

Amy Warner

From: Amy Warner
Sent: Wednesday, March 25, 2026 3:59 PM
Subject: HOSA Happenings- 3/25/26- Workshops

The Oklahoma HOSA State Leadership Conference is more than competition—it's a chance to grow. This year's workshops are packed with hands-on learning opportunities designed for both students and advisors to build real-world healthcare knowledge and leadership skills.

From interactive sessions to skill-based experiences, there's something for everyone to walk away stronger, more confident, and better prepared for the future.

Advisors—this one is for you too!

We're offering a dedicated Advisors-Only Session where you can earn continuing education credits while gaining valuable strategies to strengthen your programs and support your students.








Special Opportunity: Stop the Bleed Training Certification






Students interested in participating in Stop the Bleed certification training must sign up in advance using the link below to guarantee certification:

[Stop the Bleed Sign Up](#)

Space is limited, and priority will be given to students who complete the signup form. Students may still attend without signing up if space allows, but certification is not guaranteed unless they are on the list.

Don't miss this opportunity to be a true Champion of Change- inside and outside the classroom.

<h3>Workshops & Symposiums</h3>	<h3>Research in Action</h3> <p>Korbin Cardoza Have you ever considered doing research? Do you like asking questions and finding answers? This workshop is for you!</p> 
<h3>Leadership Initiatives</h3> <p>Marshall Bailey Leadership Initiatives is an internship program for high school students. Learn about this experience and what they offer through development of critical thinking skills and real-world experiences.</p> 	<h3>Med School Panel</h3> <p>OU Health Science Center Hearing from those who have been through the pathways you're hoping to start can help you along the journey. Join this panel to hear about med school and the process.</p> 
<h3>Pulse Check</h3> <p>Knowing how to take and understand vitals can help to save a life. Join this workshop for hands-on vitals training and career demonstrations.</p> 	<h3>Stop the Bleed</h3> <p>Do you know how to stop someone from bleeding out? Join this workshop for hands-on bleeding control training to prepare anyone to save a life.</p> 
<h3>OK Challenge</h3> <p>Lori Lovett Distracted driving and not using a seatbelt can lead to bad consequences. Come hear about what OK Challenge is doing to help keep teens safe on the road by sharing knowledge about traffic safety.</p> 	<h3>In Demand Health Careers</h3> <p>OU Health Most HOSA members will be going into a healthcare career and there's so many options out there. Exploring careers in the field now will help your future.</p> 

<h3>Workshops & Symposiums</h3>	<h3>We are The Champion</h3> <p>Jacqueline Olivares and Colbie Woods Anyone can change the world, it just takes a little bit of effort and passion. Join us to gain tools that equip you to be a champion of change.</p> 
<h3>HOSA Dance Clinic</h3> <p>Ally Flehtner and Simardeep Singh Have you ever wanted to learn the steps to the group dances done at HOSA events? This session will get you up and moving!</p> 	<h3>Camp Ignite</h3> <p>Grace Hogue and Little Lewis Healthcare heroes don't stay comfortable, they push the boundaries of innovation and success. Join us to learn how camp can help you grow.</p> 
<h3>NMDP</h3> <p>Brayden Smith and Camila Corona The National Marrow Donor Program (NMDP), which manages the most diverse marrow registry, is providing a cure for life-threatening blood cancers. Discover what NMDP does to save lives daily.</p> 	<h3>The Next 50 Years</h3> <p>Reagan Warner and Trenton DeGlaire Oklahoma HOSA has done a lot in 50 years, and we're just getting started! Come learn more about the accomplishments of OK HOSA and what we're looking forward to.</p> 
<h3>Guiding Future Physicians:</h3> <p>An Academic Life Coaching Workshop for HOSA Chapter Advisors OU College of Medicine Access and Community Engagement ADVISORS ONLY SESSION Are you searching for new ways to prepare your students for the workforce? Maybe hoping to get your students more involved? Join this workshop to learn new ways to shape Champions of Change! As an added benefit, you can also receive continuing education credits.</p> 