

The Pulse

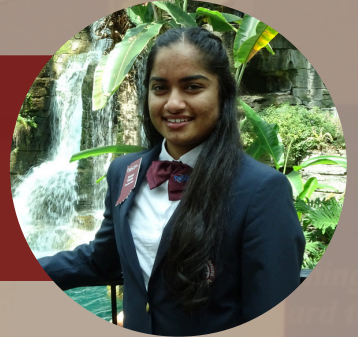


What are you looking forward to most about being a State Officer?



I look forward to building close knit bonds and a strong team.

Yonathon Bezza
State President 2025-2026



The amazing members I will get to meet and the opportunities to grow as an officer this year.

Ananya Yemme
State President-Elect 2025-2026



I'm looking forward to meeting all Indiana HOSA members across the state and to have a phenomenal year with members and Team 48!

Amber Liwanag
State Vice President 2025-2026



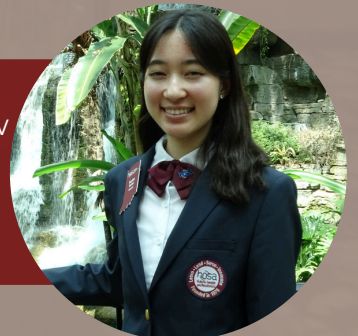
Building my self confidence, being a part of a family, and learning new things.

Camari Warren
State Secretary 2025-2026



Meeting other fellow treasurers and members across the globe.

Tyler Estes
State Treasurer 2025-2026



I'm looking forward to meeting tons of new people and to expand the circle of people I know and can't wait to meet like minded individuals.

Hayden Turner
State Historian 2025-2026



I am so excited for staging and meeting members at SLC!

Thomas Bezza
State Representative 2025-2026

Take a Peak

From June 5–10, the newly elected Indiana HOSA officers came together for their official officer training, kicking off the year with excitement, laughter, and plenty of learning. The week was filled with team-building activities, leadership workshops, and brainstorming sessions for the year ahead. In between the planning, there were plenty of moments for fun. Inside jokes, meals, and late-night conversations turned this group into something more than a team. By the end of training, they had become a family.

Just a week later, the adventure continued. From June 18–21, the officers hit the road to Nashville, Tennessee, for the 49th Annual International Leadership Conference. Joining thousands of HOSA members from around the world, they immersed themselves in inspiring symposiums, made new friends, and shared their passion of HOSA. One of the most memorable traditions they took part in was pin trading, swapping Indiana pins for unique ones from other states and countries.



A Lesson in Leadership

Time Management for Teen Leaders: Owning the Clock, Not the Other Way Around

By: Ananya Yemme and Yonathan Bezza

Introduction

You've got the ambition and talent to lead, but a calendar that's way too full. Between school, clubs, and leadership roles, it can feel like there's never enough time to do anything, let alone do it well. The truth is, every successful teen leader will face the challenge of how to control their time and not let it control them. If you want to lead with impact, time isn't something you need to manage; it's something you need to master. "The bad news is time flies. The good news is you're the pilot," stated Michael Altshuler, a motivational speaker, entrepreneur, and author. There are thousands of quotes describing how valuable time is, so why not learn how to best utilize yours? Every influential leader, regardless of their experience, age, or position, has learned how to manage their time. Throughout this article, we will give you specific steps to help you develop your time management skills. As you read, ask yourself how you can apply these steps. Developing your time management skills takes, well, time. If a task, plan, or initiative doesn't work out exactly as expected, don't give up; rarely will anything go perfectly the first time. Now let's explore five fundamental steps that every expert teen leader needs when managing their time.

Step #1: Goal Setting and Prioritization

The first and most important step in owning the clock is to create your goals and prioritize them. Creating these goals can be easy, but making an attainable plan can be challenging. Short-term and long-term goals are a great way to focus your efforts. The question is, what exactly are short-term and long-term goals? A short-term goal is something you want to do in the near future, which can mean today, this week, or this month. The benefit of short-term goals is that they can build up confidence for you and your team. Another benefit of short-term goals is that you can understand and identify the strengths and weaknesses of your team, which will help you in tracking progress and making changes. A long-term goal is something you aim to accomplish over time, typically a year or more into the future. These goals will require time as well as planning, and they are not accomplished easily. Use your short-term goals to steadily progress toward your long-term goals. As both these goals will take up time, it's vital you know how to prioritize them as a teen leader to help you manage time, avoid burnout, and stay focused on what truly matters. Use prioritization methods such as the Eisenhower Matrix or the ABC method to identify what should be at the top of your list. Remember, prioritization isn't about doing everything; it's about doing the right things.

Step #2: Consistently Use a Calendar

Many teen leaders use calendars to keep their tasks in order, but the key is consistently using them. Whether it's balancing homework, work, sports, HOSA, extracurriculars, or family matters, it can be surprisingly easy to forget small tasks. The last thing you want is to let your team, and yourself, down by overlooking an important task, so using a calendar will be vital. There are two main types of calendars: digital or physical. A 2022 study from Columbia Business School found that participants using paper calendars completed 53% of planned tasks on time, compared to just 33% for digital calendar users. However, you should find what works best for you. No matter what calendar you use, write down the task ASAP, as the longer you wait, the more likely you are to forget it. Personally, I include four things for each task: what I'm doing (e.g., practicing skills for the HOSA Clinical Laboratory Science event), the category (e.g., HOSA), the time (e.g., two hours), and any details (e.g., bring a Cengage Basic Clinical Laboratory Techniques book). Of course, your calendar may look different, and it will take time to figure that out. That's why I recommend trying each type of calendar and deciding which works best for you. Start with digital calendars such as Apple, Google, and Notion calendars, and then try physical options like a whiteboard or paper planner.

Step #4: Learning Your Team and Growing Together

Effectively delegating isn't about giving off work you don't want to do; it's about using your team's unique strengths to achieve goals together. The first step is to identify who excels at what. Take time to understand your teammate's skills, interests, and goals. Then use that information to assign roles and match tasks to those who are motivated and fit to tackle them. For example, you are planning a fundraising event for your local chapter. Assign the designing and promotion to the creative teammate, while the organizer can focus on event logistics. Assigning these tasks requires a clear explanation of your expectations, including deadlines and the definition of success. Empower your team by giving them resources, but be careful not to micromanage; let them take ownership of the task. This step not only helps build skills, but it also strengthens trust within the team and prepares everyone for future challenges.

Call to Action

The hardest part about trying to own the clock is actually putting in the work to do so. It will take energy and motivation, but your drive will help you achieve your goals. This is your time to lead with intention, not just energy. Don't let your time slip away from you in the chaos and clutter that surrounds you. Take action by completing these steps and holding yourself accountable. Time won't manage itself, but how you use it will set you apart as a leader. By creating this routine, your future self will thank you because the best teen leaders don't wait for time; they OWN it.

Step #3: Eliminate Distractions & Control your Environment

Speaking from experience, it's easy to get distracted by buzzing notifications, Instagram Reels, or a new season of your favorite TV show coming out. The #1 most effective strategy is to keep your phone out of sight and out of reach. Simply put, leaving your phone on your table while trying to study is like having sweets on your kitchen table. Whether you give your phone to a relative, leave it in another room, or pile it with your teammates' phones, removing distractions can be made simple. If you want better short-term memory, study in the same place. To improve long-term memory, study in various locations. In a study by Godden & Baddeley (1975), divers recalled 38% more in the same environment versus 21% in a different one during immediate recall. On the other hand, Smith & Handy (2014) found that varied locations lead to an 18% boost in long-term memory. It's very common to study with music, and although silence is best for heavy reading or speech writing, listening to soft, lyric-free music may help with focus.

Step #5: Track & Reflect

Once you've begun planning your time, it's critical to regularly check what's working and what isn't. Track how long tasks take, what distracted you, what didn't get done and why, and how your energy varied throughout the day. Weekly reflections can make the difference between being decent at time management and exceptional. For example, what did you actually accomplish? What took longer than expected? When and where were you most productive? What do you want to do differently next week? Remember, tracking and reflecting doesn't take much time, and while it may only save you minutes today, it could save you hours, days, and weeks in the long run. The better you understand your habits, the better you can lead.



Health Care History

Healthcare and War: How Conflicts Advanced Medicine

By: Camari Warren



Imagine becoming very sick and the only thing that could help you is losing a lot of blood. The more sick you were the more blood you would have to lose. A crazy thought right, wouldn't that make you weaker? Wouldn't that increase your chance of possibly not getting better at all? Well from the late April 1861 to April 1865 even before the world wars and the Great Depression medical thinking bordered on the medieval. Many doctors believe that bloodletting, also known as draining a certain amount of blood, would help balance four "humors" or bodily fluids. Fluids include blood, phlegm, yellow bile and black bile. You would use different bloodletting techniques such as piercing the vein or even for the healthy using blood sucking leeches. Up to the 19th century medicine also contained dangerous and adaptive substances like cocaine and arsenic that you could ask for quickly becoming an over the counter medicine. By the end of the Victorian era in 1901 Healthcare technology knowledge and professions advanced tremendously.

Approaching the first World War in 1914 this provided the opportunity to try and approach new medicine. Historians talked about 620,000 soldiers dying in the Civil War; this new medicine and Technology could save thousands of lives. In the battle of World War I there were Battlefield aid stations set up as well as volunteer ambulance drivers who would pick up wounded soldiers. The most common medicine used on the battlefield consisted of antibiotics which has a significant impact on the world today. Other medicine including sulfa drugs in 1935 and penicillin developed in 1939 Has a greater increase in the worldwide benefit today more effective than any number of antibiotics. For antibiotics lots of infectious diseases would lead to causes of death worldwide. Developed by the German military metal plates to help heal fractures held a significant advantage in World War II. This being discovered by allies taking German soldiers as prisoners who needed x-rays led to a surprise in medical staff. German troops were back on duty half of the time compared to normal healing. This increased the spread of medical plates commonly known as joints now. In the Korean War there were greater chances of survival using helicopters on Battlefield. Leading up to the Vietnam War taking it a bit further, discovering the ability to use frozen blood products. Fresh blood can be used for 21 to 30 days before deteriorating. With lots of medical practice they discovered that Frozen blood can be used for up to a year. A normal amount of blood transfer is up to 8 to 10 pints for young adults. Terrible injuries that occurred in the war had an uncommon transfer up to 10 to 20 pints or even more. This would call for a massive amount of fresh blood being transferred. Military developed a safer option, discovering Frozen blood products, increasing the amount of lives being saved. In the Vietnam War advances in burn care were also discovered. Decreasing the numbers of infections using antibiotics and dressing the wound to reduce dangerous infections. Before the Wars the excessive loss of blood fluids caused a major problem in the loss of spreading a protective skin barrier. These are just a little taste of the different outcomes that these wars had on healthcare medicine today. Throughout each war it increased the chance of survival little by little leading to what you know as modern medicine. With new technology, health care workers and more. Whether it's over the counter or emergency, each unique experience has helped change lives today.

Miraculous Medicine

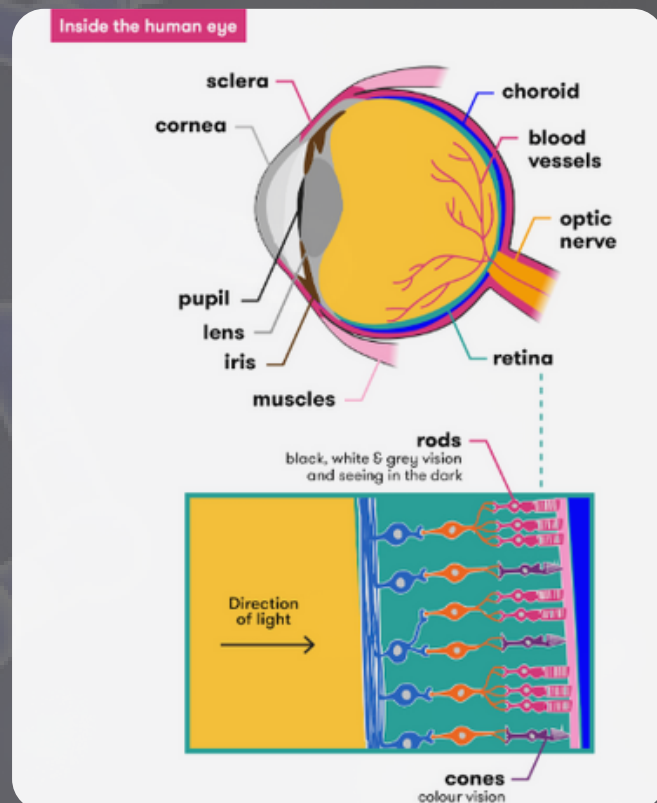
The Bionic Eye: Restoring Vision Through Tech

By: Hayden Turner

The majority of people are privileged enough to experience living most of their life with healthy vision and being able to witness all the beauty life has to offer. For Terry Byland, this too was his life until at 37, he started developing vision problems, bumping into things and having trouble seeing at night. Soon after he married his wife, he was diagnosed with retinitis pigmentosa, a degenerative eye disease that impacts the retina, the light-sensitive tissue at the back of the eye. This disease has no treatment nor cure, much like diseases such as glaucoma and macular degeneration, which are leading causes of blindness in high-income countries. He went blind seven years later and his new life without vision was difficult to adjust to, ["Your life is changing forever. You lose your ability to make a living. You can't see your wife. You can't see your children...You think the world's coming to an end."](#) However, a glimpse of light in his darkness appeared when he learned about ophthalmologist Dr. Mark S. Humayun who had co-invented Argus II, a bionic eye. Once implanted within Terry, this device aided him in independent navigation, and he began to be able to see silhouettes in bright light and movement on TV screens!

But how exactly does this technology work? A bionic eye or visual prosthesis is an electrical implant that is surgically implanted and helps create a sense of vision for those with advanced vision loss. Due to a multitude of different forms of vision loss, researchers are working on several different types of bionic eye implants, with the most potential being found in retinal (eye-based) implants and cortical (brain-based) implants.

Retinal-based implants are best suited for patients who lost their vision due to retinitis pigmentosa and age related macular degeneration. These diseases cause vision loss due to the death of photoreceptors, which are rods (help see in black, white, grey, and the dark) and cones (help see color variations) that interact with neurons in the retina to translate what is being seen into nerve signals which are then relayed to the brain through the optic nerve. However, the optic nerve and some retinal cells remain intact, so researchers utilize this as part of the bionic technology for retinal implants. Retinal prostheses include:



Epiretinal Prosthesis: These are placed in front of the retina and stimulate the retina's remaining cells to help signals be relayed to the brain. They require an external camera to capture visual information, so users must scan the area with their head. One example of this technology is the Argus II, which was implanted into Terry. This includes a tiny microchip implanted in front of the retina and a mini camera embedded within glasses. As the user scans the area with the glasses on their head, the camera captures images of the environment and converts them into electrical impulses that are then sent to the electrodes. These impulses stimulate the retina cells that then send signals to the brain, allowing the brain to interpret these signals as an image.

Subretinal Prosthesis: These are placed behind the retina and stimulate the middle layer of retinal cells to send a signal to the optic nerve, as researchers theorize utilizing existing layers of cells to help process the light may result in more accurate vision. Although, this form of retinal implants only works if the middle layer of retinal cells has not been damaged. Alpha IMS and Alpha AMS are examples of this technology in which a silicon chip is implanted behind the retina. This chip is connected to a tiny computer behind the ear and an external battery pack that amplifies the light signal.

Suprachoroidal Implant: This type of implant is placed between the choroid and sclera of the eye, however none have been approved for treatment yet. Another form of bionic eyes with promise are cortical prostheses. These devices are implanted on the optic nerve or within the brain in places such as the visual cortex or thalamus, making them suitable for those with optic nerve damage. One version of this technology is the Gennaris bionic vision. Similar to the retinal-based technology, this device requires internal and external parts. It includes glasses with embedded cameras to capture images and a small digital processor and wireless transmitter to transfer the captured images to an implant in the back of the brain on the surface of the visual cortex. The implant will then stimulate the visual cortex through electrodes to create a visual pattern which overtime the brain will learn to interpret these signals as light.

What do patients with bionic eyes actually see? Those with bionic eyes will not suddenly regain the same level of vision as a person with two healthy eyes. Initially, they will regain basic vision such as being able to differentiate darkness and light and seeing flickering light and movement in pixelated forms. The 'image' they see is comprised of dots of light due to the limitations of current technology and the need to retrain the brain to interpret the visual input it is receiving. What these patients see are called phosphene visions: a perceived spot of light in the visual field. It is the experience of seeing light without light actually entering the eye which can occur through pressure on the eyeball, stimulation of the visual system (such as through electrodes), or a hit to the head.

Despite immense progress in bionic eye technology, there are still a plethora of challenges that lie ahead. One challenge is requiring more electrodes to be added to implants which would allow more phosphene visions to be created and help patients see in greater detail. Another challenge researchers are working through is that the current bionic implants stimulate all retina cells at the same time, different to how retina cells react normally in a healthy eye when receiving real visual input. This leads to over-stimulation and poorer vision in patients who may see blurred outlines and indistinct shapes. Furthermore, research is being conducted into how to refine the devices to increase their lifespan and their quality of life with powerful and smaller devices. As technology progresses, researchers are hopeful to develop advanced implants that produce increasingly more natural vision to help patients like Terry see the beauties of life once more.

Health IN Focus

Sleep Deprivation

By: Thomas Bezza

After a long Monday at school, you come home to your PS5 greeting you with the hum of the fan and the music of the loading screen. Almost like the PS5 was made perfectly for you. Just as you're getting ready to play the new 2K, you realize you have a paper for your english class due tomorrow morning. Wait... that means you have approximately 16 hours before it's due, you tell yourself, so you continue to play 2K all night until the clock hits 12 A.M. Now you're stressing on how to get this paper done and at the same time catch enough z's to be ready tomorrow for your chemistry test. Eventually, the decision made was to sacrifice some sleep in order to get the assignment done on time. This recurring decision is made throughout many students' lives, sacrificing sleep in order to finish an assignment or any task on time.

Sleep deprivation is a reckless and spontaneous decision that leaves many students across the world feeling groggy and causes trouble thinking during school the following morning. Specifically, according to the CDC, a non-profit organization authorized by Congress, teenagers need approximately 8-10 hours of sleep every night, [yet nearly 73% of all high school students fall short of that goal](#). Sleep is not only necessary for rest but also recovery. While you're asleep, your body heals itself through tissue recovery, curates and consolidates memories, and even controls hormones for growth and appetite. However, when sleep is cut short your body is incapable of completing these necessary tasks that help grow your body. Over time, chronic sleep deprivation can increase risk to many diseases like heart disease through increased anxiety and depression.

What's even more concerning is that chronic sleep deprivation not only causes an increase in health risks but can also mimic the symptoms of ADHD, such as difficulty concentrating, fidgeting, impulsive behavior both socially and physically. Sleep deprivation comes with many harmful side effects however let's discuss the root cause of sleep deprivation in order to fix it.

What's even more concerning is that chronic sleep deprivation not only causes an increase in health risks but can also mimic the symptoms of ADHD, such as difficulty concentrating, fidgeting, impulsive behavior both socially and physically. Sleep deprivation comes with many harmful side effects however let's discuss the root cause of sleep deprivation in order to fix it. Multiple factors make sleep deprivation an easy task, such as:

- During puberty your body goes through biological changes, like a shift in your internal clock, that causes students to fall asleep later even when school starts at the same time causing reduced sleep.
- Academic pressures such as AP courses, college prep, and massive amounts of homework keeps many students up late at night completing them. This destructive behavior is even worse for those that procrastinate.
- Additionally, blue light from technology like phones and laptops suppress melatonin and thus suppresses your sleep. This harmful action is paired with academic pressures since homework is typically now done online.
- Overscheduling of sports, hangouts, and club activities causes the time for homework to be pushed back and thus decreases the amount of sleep students get.

Beyond the reasons listed above, there appears to be one last solidifying reason for many cases of sleep deprivation. The culture we have built over sleep has deemed reduced sleep as a sort of badge of honor. In school hallways and group chats, students compare the hours of sleep they received and you often hear students brag about pulling an all-nighter in order to finish a test or studying till 3 A.M. for their next chemistry test. The new mindset of toxic productivity essentially pushes that sacrificing your health for “the grind”, is what makes people successful. However, science reveals that pushing your body past its limits, in terms of sleep, day in and day out actually breaks you down slowly rather than building resilience. Matter of fact, sleep is considered one of the most productive things you can do. It allows you to build your body through memories and regeneration and when you wake up it’s almost like it took 5 seconds of your time.

As future health professionals we have to redefine what proper hard work is. Hustle should never take away from personal health. We must keep in mind that just as we fuel our bodies through food and water, we have to fuel our minds through sleep as well.

However, it’s rather easy to say “just get more sleep”, so here are realistic strategies teens can apply:

1. Construct a sleep schedule that allows for you to wake up and sleep at the same time everyday. This trains your body’s internal clock, and further builds on your circadian rhythm.
2. Limiting screen time on devices such as phones, laptops, and TVs at least 30 min to an hour allows for your body to prepare for sleeping and fall asleep faster. If you are bored try reading a book, journaling, or meditating to use your time.
3. Avoiding caffeine or sugar before bed is also a great aid, however this is not simply coffee but also energy drinks and soda. Caffeine is an adenosine receptor antagonist, so limiting caffeine allows for a build up of adenosine. Adenosine is essentially a sedative that is built up throughout the day allowing the body to fall asleep.
4. Keeping your sleep environment comfortable through curating a dark, cool, and quiet space allows your body to fall asleep faster through promoted rest.
5. Never procrastinate!!! This is easily the most important item on the list since a majority of students easily fall victim to the mindset of “I will do it later” and eventually end up sacrificing sleep in order to finish the assignment they procrastinated on.



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Health Careers

Certified Anesthesiologist Assistant: A Growing Demand in the OR

By: Tyler Estes

Overview: Anesthesiologist Assistant (AA) plays a critical role in providing anesthesia care by working directly with patients before, during, and after surgical procedures. Also, an important part is getting to know their patients through their medical history and physical exams, so they can tell when something is wrong and how to treat them. They also assist in creating plans for anesthesia under the direction of an anesthesiologist, ultimately making their patient feel safe and comfortable. AA's manage all the complex operating equipment including ventilators, intravenous (IV) lines, advanced monitoring devices, and they interpret data to help maintain the patient's stable physiological conditions during surgery.

Education: With a [bachelor's degree](#) it's recommended to pursue a science field like chemistry, biology, or other types of related fields. While you are getting your education, most programs require that you have clinical experience, such as but not limited to shadowing or working as a medical assistant (MA) before applying. Additionally, you also have to meet the prerequisites to get into the Anesthesiologist Assistant (AA) programs which include Biology, Chemistry, Organic Chemistry, Biochemistry, Anatomy, Physiology, Physics, English, Calculus, and Statistics. You will need to pass the certification exam through the National Commission for Certification of Anesthesiologist Assistants (NCCAA) along with maintaining your credentials by completing continuing education and passing a recertification exam every six years.

Outlook: After completing all of your schooling, it will not be difficult to find a job. There is such a high demand due to many AA's moving on to other roles or retiring. With a growth in the job market of [26.6% between 2022 and 2032](#). Once you find a job, the average salary range is [\\$120,000 to 350,000](#) annually depending on the amount of experience you have, where you work, and several other factors. In [Indianapolis, IN the average salary is around \\$133,947 per year.](#)



Successful Suggestions

The Rise of HSE HOSA

By: Amber Liwanag

HOSA is an international student-led organization established in 1976 that empowers over 300,000 middle school through post-secondary students interested in the healthcare field. Worldwide, there are 55 chartered associations and 6,200+ chapters with students passionate about the medical industry. Specifically in Indiana, 124 chapters prepare 4,300+ members in their journey to become future healthcare professionals. Yet, one chapter has made an indelible mark on Indiana HOSA history, and that chapter is Hamilton Southeastern High School (HSE)!

The HSE HOSA chapter located in Fishers, Indiana has shattered expectations and excelled within the 4 short years of its establishment. Before HOSA members across the globe become Champions of Change, aligning with HOSA's 2025-2026 theme, let's take a moment to celebrate fellow Hoosiers and cheer on the rise of the HSE HOSA chapter!

Let's first dive into how HSE HOSA officers drove membership growth through recruitment strategies. At the beginning of every school year, HSE puts on school events to display several of its organizations that students can join. This past year, HSE HOSA increased visibility at these events by attending the summer orientation for 9th-12th graders, the in-school club fair, and the club fair for 8th graders touring HSE. During each of these events, HSE HOSA officers proudly presented tri-fold displays, informational flyers, and email sign-up lists for parents and students who demonstrated interest. "Our confidence made a strong first impression," HSE HOSA 2024-25 Co-President and 3-year HOSA member Mona Fekir highlighted. "People saw that they could trust us to give a rewarding experience, which encouraged more students to join."

But just how many students ended up joining? Well, at HSE HOSA's callout meeting, 70+ new students entered a single classroom, overpowering the rows of desks so much so that floor space was cleared to make room for everyone! "HSE HOSA has experienced immense growth," HSE HOSA 2025-26 President and 4-year HOSA member Kaavya Malu beamingly said. "I've seen it truly flourish into a larger and more connected group of students. It has become one of [HSE's] largest academic teams, tripling in size from last year." HSE HOSA is the largest healthcare-centered organization at HSE with 120+ members, an all-time high for the chapter that is reflected in its remarkable 78% membership growth, which is the largest increase in the state!

2025-2026 IN HOSA State Vice President



Next, let's learn how HSE HOSA has developed a unique culture that shapes its members into leaders ready to enter the professional sphere. Over the year, HSE HOSA hosts competitive event, informational conference, healthcare organization collaboration, and guest speaker meetings to further student involvement. Medical Law and Ethics Top 10 placer Rahul Metha acknowledges how HSE HOSA has provided him with a greater understanding of the health industry despite his career goal to be a lawyer; his competitive event emphasizes the wide berth of career paths that HOSA branches out to. HOSA members are distinctively connected by their shared passion for the healthcare field, and HSE HOSA is uniquely defined as supportive. As International competitor for Creative Problem Solving and 2-year HOSA member Priya Singh expressed, "We treat one another like family and strive to uplift each other." This collaborative environment is not only nurtured through chapter meetings but also through the various conferences hosted by Indiana HOSA: Fall Leadership Conference (FLC), Winter Rally, and State Leadership Conference (SLC).

Through these conferences, HSE HOSA has risen to excellence. HSE HOSA has propelled student involvement by bringing a record number of 40+ members to FLC and 60+ to SLC! At SLC, HSE HOSA celebrated the achievement of 20+ finalists, the chapter award for the chapter with the Largest Membership Growth, and the election of 4 HSE HOSA members to the Indiana HOSA State Executive Council!

Yet, behind every accomplishment, are comforting phrases, affirming actions, and energizing smiles that have empowered HSE HOSA members to success. "I'll never forget my freshman year," HSE HOSA 25-26 President-Elect and 3-year member Lila Greer reminisces about the support that has defined her HSE HOSA experience. "One of our chapter leaders, Mrs. Manchess, sat with me for hours waiting to compete for my event. She listened to me rehearse, building my confidence, and even waited for me after." HSE HOSA first began as a tight knit group of students determined to make an impact and has grown into a supportive community that is dedicated to reaching new heights together. As Malu simply puts it, "It truly is a family."

This HOSA bond transcends the local chapter level and spans even the international level as this past month, HSE HOSA sent multiple competitors to ILC for the first time! "I gained a great experience and lasting memories," international competitor for Health Education and 1-year HOSA member Maya Hayes shared. "Going to ILC has helped me build communication and leadership skills. You also learn a lot and connect with others!" The lifelong connections fostered through HOSA serve as a valuable foundation for furthering the growth of the organization. Fondly reflecting on the little things, "My proudest moments were the small, meaningful interactions with our members," Fekir revealed.

So, what's next? On the state level, Indiana HOSA Historian from HSE and 4-year HOSA member Hayden Turner strives to consider her firsthand experiences as a competitor and feedback from members to "make Indiana HOSA an organization everyone has the ability to participate in both financially and enjoyably." Additionally, HSE HOSA 2025-26 Vice President Sebastian Aguayo aims to elevate the chapter through more opportunities, event preparation resources, and mentorship for competitive events throughout the year. In agreement whilst also remaining true to HSE HOSA's identity, Malu states, "Most importantly, I'd like to listen to members' voices and ideas to make sure HSE HOSA continue growing as a place for all to feel supported." This past year, HSE HOSA has seen record membership growth and phenomenal success! So, since ILC will be held in Indianapolis, Indiana for HOSA's 50th anniversary, let's be on the lookout for Indy's very own HSE HOSA on their rise to be among the many Champions of Change!

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ARE CURRENTLY
WAITING ON A
LIFESAVING ORGAN
TRANSPLANT.**



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Indiana



The Pulse

Presented by Indiana HOSA

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