



DECEMBER SYNAPSE

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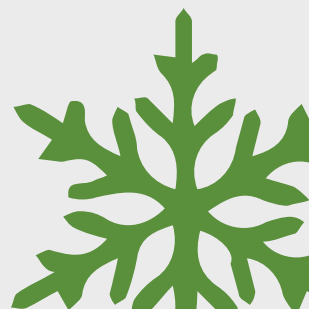
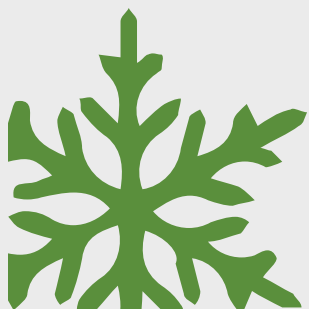
INTERNATIONAL VOLUNTEER DAY

5 DECEMBER, 2023



Ways you can volunteer!

- Help at food banks like St Mary's or Feed my Starving Children!
 - Help with school events like basketball or soccer games
 - Help someone moving into a new home
 - Get involved in your community and find more opportunities!!
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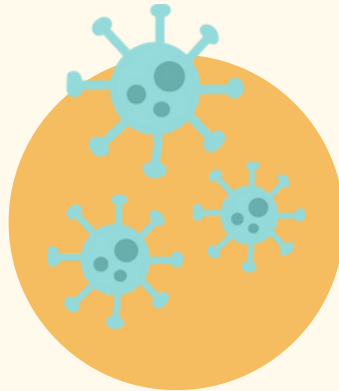
DECEMBER 4-8 IS NATIONAL

Flu Vaccine Awareness



What is the Flu?

The flu, also known as Influenza, is a contagious infection of the nose, throat, and lungs.



Symptoms

Symptoms of the flu include headache, cough, stuffy nose, and sore throat.



Prevention

The CDC recommends annual flu vaccines for everyone over 6 months old.



How does the vaccine work?

The flu vaccine uses a weakened version of the virus to train your body to recognize an antigen on the surface of the virus.



Control the spread

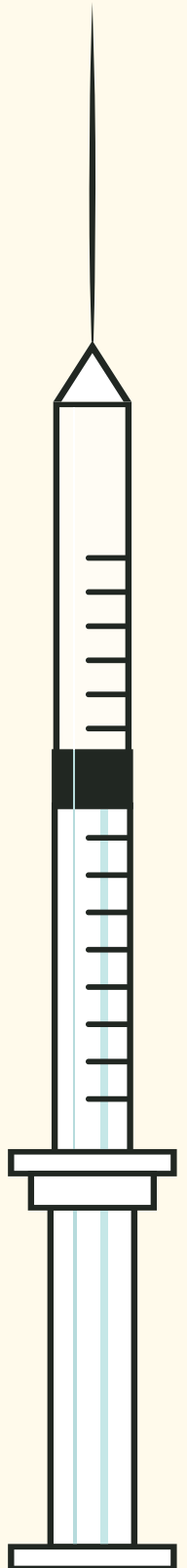
Wash your hands, cover your coughs and sneezes, clean surfaces, and avoid touching your face.



Don't worry

The flu is extremely common, and most people who get infected get better on their own! If you have any concerns, please reach out to your doctor.

National Influenza Vaccination Week 2023





HAPPY HOLIDAYS

wishing you holidays full of love, family, and spirit

-AZHOSA

CONGRATULATIONS!

DOUGLAS HIGH SCHOOL HAS BEEN VERY ACTIVE! THEY DID A TRUNK OR TREAT, STARTED UP AN INSTAGRAM ACCOUNT, AND SOON TO BE HOSTING A HOT CHEETO FUNDRAISER FOR THEIR CHAPTER! WE APPRECIATE ALL YOU DO AND ENCOURAGE THE GREAT WORK.



CHAPTER OF THE MONTH
**DOUGLAS
HIGH SCHOOL**

HEALTHY NEW HABITS, HEALTHY NEW YEAR!

WITH THE NEW YEAR COMING UP, IT'S TIME TO RENEW RESOLUTIONS! HERE ARE SOME HEALTHY HABITS TO ADOPT:

- SIT LESS, MOVE MORE. ...
- SPEND MORE TIME OUTSIDE
- START LIVING IN THE MOMENT
- TAKE A VACATION, EVEN IF IT'S LOCAL
- CREATE MORE HOBBIES
- LEARN TO LOVE VEGETABLES
- RELAX... EVEN IF IT'S FOR 30 SECONDS

HOW TO PREPARE FOR OLTS

#1: **Visit the AZHOSA Website:**
Go to the official Arizona HOSA website.

#3

Find Your Event Guidelines:*
Locate your specific event or category and access the event guidelines. This may include information on topics, rules, and required materials.



#2

****Navigate to Testing Section:****
Look for a section related to testing or competitions. This is often found in the menu or under the "Events" category.

#4-6

- *****Review Materials Allowed:****
Check the guidelines for a list of permitted materials during the online test. This could include textbooks, notes, or specific resources
- ****Utilize Quizlet Sets:****
Explore Quizlet for relevant study materials. Search for Quizlet sets that align with your AZHOSA event, and use them for practice.
- ****Create Your Own Quizlet Sets:****
Consider creating your own Quizlet sets based on the event guidelines. This can help reinforce your understanding of key concepts.

#7-9

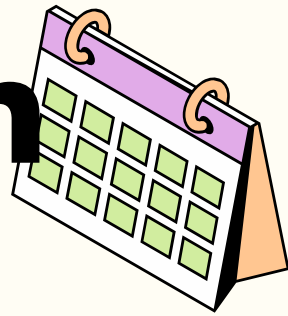
- **Practice Online Testing Environment:****
Familiarize yourself with the online testing platform. If available, use any practice tests or sample questions provided by AZHOSA to get comfortable with the format.
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- **Time Management:****
Practice time management during your study sessions to simulate the timed conditions of the online test.
-
- **Reach Out for Clarifications:****
If you have any questions about the event guidelines or materials, don't hesitate to contact AZHOSA for clarification. They may provide additional insights or resources.

Reminder

Remember, thorough preparation involves a combination of understanding event guidelines, using permitted materials wisely, and practicing in a simulated online testing environment. Good luck!



Competition Calendar!



**DEC
30**

**COMPETITION HELP
LIVESTREAM: ATTEND
FOR A STUDY SESH
WITH THE SEC**



**JAN
12**

**ONLINE TESTING AND
REGIONAL REGISTRATION
CLOSES**

**JAN
16-
26**

**ONLINE TESTING
FOR HOSA
COMPETITORS**

**FEB
2-16**

**REGIONAL
CONFERENCES:
ADVISORS WILL HAVE
UPDATED EVENT DATES**

