

# HOSA 2011 LEADERSHIP LAB BREAKOUT SESSIONS - OCONOMOWOC

## Biotechnology, Organ Transplant Support, and Beyond

Sessions B and C

HOSA Connections: Hear how a previous HOSA student from Racine is now working in a cutting edge health career at Life Technologies, a Biotechnology company, doing tissue typing for organ transplant surgery. Andrew now works in the division called Fragment and Sequence Genomics, with a job title of "Quality Control Scientist." Andrew Meyers is a Horlick High School Health Youth Apprenticeship program graduate who recently obtained his Biology degree from University of Wisconsin- Milwaukee. Mr. Meyers will share his journey in becoming part of the health team that improves odds for successful organ transplant surgery by doing DNA tissue typing and health research in a biology lab and reflect on how HOSA and the Health Youth Apprenticeship program gave him a helpful start in building an interesting career.

Andrew Meyers, Quality Control Scientist

Life Technologies

## Exploring Health Science Pathway Careers

Sessions A and B

The health field has countless career opportunities. These different occupations are split into different groups; therapeutic, diagnostic, support services, research and development, and health informatics. In this session you will have the opportunity to explore and become more informed of the different pathways that the health field has to offer and the careers available in each.

Jill Niemczyk, Suzanne Letellier, Samantha Kraft, Wendy Hinz Area Health Education Centers

## Healthy Sleep for Teens...Sleep and Wake Cycles 101

Sessions A and B

What can **you** do to improve your chances of enjoying restorative, healing sleep? What is a sleep disorder such as narcolepsy? Many teens don't get enough quality sleep. Explore sleep habits that can promote good rest. Learn how sleep cycle disorders are diagnosed and treated in these exciting health careers. For the past 11 years, Jeremy Kirchmeier has been the coordinator of the Wheaton Franciscan Healthcare – All Saints Sleep Medicine Center and is a Registered Polysomnographic Technologist (RPSGT). Currently Jeremy is also completing his Bachelor's degree in Business Management. Jeremy works under supervision of a clinical director to evaluate and treat sleep disorders in a clinical situation. He will be joined by Bill Garvey, a registered nurse, who works for a pharmaceutical company that helps clinical staff throughout much of Wisconsin work with narcoleptics to "get their lives back." Mr. Garvey has a Bachelor of Science degree in Nursing from UW-Milwaukee, and a distinguished career in rehabilitative and hospice areas of nursing as well.

Jeremy Kirchmeier, RPSGT

Bill Garvey, Registered Nurse

All Saints Sleep Medicine Center

Pharmaceutical Company

## HOSA 101 – Mapping Out the Benefits of Membership

Sessions A and C

Have you considered all the opportunities available to you as a HOSA member? Come to this session to learn about the benefits and experiences of local, state, and national membership. Learn how you can take advantage of the opportunities and become involved as an active HOSA member. This interactive session will help you map out your HOSA journey.

Samantha McFaul and Frances Hilgenberg

HOSA State Officers

## HOSA 201 – Find Your Treasure in Competitive Events

Sessions A and C

How can your treasures and those you will gain this year in HOSA work toward developing successful strategies in competitive events? How can you find the competitive event that is right for you? What steps can you take to work toward success? Attend this session to learn about competitive events, hone presentation skills, and set personal goals.

Janice Atkinson

State Advisor

## Advisor Session

Session B

Advisors are amazing teachers who support HOSA involvement for their students. Attend this session to learn more about the state service project and provide input on plans for State Leadership Conference. Learn about the current health science initiatives at DPI and enjoy making connections with other advisors.

Janice Atkinson

State Advisor

## Juvenile Diabetes Research Foundation

## Session C

HOSA and JDRF partnering together to better treat, prevent, and cure type 1 diabetes. Come learn how HOSA members can make an impact by fundraising and volunteering with JDRF. Hear how young people with type 1 diabetes are affected in school and in other aspects of their lives. You will also learn about current research and ways to get involved with JDRF. You do not want to miss this informative session!

Sandy Lange

JDRF Southeastern Wisconsin Outreach Manager

## Mid Level Providers in the 21<sup>st</sup> Century

## Session C

Participants will learn about the modern day roles of a Nurse Practitioner and what a Nurse Practitioner provides in today's health care service. Nurse Practitioners are registered nurses who expand their experience in the health care field by completing extensive educational classes in a specialized practice. Discussions on the different areas that Nurse Practitioners specialize in will be held, along with the various inpatient and outpatient care a Nurse Practitioner can give.

Mary Yellick, Nurse Practitioner

Froedtert and the Medical College of Wisconsin

## Ready for Game Time?

## Sessions A and B

What is an athletic trainer? Where do athletic trainers work? What is their typical day like? Athletic trainers do a variety of different tasks to maximize overall health and fitness levels. From range of motion and rehabilitation exercises to healing injuries after a rough game. Learn about the aspects of this health career and the services they provide athlete and sports teams.

Matt Barber, MS, LAT, PES

Wheaton Franciscan Athletic Training Coordinator

## Success at the Next Level

## Sessions B and C

Tips for Professional Interviews and Resumes: High school flies by and then there's "THE NEXT STEP." What can you do to increase your own value as you interview for the college or job of your choice? How can you write a superior resume? What are common interview or resume mistakes that high school students make that **you can avoid**? This session will feature Jane Eickhoff, an employment coordinator and recruiter for positions in Physical and Occupational Therapy, Radiology, and Nursing for Columbia St. Mary's in Milwaukee. Ms. Eickhoff graduated from Park High School in 1991, then from UW-Whitewater in 1995 with a Bachelor's Degree in Human Resource Management. She enjoys getting out and talking with college students about preparing for their first professional interview and job and will help you today!

Jane Eickhoff, Employment Coordinator

Columbia St. Mary's in Milwaukee

## Teamwork and Leadership 101

## Sessions A and C

Are you truly the best leader and team player that you can be? In this session, participants will get to engage in activities that use teamwork and leadership skills. These activities are fun and interactive, giving participants the chance to meet other members in not only other chapters, but their own local chapter. These teamwork and leadership skills will be beneficial now and in the future.

Rianna Case and Ben Magyar

HOSA State Officers

## Women Hold Up Half the Sky

## Sessions B and C

Health Leaders Making a Difference in Liberia: What does it take to get involved in global health care delivery for women and infants in a country that has been torn by 14 years of civil war? Where is Liberia located and what is currently going on to support health and education in that country? How can experiencing the act of giving clinical health care in another culture change your own life plan? Hear how an extraordinary nurse is teaming up with Dr. Veronica Carver, a Racine obstetrician, to return to Liberia this December. Louise Omdahl, MS, RN is currently clinical faculty in nursing at UW-Milwaukee and completing post-graduate work to become a family nurse practitioner. She recommends health students check out *Half the Sky* by Sheryl WuDunn and Nicholas Kristof or [www.halftheskymovement.org](http://www.halftheskymovement.org) to learn specific ways to empower people through an understanding of the global issues of poverty, oppression, and violence that intersect in women's lives.

Louise Omdahl, MS, RN

UW-Milwaukee

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