

How to Succeed in HOSA Competitive Events

There are many different theories about how to be successful in HOSA Competitive Events. The following suggestions are designed to help you get an edge in preparing for an upcoming HOSA competitive event experience.

You Be the Judge

Acting as the judge gives a different perspective on an event. Ask your friends or family members to simulate your event (Extemporaneous Writing, Extemporaneous Speaking, Job Seeking Skills, Outstanding HOSA Member, Prepared Speaking or Extemporaneous Health Display) while you judge their performance.

Not only will you find that judging isn't easy, but you'll see the event from the eyes of the judges. That should help you know what details to pay attention to when you compete.

Practice in Front of Volunteer Judges

Asking teachers or health professionals to evaluate you for practice is always a good idea. Your volunteer judges can talk with you about the areas you need to improve. Generally, the more you practice, the more confident you'll feel when competition time arrives. This strategy is helpful for almost all judged events.

Videotape

Using videotape to analyze your performance can be extremely helpful. Have someone videotape your event, and then use the event rating sheet to rate yourself. Often we are more likely to improve on a process when we see for ourselves where improvement is needed.

Memorize the Steps

Judges in skill events are instructed to evaluate each skill exactly as written on the rating sheet. Competitors must complete all steps correctly. Usually, competitors who don't score well in skill events are those who omit a step in a procedure.

Learn to Relax and Feel Confident

In the speaking events, Job Seeking Skills, and some of the team events, attitude is important. You'll want to be confident and relaxed. Hold your head up, smile, and be sure to establish eye contact with the judges. Take the time to speak clearly and with confidence. Don't shout, but do speak with enough volume to be easily heard.

Read All About It

For knowledge events, is it better to memorize a little or read a lot? We suggest you read as much as possible on the topics to be assessed. The more you read, the better you will understand concepts. This is important because 25% of the questions in any test are designed to measure more complex thinking skills.

Read the Guidelines -- Again

For a variety of reasons, some states do not run an event exactly as written in the guidelines. (For example, a state may not offer the use of computers for Extemporaneous Writing because the equipment is not available.) Whatever the reason, the competitor who competes at the National level must be prepared to follow the national guidelines!

In addition, pay particular attention to what the guidelines say you must bring. For skill events in Category II, there is a list of materials with asterisks (***) indicating what you must bring. For other events, specific requirements of materials you must bring are given. You don't want to travel all the way to Nationals and lose points because you nor your advisor read the guidelines!

At most state and national HOSA conferences, there are far more competitors than there are medal winners. What separates those who win and those who don't? Sometimes its preparation, and sometimes it's just a little bit of luck.

Remember that the HOSA Competitive Events Program wasn't designed to be like the World Series. Generally, in HOSA events, you get one chance. One moment in time to do your best and hope everything goes as you've practiced it. One opportunity to take a test, demonstrate a skill, or deliver a speech. One shot at impressing the judges by doing your very best.

Have fun with your event, and your HOSA competitive event experience will continue to reward you in the years to come.

