Aloha Hawai'i HOSA,

Since March 2020, our lives have shifted to stay at home and repetitive actions throughout our days. Thank you for joining Hawai'i HOSA with an uplifting mood this school year. We know how challenging it must have been. Everyone's positive vibes is what made our jobs as state officers so much more delightful. We want to remind everyone that it's the last month of 2020 and holidays are coming up. We want everyone to spend quality time with family and to enjoy the moment.

Starting the school year virtually was a learning moment for all of us. We want to congratulate each and one of you for pushing through and facing the challenges head on. We know it wasn't easy for you, but at the end you still chose to persevere and continue doing what you love in HOSA. This year we all completed a high volume of meetings, attended social events and workshops to help us grow and interact with new people. At this rate, we will be successful health professionals in no time!

Merry Christmas and a Happy New Year,
Your 2020-2021 Hawai'i HOSA State Officers
As future leaders of the global health community, it is important to look back, reflect, and evaluate to help us grow as leaders. As we improve for the future, we can better network and teach people strong leadership skills. In the global health community, we will be faced with challenges including this pandemic but with strong leadership skills, we can overcome anything. Students from different chapters were asked to evaluate and share what they learned from this year's Virtual Fall Leadership Workshop.

In November 2020, the Hawai‘i HOSA State Officers led the first Virtual Fall Leadership Workshop. What leadership skills have you improved on since then and what would you have liked to learn more?

Keiko Nakanishi  
Senior at Pearl City High School
"Since the Virtual Fall Leadership Workshop, the leadership skills I have improved on are brainstorming and communicating more effectively. During this time, it's harder to communicate with anyone really, especially my fellow leadership team officers, so I've been trying to respond to their texts and emails as soon as I am able to. As for brainstorming, I feel doing activities such as word search puzzles or sudoku in between brainstorming sessions has let me come up with better, more creative ideas. Although we learned how to communicate effectively with others, such as listening and clarifying what they said, there are still going to be times where we won't agree with each other's ideas. So, I think learning how to work out those disagreements and learning how to compromise would be helpful!"

Franklin Gutierrez  
Junior at Farrington High School
"Some of the leadership skills that I have improved since the conference is my communication with my chapter officer team. I got to reconnect with all of them and now have a better working council relationship to help us succeed this year in HOSA. What I wanted to learn more is the different networking methods, how can we as a chapter excel in that. So that is what I learned through this conference."

Kyson Nishitomi  
In 8th grade at Highlands Intermediate School
"I've improved on communicating with the others around me! The officers taught me about the importance of networking and greeting etiquette and ethics. I'd like to learn more about motivation, properly setting and executing my goals."
Despite the many challenges this year has taught all of us, the annual NAMI Walk continued and for the first time went virtual this year. During this event, we were able to hear inspiring stories from different perspectives on how they dealt with mental issues. Next, mental health professionals came in and gave tips and more information about coping with mental issues. Finally, at the end we were all able to walk safely in our communities with our posters, as we helped advocate for people with mental issues. By walking with NAMI we can show our support for mental health. It may have been virtual, but our message was well delivered to communities.

In October 2020, Hawai‘i HOSA led the very first Virtual “Among Us” Social Event on Halloween. Members from different chapters came and interacted with the state officers and other members. It was an eerie introduction, as Malia and Obrein shared their very own scary stories. After sharing, members did a lot of networking through "Among Us," as they tried to figure out who the imposter was. In this event, members did not only have fun but they also learned communication and trust skills along the way. The “Among Us” Social Event was truly spooky and exciting.
As we continue to learn and network as an organization, Hawai‘i HOSA had their annual “Fall Leadership Workshop” virtually on November 21, 2020. Although it wasn’t as originally planned, the workshop included fun networking activities and leadership lectures. Through this workshop, Hawai‘i HOSA hopes everyone can become a leader one way or another in their chapter, outside activities, and at Hawai‘i HOSA events. Being a leader is not a simple task as it requires brainstorming, effective communication, planning, and execution.

The leadership lecture was composed of 4 different parts: **Mission Control** (finding ways to brainstorm ideas individually and in a group); **Do You Copy?** (how to communicate effectively with others in a group, so that everyone is on the same page); **Countdown** (planning goals for yourself or in a group to help achieve objectives); finally **Lift Off** (how to execute everything you’ve put together successfully). In this workshop, members were able to plan a spirit week, using what they learned from the state officers. Many members came up with a diverse amount of activities and costume days showing that they learned how to brainstorm, communicate, plan, and execute ideas in a group effectively.
The 2021 Hawai'i HOSA Virtual State Leadership Conference is just 2 months away and the state officers wish everyone the best of luck. Some key points to remember are to study, be prepared, be confident, believe in yourself, and try your best. All these ingredients will help you get better as a HOSA competitor. Deep inside of everyone lies a potential to achieve greatness. We want everyone to see that and unlock it to live in the light. We can’t wait to see everyone take on these endeavors at the 2021 Hawai'i HOSA Virtual State Leadership Conference!

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