no hosa

How to Study for Competitive Events

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THIS GUIDE IS A STARTING POINT. ALWAYS CHECK CURRENT EVENT GUIDELINES AND MISSOURI HOSA STATE REQUIREMENTS BEFORE COMPETING. INFORMATION ON GUIDELINES CAN BE FOUND ON OUR "CE GUIDELINES" MEMBER GUIDE AT MISSOURIHOSA.ORG

Where do I begin?

YOUR FIRST STEPS TO BECOMING A HOSA COMPETITIOR

NEVER COMPETED BEFORE? THAT'S OKAY! COMPETITIVE EVENTS ALLOW MEMBERS TO GAIN KNOWLEDGE, SKILLS, TEAMWORK, LEADERSHIP, AND COMMUNICATION. EVERY EVENT IS DIFFERENT, SO FIRST UNDERSTAND WHAT YOUR EVENT REQUIRES.

YOUR FIRST 4 STEPS TO COMPETING

STEP ONE: FIND YOUR EVENT

- KNOW THE EVENT NAME AND WHETHER IT INVOLVES A KNOWLEDGE TEST, SKILLS DEMONSTRATION, PRESENTATION, OR MULTIPLE COMPONENTS.

STEP TWO: READ YOUR GUIDELINES

- FIND YOUR EVENT'S CURRENT REQUIREMENTS AT HOSA.ORG/GUIDELINES

STEP THREE: IDENTIFY WHAT TO LEARN

- LOOK FOR THE TEST PLAN, COMPETENCIES, REQUIRED MATERIALS, SCORING CRITERIA, AND EVENT INSTRUCTIONS

STEP FOUR: MAKE A CHECKLIST

- BREAK YOUR EVENT INTO SMALLER TOPICS OR TASKS SO YOU KNOW WHAT TO PREPARE

What Does my Event Require?

IDENTIFY YOUR EVENT TYPE BEFORE STUDYING. THE FORMAT OF THE EVENT HELPS YOU CHOOSE THE RIGHT RESOURCES AND PREPARATION MATERIALS.

CATEGORY	EXAMPLES
Health Science	Medical Terminology, Nutrition, Pathophysiology
Health Professions	Nursing Assisting, EMT, Dental Science
Leadership	Prepared Speaking, Extremporaneous Speaking
Emergency Preparedness	CPR/First Aid, CERT Skills, Emergency Medical Technician
Team Events	Community Awareness, HOSA Bowl

Where Should I Find my materials?

START WITH THE RESOURCES HOSA PROVIDES. ONE CHALLENGE FOR NEW COMPETITORS IS KNOWING WHERE TO FIND THE RIGHT INFORMATION. BEGIN WITH OFFICIAL EVENT GUIDELINES AND RECOMMENDED RESOURCES

OFFICIAL EVENT GUIDELINES: VISIT HOSA.ORG/GUIDELINES TO FIND ALL THE REQUIRED INFORMATION ABOUT YOUR EVENT

TEXTBOOKS AND CLASS NOTES: HEALTHCARE CLASSES, AND SCHOOL RESOURCES CAN EXPLAIN CONCEPTS. CHECK THAT THEY MATCH THE CONTENT

YOUR CHAPTER AND ADVISOR: ASK ABOUT TEXTBOOKS, PRACTICE MATERIALS, PREVIOUS COMPETITORS, AND PRACTICE OPPORTUNITIES

ONLINE RESOURCES: USE WEBSITES SUCH AS QUIZLET TO ACCESS STUDY SETS AND PRACTICE QUESTIONS FOR YOUR SPECIFIC EVENT

How Should I Actually Study?

TURN YOUR EVENT GUIDELINES INTO A STUDY CHECKLIST. YOU DO NOT NEED TO MEMORIZE AN ENTIRE TEXTBOOK. USE OFFICIAL REQUIREMENTS TO IDENTIFY THE INFORMATION YOU NEED TO LEARN.

STEP 1 | FIND THE TEST PLAN

- IDENTIFY TOPICS, SKILLS OR KNOWLEDGE AREAS LISTED IN YOUR GUIDELINES

STEP 2 | LOCATE REFERENCES

- USE THE OFFICIAL RESOURCE LIST ON THE GUIDELINES TO FIND MATERIALS THAT COVER THOSE TOPICS

STEP 3 | ORGANIZE INFORMATION

- CREATE A CHECKLIST, NOTEBOOK, OR DIGITAL DOCUMENT WITH EACH REQUIRED TOPIC

STEP 4 | STUDY ONE TOPIC

- USE RESOURCES TO UNDERSTAND INFORMATION AND CREATE NOTES OR FLASHCARDS

STEP 5 | TEST YOURSELF

- PRACTICE RECALLING INFORMATION OR APPLYING IT TO QUESTIONS AND TASKS

Study Smarter , Not Longer

MAKE YOUR STUDY SESSIONS COUNT. STUDYING FOR HOURS DOES NOT AUTOMATICALLY MEAN YOU ARE LEARNING. THE GOAL IS TO UNDERSTAND, REMEMBER AND APPLY THE MATERIAL.

01 | ACTIVE RECALL

- CLOSE YOUR NOTES AND EXPLAIN INFORMATION FROM MEMORY. CHECK WHAT YOU MISSED AND REVIEW IT

02 | FLASHCARDS

- USEFUL FOR TERMINOLOGY, DEFINITIONS, ANATOMY, AND FACTS. ANSWER BEFORE FLIPPING; REVISIT THE CARDS YOU MISS

03 | PRACTICE QUESTIONS

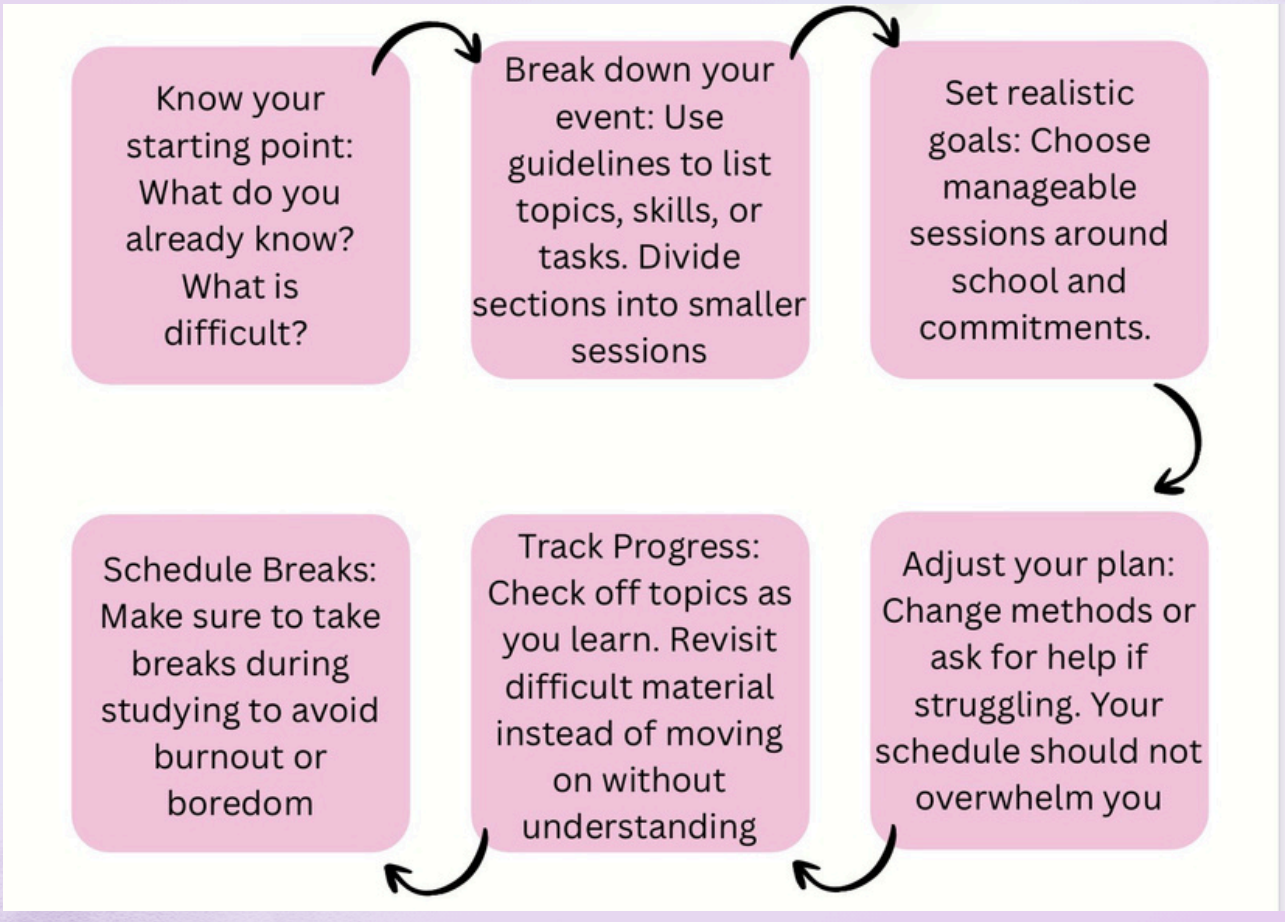
- APPLY WHAT YOU LEARNED. REVIEW INCORRECT ANSWERS AND UNDERSTAND WHY THE CORRECT ANSWER IS RIGHT

04 | SPACED REVIEW

- REVIEW INFORMATION ACROSS MULTIPLE SESSIONS INSTEAD OF LEARNING EVERYTHING AT ONCE. RETURN TO EARLIER TOPICS

How Do I Make a Study Plan

A LITTLE PREPARATION GOES A LONG WAY. YOU DO NOT NEED TO STUDY FOR HOURS EVERY DAY. A REALISTIC PLAN HELPS ORGANIZE TIME, COVER MATERIAL, AND IDENTIFY WHAT NEEDS ATTENTION.



Consistency matters more than creating a perfect schedule

Your 4-week Study Roadmap

USE THIS EXAMPLE TO ORGANIZE YOUR PREPARATION. ADJUST THE SCHEDULE TO YOUR EVENT REQUIREMENTS, STARTING KNOWLEDGE, AND COMPETITION DATE.

Week 1 | Get Organized
Read guidelines, find resources, divide content into topics; identify what you know; begin studying

Week 2 | Learn the Material
Continue Studying; Create notes and flashcards; practice recall; and ask about difficult concepts

Week 3 | Practice and Improve
Do practice questions; review errors; practice skills or presentations; identify weak areas

Week 4 | Review and Prepare
Revisit difficult topics; practice and review requirements; organize materials; use guidelines

How Do I Practice for my Event?

TURN PREPARATION INTO COMPETITION READY SKILLS. ONCE YOU UNDERSTAND YOUR EVENT, FOCUS ON PRACTICING WHAT YOU WILL ACTUALLY BE EXPECTED TO DO.

FOR KNOWLEDGE TESTS: ANSWER QUESTIONS WITHOUT NOTES. REVIEW INCORRECT ANSWERS AND RETURN TO DIFFICULT TOPICS. FOCUS ON UNDERSTANDING, NOT MEMORIZING A FEW SAMPLE ANSWERS.

FOR TEAMWORK EVENTS: SET RESPONSIBILITIES AND DEADLINES. PRACTICE COMMUNICATION, PROBLEM-SOLVING, AND TIME MANAGEMENT. ENSURE EVERYONE UNDERSTANDS THE PROMPT.

FOR EVENTS WITH READING LISTS: FIND THE CURRENT OFFICIAL LIST. CREATE A READING SCHEDULE. TAKE NOTES ON KEY CONCEPTS AND REVIEW USING QUESTIONS OR RECALL.

FOR SKILLS EVENTS: PRACTICE EACH STEP USING THE OFFICIAL RATING SHEET. ASK AN ADVISOR OR QUALIFIED INSTRUCTOR FOR FEEDBACK. FOCUS ON SAFETY AND ACCURACY.

FOR PRESENTATION EVENTS: PRACTICE ALOUD. CHECK TIMING, ORGANIZATION, CLARITY, AND DELIVERY. ASK SOMEONE TO LISTEN AND GIVE FEEDBACK.

What Happens at Competition?

KNOW WHAT TO EXPECT BEFORE YOU ARRIVE. PREPARING MEANS UNDERSTANDING BOTH YOUR EVENT AND THE COMPETITION PROCESS. MISSOURI MEMBERS SHOULD CHECK INSTRUCTIONS, AND DEADLINES.

QUALIFYING EVENTS: DEPENDING ON THE EVENT AND CURRENT MISSOURI HOSA PROCEDURES, MEMBERS MAY NEED TO PARTICIPATE IN A QUALIFYING COMPETITION OR MEET STATE SPECIFIC ADVANCEMENT REQUIREMENTS. CHECK CURRENT INSTRUCTIONS TO LEARN HOW YOUR EVENT QUALIFIES FOR THE NEXT LEVEL.

STATE LEADERSHIP CONFERENCE: SLC IS MISSOURI HOSA'S STATE-LEVEL CONFERENCE. CONFIRM REGISTRATION, REVIEW GUIDELINES, CHECK MISSOURI-SPECIFIC INSTRUCTIONS AND DEADLINES, UNDERSTAND THE FORMAT OF YOUR EVENT, AND PRACTICE ALL REQUIRED COMPONENTS.

INTERNATIONAL LEADERSHIP CONFERENCE: ILC IS HOSA'S INTERNATIONAL-LEVEL CONFERENCE. MEMBERS WHO QUALIFY AND ADVANCE UNDER APPLICABLE RULES MAY COMPETE. REVIEW INTERNATIONAL GUIDELINES, REQUIREMENTS, DEADLINES, ALL COMPONENTS, AND CONFERENCE INSTRUCTIONS

Final Checklist

BEFORE YOU STUDY:

- I KNOW WHICH EVENT I AM COMPETING IN
- I HAVE READ CURRENT EVENT GUIDELINES
- I HAVE FOUND OFFICIAL RESOURCES
- I UNDERSTAND WHAT MY EVENT REQUIRES
- I HAVE CREATED A TOPIC OR TASK CHECKLIST

DURING PREPARATION:

- I FOLLOW A REALISTIC STUDY SCHEDULE
- I USE ACTIVE RECALL AND PRACTICE
- I REVIEW INCORRECT ANSWERS
- I REVISIT DIFFICULT TOPICS
- I PRACTICE THE SKILLS MY EVENT REQUIRES
- I ASK FOR HELP WHEN I NEED IT

BEFORE COMPETITION:

- I HAVE REVIEWED THE LATEST EVENT REQUIREMENTS
- I KNOW MY SCHEDULE AND REPORTING INSTRUCTIONS
- I HAVE CHECKED DEADLINES
- I HAVE ORGANIZED REQUIRED MATERIALS
- I UNDERSTAND THE COMPETITION FORMAT
- I AM READY TO DO MY BEST