

Student Reporter

HOSA ILC 2023



Trinity Lee
Grade 11
Interlake High School



Students pose for photos in front of the HOSA sign while at the convention center. [Source: Author, Trinity Lee]

This year, I had the privilege of attending the HOSA International Leadership Conference,(ILC). HOSA, otherwise known as Health Occupations Students of America, is a student-led organization that ranges all the way from elementary students to adults that are either interested in or are already a part of the biomedical or healthcare field. As someone who has always been passionate about pursuing a career in the medical field, I found myself enjoying HOSA and the healthcare-related opportunities it offered. However, HOSA does more than just introduce students to the medical field.

Every year, HOSA offers a variety of events that pertain to specific specialties, such as HOSA Bowl or Forensics. In each event, students compete by taking a test or teaming up to present or demonstrate healthcare-specific skills. Each event has different guidelines and regulations, and the top 3 in each event from an individual state or country outside the US are ultimately selected to go to ILC to compete once again.

This year, ILC was held in Dallas, Texas, from June 21-25. ILC spanned for five days, with different events being held on each

day and a variety of workshops being offered to students. On the first day, there was an opening ceremony, where different states and countries, including South Korea, China, Puerto Rico, and Canada, were introduced by their individual flags. The opening ceremony was very exciting, with all attendees dressed in professional attire and cheering with colored lights. The next few days were much calmer, with students spread out across the entire convention center, touring the attractions that the HOSA organization had prepared. As my event, HOSA Bowl, spanned for a total of two days, I, unfortunately, was unable to attend the attraction offered at the center, such as HOSA Expo, as much as I wanted to. However, after the stress of competition ultimately disappeared, it was an absolute highlight to finally be able to tour the convention center, meet and chat with others from all over the globe, and also tour the many attractions offered at HOSA Expo.

On the last day of the trip, HOSA had organized for all

students to attend the Six Flags amusement park in Texas. This was the absolute cherry on top, providing every student with fun and food as an ultimate reward for all their dedication and hard work. After spending most of the day at the park, the HOSA ILC conference finally ended with its closing ceremony, where the top ten teams or individuals from each event went on stage and received their awards. Just like the opening ceremony, the closing ceremony was just as lively and wild. However, the fun did not stop at the end of the ceremony, as there was a final Gala for the students to dance and enjoy themselves. Though the trip in itself was exhausting due to the sheer amount of walking and the intense beat down of the Texas weather, HOSA ILC 2023 was an amazing experience that I recommend to all. If you have a passion for healthcare, competing in HOSA might just be your cup of tea and also a great opportunity to have some fun and socialize with others from all over the world.

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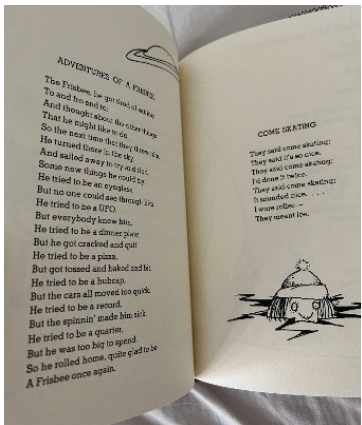
The Art of Poetry



Hannah Lee
Grade 11
South High School

Beginning with haikus, sonnets, and limericks, all the way to free-verse, there is an incredibly wide range of verses of poetry a writer is encouraged to try. In spite of this, some types of poetry are harder than the next, but it isn't a challenge that poets aren't willing to take on.

The list of poetic forms is up to 168 at the moment, but most types of poetry are grouped into three main categories. Narrative poetry is telling a story, whether it is a story that directly occurred in your life or a fictional story that may just have popped into your head one day and led you to start writing. Dramatic poetry is when a story is told through emotions and behavior, as in a way to showcase a play or a repetition of hand motions. This type of poetry is stimulated to help new poets understand the technique of properly demonstrating



If you want to try or continue your path with poetry, it's great to borrow poetry books from the library to review examples.

[Source: Author, Hannah Lee]

emotion and physical language. Lastly, lyrics poetry is a type of poetry that is telling a story in complete first-person.

It's natural that many student poets test out different types of po-

etry when first trying out this art, since there are a variety of methods to express oneself. A rising junior from South High School, Zuzu Jenni, states, "I don't really have a favorite type of poetry, so I just flow where the words take me," and after, she adds, "But, inspiration-wise, typically there is a topic given, such as 'your place in the world', and I try to think of how I view myself in the world but through unconventional methods, almost as if I'm picturing myself as a kid again." Many excellent ways to collect inspiration would be from your surroundings and available resources, such as the amazing poets that cast themselves as role models to many youths. Another rising junior from South High School, Maggie Gerlach, explains, "Free verse poetry has to be my favorite because it allows for freedom of structure

when writing, and I adore Amanda Gordon's work."

The inspiration for poetry can truthfully sprout from everything and anything. Sometimes, I just stare at the peaches on the breakfast table and sort out different adjectives and sensory details into a well-structured poem. Although poems seem like random words clustered together, it is actually quite the opposite, and there is usually a meaning hiding behind them.

There is such a variety of ways poetry can leave an impact on you or the countless ways that YOU can leave an impact behind with your writing. It may be challenging in the beginning, as is everything, but once you find your path, it can become much easier and a fun pastime activity.

Student Reporter

A Memorable Trip with the KW Center for Leadership



Hannah Chae
Grade 10
Larchmont Charter School

The KW Center for Leadership is a non-profit organization offering youth leadership training and educational programs to encourage community organizing. The center tackles deep-rooted problems in the Korean American community, particularly the lack of leadership. By taking deliberate steps to develop and support the new generation of Korean American leaders, this program provides an opportunity to develop leadership skills, explore their culture, experience hands-on community organizing, and develop a larger perspective of the community surrounding oneself. KAYLT (Korean American Youth Leadership Team) is open to high school and college students and runs for eight weeks.

Upon joining the program, I decided to learn more about the community around me. Every day for three hours, different guest speakers came in to discuss certain topics. For example, one pre-

sented the issues with the garment worker industry, and another talked about his 20 years spent in prison for a murder he did not take part in. From discussing the deep issues within our community, I began to realize how no significant action was put toward these problems. Alongside guest speakers, a three-day retreat to Big Bear was planned for the second week of the program. The purpose of this retreat was for the students to feel more connected as a group, hold workshops, and start community planning.

The workshops included an identity workshop and a family workshop. The identity workshop was more for introductions, while the family workshop was to create a sentimental time. For the identity workshop, students were asked to draw something that represented themselves. Each person had their own unique and funny drawings. As an example, one could draw a Tetris game, which signaled their



The refreshing sight of the lake during the Big Bear retreat held for the KW Center for Leadership. [Source: Author, Hannah Chae]

adaptability to any given problem in their life. Like Tetris, in life you are given a random block, and it is your job to place it where it best fits. On the other hand, the family workshop evoked strong emotions for most people. From discussing hardships between family and competition between siblings, it was a vulnerable moment for others. To be able to open up about family history and shed tears, the group was able to feel closer as a community.

Finally, at the end of the retreat, the students got into groups and discussed different community

projects they could work on. For my group, we talked about public welfare and the main issues within our healthcare system. Some of the problems we have pointed out were language barriers and struggles within low-income families. The other groups worked on social awareness and drug/substance abuse. After presenting our ideas to the board members, we received notes on making our projects more interactive and organized. By the end of the week, we were able to choose a single project from the groups and will put it into action over the course of eight full weeks.