know that behind my HOSA suit was a person who loves music, is a self-diagnosed sushi and ice cream addict, and is an absolute sports fanatic.

As my term as a state officer wrapped up, I wasn’t sure if I could see myself on the IEC — despite making strides, I still lacked a certain degree of self confidence and self-esteem. I envisioned those on the IEC to be highly-accomplished members of their respective communities with years and years of experience in HOSA. I had only been a state officer for one year, and I felt that I had so much more to learn about myself and what leadership entails; how could I possibly fit the role of an IEC officer?

Although I may not have believed in myself, those around me did, and I was fortunate to have a tremendous support system that challenged me to always seek the next challenge. When I heard my name called at the 2022 International Leadership Conference and walked out onto the stage, I was overcome by a sense of wild excitement and newfound appreciation for not only those who had believed in me, but also those who voted for me and put their trust in me.



From SEC to IEC by Corey He

This overwhelming sense of surprise and euphoria quickly gave way to imposter syndrome. I found myself routinely asking myself, Do I belong? It was a rather lonely sensation — I questioned my capabilities and felt that perhaps I was the “weak link” on an IEC filled with professional and leadership talent. Luckily, I could not have asked for a more supportive and endearing IEC to be a part of. Right from the start, my fellow council members welcomed me with open arms. When it was time to work, we were all business — when it was time to relax, we set aside our HOSA pins and came to know each other as people and as lifelong friends.

Experiences like this not only allowed me to overcome my imposter syndrome, but to also recognize the importance of a work-life balance — especially since I was starting my freshman year of college. Making the transition from high school to college while serving on the IEC was definitely tricky, but being able to share experiences with other IEC members overcoming similar academic challenges made my situation seem much more manageable.

Some of the other members of the IEC have incredible stories to tell and inspiring experiences to share, and I know without a doubt that they will go on to be the change that they wish to see in the world. Being able to share the same room with them and just talk about life with them gives me a sense of “down-to-earth-ness” that I had never experienced before. I love the way we learn from each other while managing to crack each other up with some silly comment or inside joke every so often.

Being on the IEC also introduced me to a platform that I could never before have envisioned myself being a part of. I now not only represent all HOSA members around the world, but also students interested in healthcare who have not yet discovered HOSA but who would benefit greatly from getting involved. One of my main goals is to cater the mission of HOSA to these individuals, to give them the resources to find a second home in HOSA and start chasing their aspirations. When I traveled to various conferences and events, I continually reminded myself why I was in these places and who I was representing — for the first time ever, I felt that I was finally beginning to digest the concept of a “servant leader.”





From SEC to IEC by Corey He

I also learned some valuable tips and tricks that may go a long way even though I did not expect to learn them. I learned that for domestic flights, I can show up as late as 45 minutes before my flight and still board with time to spare. I learned that Uber drivers can be some of the most interesting people to strike up a spontaneous conversation with. And last but not least, I learned that New York pizza is some of the best pizza I've ever had even though it's so cheap.

But in all seriousness, serving on the IEC has been an unforgettable and unrelenting experience in every positive way. As I now reflect on all my past experiences and growth, I'm left wondering about what the next challenge offers, about what the next opportunity entails. At last, I think I've come to grasp the notion of a growth mindset and appreciate the meaning that it can bring to my journey. One thing is for certain, though: HOSA — and the very people who gave me this wonderful opportunity to be in HOSA — has become an integral part of my identity, and even after my term ends, I know that the best is still yet to be. HOSA is the gift that keeps on giving, and soon, it will be my turn to give back to this incredible organization and see how our HOSA community can truly go Beyond All Limits.





MENTAL HEALTH CHECK-IN

by Kayla Han

Hi NJ HOSA! It's Kayla, your state Member-at-Large! Throughout the year, we all can experience periods of achievement and can see all of our goals aligning. However, we can also experience periods of stagnation, burnout, and times where it feels like nothing is going our way.

To help with this up and down cycle of highs and lows, here are a couple tips to help reshape our frame of mind.

1. Consistency is more important than intensity.
 - a. When we focus on huge efforts—for example, setting unrealistic timelines for our goals or pulling all-nighters—we create the perfect formula for burnout, and the cycle of highs and lows only continues.
 - b. Instead, if we focus on consistency—showing up to put in the work little by little—these small steps will eventually accumulate, leading to sustainable progress, rather than the oscillating cycle of highs and lows, which does not allow for growth.
2. Learn to enjoy the process.
 - a. The actual achievement of a goal is only a tiny fraction of the total picture. The large majority of our time is spent in the process, so instead of becoming overly fixated on the end goal, it's important to stay present and learn to enjoy the process. Work with intention, learn and move on from failures, focus on executing the small steps, and eventually your consistent work will naturally build up to the end goal.

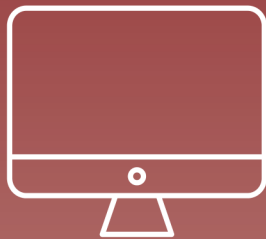
I hope these tips can help you as you continue in school, work, and life by helping to create a more sustainable mindset. By being consistent and present in the process, you will be better equipped to accept and learn from failures or mistakes, avoid burnout, and find joy in the everyday.

Your state Member-at-Large,
Kayla Han



UNTIL NEXT TIME.... by Deepa Subramanya

And just like that, another one of the newsletters comes to an end! Thank you to everyone who stuck to reading through until now, and we hope to you see back for the last and final newsletter of this term: the Spring/Summer Newsletter to be released in July! Until then, we have quite a bit of excitement that lies ahead. From the State Leadership Conference to ILC to everything in between, NJ HOSA still has so much more to give these next couple of months. Until next time, remember to make the most of it all and keep up with the latest updates and events using the socials displayed below!



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