THE SAGEBRUSH STANDARD

NOVEMBER 2026

Get the Scoop!



- News & Updates
- Student Executive Council
- Challenge Yourself
- Student Challenge
- Chapter Highlight
- Pin & T-Shirt Design



- November 9-20, 2026 - Prepartory Competitive Events Online
- November 13, 2026 - Submission deadline for t-shirt and pin contest
- March 1-2, 2027 - State Leadership Conference in Rock Springs

hosa future health professionals
WYOMING

MEET YOUR EXECUTIVE STUDENT COUNCIL



Alexis Teschendorf
Executive Student President



Ida Lantier
Executive Student President-Elect

Please let Tammy Macy at advisor@wyomingosa.org if you are interested or visit https://wyominghosa.org/student-resources to complete the application.

Could be YOU!
Post-Secondary Vice President



Arjit Bhavsar
Secretary



Emma Sherman
Historian

Could be YOU!
Northwest Region
Representative

Could be YOU!
Central Region
Representative

Could be YOU!
Northeast Region
Representative



Eva Bosch
Southwest Region
Representative



Alaina Bates
Southeast Region
Representative

A Message from your Executive Student Council

How to Prepare for HOSA *Competitive Events*

1. Start by reading the guidelines, then you know what to expect!
2. Set aside time to study. Break big topics into smaller, more manageable sections.
3. Test yourself, whether that is making flashcards or explaining the topic out loud.
4. If you are in a team event, communicate and clearly distribute responsibilities.
5. Ask for help! Reach out to HOSA advisors, teachers, fellow HOSA members, etc.

Remember to focus on progress, not perfection. We challenge you to pick just ONE tip from this list and apply it this week. Good luck everyone, and remember to have fun!

Student Resources

- Preparing for Competitive Event Video
  - https://www.youtube.com/watch?v=RKM6mwEQ0dI
- On-Demand lessons
  - Access on demand lessons at https://hosa.org/on-demand-learning-opportunities/
  - Access additional resources at https://hosa.org/ceusefultools/



To succeed in HOSA competitive events, focus on mastering the official rules, practicing consistently, and aligning your performance directly with judge scorecards.

- Master the Official Guidelines
  - Read the entire guideline access at https://wyominghosa.org/slc
  - Study the rubric (rating sheet)
  - Preparation & Study Strategies
- Schedule weekly prep time
  - Focus on sources
  - Practice

Compete in Public Service Announcement, Research Poster, Prepared Speaking, or Healthcare Photography

Learn more about recognition events!



How to Choose a HOSA Competitive Event That's Right For You!

Secondary & Postsecondary Divisions

START HERE!

1. Are you creative, artistic, and can you think outside the box to find a solution?
   - YES → Do you want to work with a team?
     - YES → Creative Problem Solving (2-6)- Forensic Science (2)- Health Career Display (2)- Medical Innovation(2-4)- Mental Health Promotion (2-6)- Parliamentary Procedure (5-8)- Research Poster
     - NO → Health Career Photography

2. Do you want to be recognized for your involvement in HOSA?
   - YES → Do you want to work with a team?
     - YES → America's Blood Centers & HOSA Blood Drive - American Red Cross Chapter – ARC Diversify the Blood Supply Video Challenge - Diagnostics By Design AI in Healthcare- Emotional Well-Being Challenge - Hilarity for Charity- HOSA Happenings- HOSA Service Project
     - NO → Barbara James Service Award – Hilarity for Charity- Organizational Leadership

3. Do you want to practice specific skills related to a health care career?
   - YES → Do you want to work with a team?
     - YES → CERT (2) - CPR/First Aid (2) - EMT (2)-Physician Assistant Medical Case Challenge (2)
     - NO → Biomed Equip Tech - Biotechnology - Clinical Lab Science/Med Lab Scientist - Clinical Nursing- Clinical Specialty – Dental Science- Genetics- Home Health Aide- Medical Assisting – Nursing Assisting- Occupational Therapy-Patient Care Technician- Pharmacy Science- Phlebotomy- Physical Therapy- Respiratory Therapy- Sports Medicine- Surgical Technologist-Veterinary Science

4. Do you want to interact directly with other competitors?
   - YES → Do you want to work with a team?
     - YES → Biomedical Debate (3-4) - HOSA Bowl (4)
     - NO → Medical Spelling

5. Do you want to get more involved in your community and/or HOSA?
   - YES → Do you want to work with a team?
     - YES → Community Awareness (2-6) – Health Education (2-6)-MRC Partnership (2-6) – Public Health (2-6)- Public Service Announcement (2-6)

6. Are you classified under the Individuals with Disabilities Education Act (IDEA)?
   - YES → Do you want to work with a team?
     - NO → Interview Skills– Life Support Skills- Personal Care – Speaking Skills

7. Do you want to compete in a testing only event?
   - YES → Do you want to work with a team?
     - NO → Behavioral Health-Medical or Dental Terminology- Healthcare Admin - Health Informatics - Human Growth- Medical Law– Medical Math - Medical Reading-Nutrition- Pathophysiology- Pharmacology- World Health-Epidemiology- Health Care Issues Exam- ATC Testing Center

8. Do you want to improve your writing or speaking skills?
   - YES → Do you want to work with a team?
     - NO → Clinical Specialty - Extemporaneous Writing – Family Medicine Physician - Healthy Living- Job Seeking Skills – Prepared Speaking - Researched Persuasive Writing and Speaking

Student Challenge!

🏆 Wyoming HOSA General Rules & Regulations Scavenger Hunt

Calling all Wyoming HOSA-Future Health Professionals!

Are you ready to test your HOSA knowledge and win a prize? Prove that you know the ins and outs of the official rules before stepping into competition. Complete the 10-question scavenger hunt below using the official HOSA General Rules & Regulations available at hosa.org.

📋 The Scavenger Hunt Challenge

Answer all 10 questions accurately based on the official guidelines:

1. Handshake Policy: What events allow handshakes with judges before and after the competition?
2. Identification Requirements: What is the penalty for competitors who do not bring a proper photo ID with them to the competition?
3. Roster Deadline: In order to be eligible to compete in ILC 2027, what is the last date members can be added to the chapter roster if they are enrolled in the spring semester?
4. Accessibility & Support: Where can you find details on event accommodations and how to request them?
5. Conference Capacity: What is the maximum number of competitors/teams that chartered associations may submit for participation in the International Leadership Conference per event per division?
6. Code of Conduct: If a competitor violates the HOSA Code of Conduct during HOSA's International Leadership Conference, what may be the consequence?
7. Team Eligibility: What percentage of the winning team from the state/country level must be included for a team to be eligible to participate in competition at ILC?
8. Section Fairness: Where can information be found regarding the way fairness between sections is determined?
9. Punctuality Penalty: What four events would being over five minutes late for the competition mean you may not be allowed to participate?
10. Document History: When were the HOSA General Rules and Regulations last updated?

📬 How to Submit Your Entry

Once you have completed the worksheet, send your finished answers directly to:
State Advisor: Tammy Macy
Email: advisor@wyominghosa.org
Subject Line: Rules & Regulations Scavenger Hunt Submission - [Your Name]

Submit your completed entry to earn your prize and get ready for an extraordinary HOSA competition season!

CHALLENGE YOURSELF

Wyoming HOSA is starting a tradition of hosting monthly "Challenge Yourself" tasks to increase school spirit and involvement in Wyoming HOSA. Every time your chapter completes a challenge, with photo or video proof, your chapter earns 5 points. The chapter with the most points earned by February 15th, 2027 will be awarded a plaque for **"Challenge Yourself"** winner at the Spring Leadership Conference.



Governor's Proclamation

WYOMING HOSA –
(Health Occupations Students of America)
FUTURE HEALTH PROFESSIONALS WEEK

WHEREAS, Wyoming HOSA – Future Health Professionals is a statewide Career and Technical Student Organization formally established as a statewide, affiliated HOSA organization in 2026, dedicated to empowering students to become leaders in the global health community through education, collaboration, and experience; and

WHEREAS, Wyoming HOSA provides students with opportunities to explore health professions, develop leadership and technical skills, strengthen communication and teamwork, participate in community service, and prepare for academic, college, and career success; and

WHEREAS, HOSA members participate in health-related competitive events that allow students to demonstrate knowledge and skills developed through classroom instruction, career preparation with health professionals contributing their expertise as evaluators and mentors; and

WHEREAS, Wyoming HOSA encourages students to develop leadership, service, learning, innovation, communication, confidence, responsible citizenship, and a commitment to compassionate healthcare while encouraging them to consider meaningful careers serving the people and communities of Wyoming; and

WHEREAS, Wyoming's healthcare system depends upon a strong and well-prepared workforce, and investing in students today helps create opportunities for the future health professionals, leaders, and caregivers who will serve Wyoming communities for years to come.

NOW, THEREFORE, I, MARK GORDON, Governor of the State of Wyoming, do hereby proclaim the week of November 2-8, 2026 to be

Wyoming HOSA - Future Health Professionals Week

in Wyoming.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Executive Seal of the Governor of Wyoming to be affixed this 27th day of October, 2025.

The Honorable Mark Gordon
33rd Governor of the Great State of Wyoming

NOVEMBER CHALLENGE
Wyoming HOSA-Future Health Professionals Week

Governor Gordon has proclaimed November 2-8, 2026 as Wyoming HOSA-Future Health Professionals Week.

HOSA Week is a time to celebrate what makes HOSA Future Health Professionals such a special organization. From November 2 through 6, HOSA members around the world will come together to celebrate their chapters, friendships, experiences, and passion for healthcare and leadership. Each day brings a new theme and a different way for members to get involved and share what HOSA means to them.

As we celebrate HOSA Week, we also celebrate this year's theme, Redefine the Standard. Every HOSA member has the opportunity to challenge themselves, try something new, lead by example, and make an impact in their community. Together, we can continue to build on what HOSA has accomplished while creating new opportunities for the future.

Stay connected by following HOSA Future Health Professionals on Instagram, Facebook, and LinkedIn at @hosafhp. As you participate throughout the week, tag us and use #HOSAWeek for a chance to be featured on our platforms and connect with HOSA members around the world. We can't wait to see how you celebrate HOSA Week 2026!

Wyoming HOSA- Future Health Professionals Week

Nov. 2, Mentor Monday: Mentors play an important role in helping us learn, grow, and find our path. On Mentor Monday, members are encouraged to recognize someone who has made a difference in their HOSA journey. This could be an advisor, teacher, healthcare professional, alumni member, or fellow HOSA member who has offered guidance and support along the way.

Nov. 3, Tailored Tuesday: On Tailored Tuesday, it's time to show off your HOSA style. Members can share their favorite HOSA gear, a memorable competition outfit, or a creative chapter look. It's a fun way to show your personality and HOSA pride.

Nov. 4, Wisdom Wednesday: Every HOSA experience has something to teach us. For Wisdom Wednesday, members are encouraged to share a piece of advice, a lesson they have learned, or something they wish they had known when they first joined HOSA. Your experience could be just the advice another member needs to hear.

Nov. 5, Time Travel Thursday: HOSA has a way of creating memories that stay with us long after an event ends. Time Travel Thursday is a chance to look back and share a favorite HOSA memory. Whether it is a conference, competition, chapter event, service project, or a simple moment with friends, take a trip down memory lane and share a moment that stands out.

Nov. 6, Friendship Friday: Some of the best parts of HOSA are the friendships made along the way. Friendship Friday gives members a chance to celebrate the people who have made their HOSA experience more meaningful. Share a favorite memory, recognize a HOSA friend, or simply celebrate the connections that make this organization feel like a community.



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CHAPTER HIGHLIGHT

Casper HOSA! Leading the Charge for Wyoming HOSA!

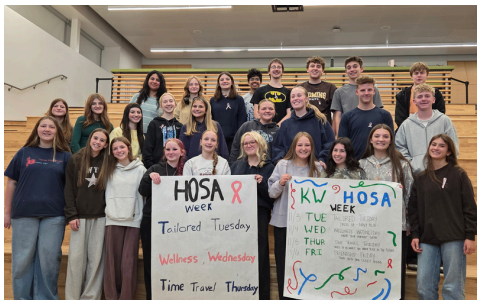
A Message from Advisors Stephanie Jensen and Chellsie Johnson:

The last eight months have been an incredible whirlwind! In January, a group of passionate students led by Alexis Teschendorf approached Mrs. Jensen (an IB Biology teacher at NCHS) with the idea of starting a HOSA chapter. After gaining enthusiastic support from our school principals, both high school leadership teams connected Mrs. Jensen and Mrs. Johnson (a Sports Medicine teacher at KWHS and Pathways Innovation Center) to officially launch the club across Natrona County School District.

Last spring was focused on laying a strong foundation. Together, we explored the full scope of HOSA, hosted several formal chapter meetings, and elected our inaugural officer team in May. By our final meeting of the school year, our membership had grown to nearly 30 students as us advisors tried to map out a clear path for guiding their success.

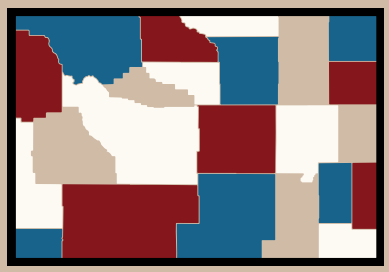
A major turning point came in September, when both advisors and Chapter President Alexis Teschendorf traveled to Washington, D.C. to attend the Washington Leadership Academy. This amazing experience provided clarity, inspiration, and direction, allowing us to return home with a renewed sense of purpose for our chapter. Mrs. Jensen and Mrs. Johnson gained so much more clarity on how to best guide our students to lead their chapter!

Since returning, our chapter has experienced vibrant growth, expanding to over 50 members. Student engagement and leadership are thriving: several members have applied for state executive committee roles, others are actively organizing impactful community service initiatives, and many began preparing for competitive events. As an advisor, it has been deeply rewarding to connect with students across the district and empower them with meaningful opportunities to lead, grow, and excel.



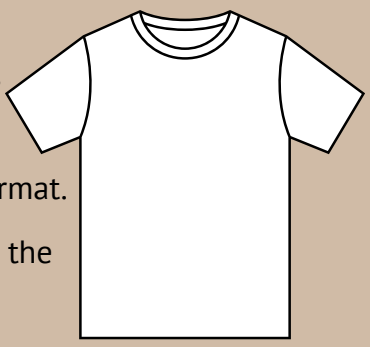
Wyoming HOSA is still looking for Chapters to affiliate.

If you know a school that may be interested please contact State Advisor Tammy Macy at advisor@wyominghosa.org.



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Wyoming HOSA wants YOU to design a t-shirt logo for the 2027 State Leadership Conference (SLC)!



The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
- Include designer's name, school, address and t-shirt size in submission email.
- All designs submitted become the property of Wyoming HOSA. Please understand that the submitted designs are concepts that a professional artist will render a complete and finished design including the necessary elements, if missing.

All designs must be received by October 30, 2026. The Board of Directors will choose the top 3 designs based on originality, concept and theme interpretation. From November 5-10th members of Wyoming HOSA can go to the Wyoming HOSA website to vote for their favorite design. The design that receives the most votes will receive a $25.00 Amazon Gift Card and will be recognized at the 2027 State Leadership Conference!

Wyoming HOSA want YOU to design a Pin logo for the 2027 State Leadership Conference (SLC)!

Wyoming HOSA is extending you the opportunity to submit a creative, fresh, and unique design that represents Wyoming HOSA! The pins will be traded at International Leadership Conference (ILC)!

The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
- Include designer's name, school, address and t-shirt size in submission email.
- All designs submitted become the property of Wyoming HOSA. Please understand that the submitted designs are concepts that a professional artist will render a complete and finished design including the necessary elements, if missing.



All designs must be received by November 13, 2026. The Board of Directors will choose the top 3 designs based on originality, concept and theme interpretation. From November 5-10th members of Wyoming HOSA can go to the Wyoming HOSA website to vote for their favorite design. The design that receives the most votes will receive a $25.00 Amazon Gift Card and will be recognized at the 2027 State Leadership Conference!

HOSA Creed

- I believe in the health care profession.
- I believe in the opportunities that my training offers.
- I believe in education.
- I believe that by using my skills, knowledge and experience, I can contribute to my community.
- I believe in myself.
- I believe that I will become more aware of myself, and become a more responsible citizen.
- I believe that each person is important and therefore I will treat each person with respect and love.
- To this end, I dedicate my training, my skills, and myself to serve others through HOSA-Future Health Professionals