

# Louisiana HOSA Executive Council

Candidate Application Packet

**2026 – 2027**



## **Executive Council Candidate Application Information**

Being a State Officer in HOSA is an amazing experience. It allows students to develop leadership skills, network with leaders from across the globe, and gives them the ability to learn and grow as future health professionals! At Louisiana HOSA, we feel that being a State Officer is one of the most rewarding experiences that a student in HOSA can have.

Running for State Office is a great opportunity, but also comes with tremendous responsibility, exciting opportunities, and rewarding challenges. Since it is a year-long commitment, we ask that potential applicants consider their school, home, and extracurricular obligations

**Read the following information pages before filling out the online application.**

If you have any questions, please call or text the Louisiana HOSA State Office at (337) 371-5974

Or email Shirlene Bender: [shirlene.lahosa@gmail.com](mailto:shirlene.lahosa@gmail.com)

### **Application Deadline**

**Sunday, February 1, 2026      Apply Early!**

### **Eligibility**

- Middle School candidates **MUST** be currently classified as a sixth or seventh grader.
- Secondary candidates **MUST** be currently classified as an 8<sup>th</sup> grader, freshman, sophomore, or junior.
- Candidates applying for President-Elect must be currently classified as a freshman or sophomore.
- Post-Secondary/Collegiate candidates **MUST** currently be a collegiate freshman, sophomore, or junior.
- Current high school seniors and graduating post-secondary/collegiate members are not eligible to run for state office.
- Middle School & High School Candidates must also:
  - have a 2.5 or greater GPA on a 4.0 scale. (not weighted)
  - be endorsed by your chapter advisor, school principal, parent/guardian, and employer.
  - be willing to make their duties as a state officer a priority.
  - be able to provide own reliable transportation when necessary. (see calendar)
  - attend the State Officer Training Retreat (see calendar)

### **Elected Positions**

- President-Elect (Secondary)\*
- Region 1 Vice President (Secondary)\*\*\*
- Region 2 Vice President (Secondary)\*\*\*
- Region 3 Vice President (Secondary)\*\*\*
- Middle School Ambassador (Middle School)\*\*
- Post-Secondary/Collegiate Ambassador (PS/C)
- Secretary (Secondary)
- Outreach Officer (Secondary)
- Reporter/Historian

\* President-Elect candidates must be a current secondary freshman or sophomore.

\*\* Middle School candidates must be a current sixth or seventh grader.

\*\*\* Regional Vice President candidates must live in that region (see Region Map attached)

## **General Duties of a State Officer**

State Officers are student ambassadors, leaders, and role models for LA HOSA. In order to fulfill the important responsibilities of serving members and advancing LA HOSA, state officers are required to attend meetings and perform specific leadership duties.

The following list **is not** all-inclusive. Other duties will be assigned as we go through the year. All officers will be expected to maintain good grades, and manage their coursework and other activities, while still giving high priority to their position as a State Officer of Louisiana HOSA. State Staff may remove state officers from office at any time for not upholding the highest standards, or not fulfilling their duties.

A state officer position is not a passive position; rather it is a working office. You are held to the highest standards and expected to set a good example for all members, work as a team, maintain a great attitude, and participate as much as possible.

***It is a great honor to be elected as a State Officer!***

### **All State Officers (General Duties)**

- Lead the general student membership of Louisiana HOSA.
- Communicate regularly and respond promptly to all inquiries for information. HOSA Staff must approve of all external communication and be included on all correspondence.
- Must check their email at least twice daily.
- Participate in LA HOSA social media, keeping a clean, powerful, and positive presence.
- Officers will need to ensure their social media pages are of the utmost professionalism as they will represent the state organization, as well as the entire state of Louisiana.
- Represent LA HOSA with excellent standards of professionalism, etiquette, and public relations.
- Help with any duties as directed by the State Advisor or Officer Coach.
- Attend all monthly State Officer meetings (may be via phone or computer/Zoom/etc.).
- Attend supplemental meetings to prepare and plan for Fall Forum Leadership Conference, the State Leadership Conference, and retreats.

***Only one regular meeting may be missed & one supplemental meeting missed.***

- Help other officers as needed with their duties.
- Officers must be active and involved members in their local HOSA chapter.
- Officers must attend the 2026 and 2027 State Leadership Conferences.
- Officers must attend the 2026 Fall Forum in their region.
- Maintain a "team" attitude!
- Submit the monthly officer report.
- Submit a short article, as assigned, for the monthly newsletter.
- Attend conferences early to help set up, and stay late to help with putting everything away.

### **State Ambassadors**

- Attend as many meetings as possible.
- Participate in LA HOSA social media for your division.
- Reach out to other like chapters (collegiate or middle school).
- Help start new like chapters (Middle School or collegiate).
- Help state officers when able.
- Help before and during conferences.

# **State Officer Responsibilities**

## **President (President-Elect from previous year)**

- The President's position is one of organization and leadership. It is the president's responsibility to see that the organization meets the established goals.
- Know the group and their abilities. Involve as many members in various activities as possible.
- Coordinate efforts by keeping in touch with all officers, members, and chapter advisors.
- Preside over and conduct meetings according to parliamentary procedure.
- Attend LA HOSA Board of Directors meetings.
- Keep members, officers, & advisors on the meetings on the topic and within time limits at all meetings.
- Represent the organization at special functions and events, including civic activities.
- Represent Louisiana HOSA by speaking at various functions when requested, always portraying the thoughts of the membership, not the thoughts of the officer team.
- Seek opportunities in their community to speak about HOSA. (Civic Organizations)
- Call special meetings if necessary.
- Prepare and submit the meeting agenda to the State Advisor before each Council meeting.
- Include and teach the President-elect as much as possible to prepare for the following year.

## **President-Elect**

- Serves a two-year term; one year as President-Elect in the role of "President-In-Training" and the second year as State President.
- Must attend at least one Fall Forum Leadership Conference, and the State Leadership Conference
- Be available for all officer meetings
- Attend LA HOSA, Inc. Board of Directors meetings along with President

## **Outreach Officer**

- Works on gaining new chapters and restarting inactive chapters
- Be available for all officer meetings
- Works closely with state advisor to gain new chapters
- Helps new chapters become active

## **Regional Vice Presidents (one per each of the 3 regions)**

- Aids in the development and promotion of secondary HOSA Chapters and membership
- Works to promote activities and engagement within their regions
- Assists in the planning Fall Forum Leadership Conference in their region
- Have monthly Zoom meeting with chapter officers and/or leaders in their region

## **Middle School Ambassador**

- Aids in the development and promotion of middle school HOSA Chapters and membership
- Assists in the planning of Fall Forum Leadership Conference in their region
- Assists with planning of State Leadership Conference
- Must attend Fall Forum in their region, and the State Leadership Conference
- Participates in social media for Middle School members
- Communicates with middle school chapter officers along with State Advisor or Officer Coach
- Encourages middle school members to compete; helps teach about the competitions

## **Post-Secondary/Collegiate Ambassador**

- Aids in the development and promotion of post-secondary/collegiate HOSA Chapters and membership
- Participates in the collegiate social media
- Attend the State Leadership Conference
- Conducts monthly collegiate meetings along with State Advisor
- Communicates with PS/C chapter officers to offer ideas and encouragement

## **Secretary**

- Creates and maintains supporting documents of all state officer meetings, events, and conference calls
- Submits minutes to state advisor after each monthly meeting
- Submits notes to state advisor after all other supplemental meetings



## Reporter/Historian

- Serves as the Historian/Reporter by keeping chapters and communities informed on all things HOSA
- Finds a committee of photographers in all regions for all events; send all pictures to state advisor
- Invites local reporters from newspapers and news channels to attend all conferences in each region

## Louisiana HOSA Regions

### Region 1

Avoyelles	Lincoln
Bienville	Madison
Bossier	Morehouse
Caddo	Natchitoches
Caldwell	Ouachita
Catahoula	Rapides
Claiborne	Red River
Concordia	Richland
De Soto	Sabine
East Carroll	Tensas
Franklin	Union
Grant	Vernon
Jackson	Webster
Jefferson	West Carroll

### Region 2

Acadia	Iberia
Allen	Iberville
Assumption	Jefferson Davis
Beauregard	Lafayette
Calcasieu	Pointe Coupee
Cameron	St. Landry
Evangeline	



### Region 3

Ascension
East Baton Rouge
East Feliciana
Jefferson
Lafourche
Livingston
Orleans
Plaquemines
St. Bernard
St. Charles
St. Helena
St. James
St. John The Baptist
St. Tammany
Tangipahoa
Terrebonne
Washington

## Application Process and Timeline

Application: **Deadline: Friday, February 1, 2026**

**Apply Early!!**

**Read this entire packet before you apply.**

Apply to this site ASAP: <https://forms.gle/3t9Bxa66h5JWNPnu6>

Send this form to three different teachers for recommendations (Not chapter advisor):

<https://forms.gle/UP4p8BD4ZXYhfz6W9>

Send this form to your School Principal: <https://forms.gle/AKWeDsz2ySCP6PPZ6>

Send this form to your Chapter Advisor: <https://forms.gle/z6dL8jcYMDfexB9HA>

**Please check back with everyone to be sure they have submitted the forms.**

Email your resume including a photo to Ms. Shirlene at:

[shirlene.lahosa@gmail.com](mailto:shirlene.lahosa@gmail.com) **Do not text it.**

## **Application Checklist**

- ☐ Candidate online application submitted
- ☐ School Administrator Affidavit of Support link sent to Principal
- ☐ Chapter Advisor Affidavit of Support link sent to Chapter Advisor
- ☐ Recommendation link sent to 3 teachers besides your chapter advisor
- ☐ Candidate Resume including a small recent head shot photo of you on the resume.
- ☐ Most current School Transcript (showing first quarter/semester of this year) If application is sent in early, send transcript after end of first semester if first quarter is not shown.

**Resume should include:** Name, School, current grade level, HOSA achievements (officer, committees, etc.), other achievements (other awards, honors, offices held in other organizations), hobbies, etc, Include a head shot photo when you submit the resume to Ms. Shirlene at: shirlene.lahosa@gmail.com

There is a limit of three applications submitted from each chapter. All applications will be scored based on the *required items for submission*. The top-ranked candidates will be invited to participate in the next step in the election process.

### **Application Timeline**

<b>December 5, 2026 – February 1, 2026:</b>	Application Submittal Period
<b>February 1, 2026:</b>	Application Deadline
<b>February 6, 2026:</b>	Candidates/Advisors will be notified of application review results
<b>February 4-14, 2026:</b>	Candidate interviews (will be notified of Interview times)
<b>February 18, 2026:</b>	Candidate Slating Announcement
<b>March 2, 2026</b>	Attendance at SLC
<b>March 3, 2026</b>	<b>Officer Test taken at SLC</b>
<b>March 3, 2026</b>	<b>Business Meeting and Voting</b>
<b>April 9, 2026</b>	State Officer Parent & Officer Orientation Zoom Meeting
<b>May 31 - June 4, 2026 (tentative)</b>	<b>Required</b> - State Officer Planning and Training Retreat

**\* Candidates will submit one paragraph about themselves and why they should be elected (on the application). This will be posted along with their picture, on the state website for all to view and recommend their choices to the Voting Delegates in their chapter.**

## **At The State Leadership Conference (SLC)**

- SLC EVE:** If candidate's chapter arrives or candidate is available the eve before SLC, candidate will be expected to help with set-up if needed.
- SLC Day 1:** Candidate Opening Session Practice before Opening Session  
Opening session speeches
- SLC Day 2:** Candidate Test  
Candidate Speeches/Questions  
Voting  
Help with evening activities
- SLC Day 3:** Awards Session Practice  
Executive Council Winners Announced and Installed during awards session

# Election Process

## State Officer Candidate Interviews

Interviews will last no more than 20 minutes per candidate. The top-ranked candidates will be invited to participate in the next step of the election process.

Candidates should be dressed professionally or in HOSA uniform and should arrive in the given Zoom room 5 minutes before their scheduled Zoom interviews.

Candidates will be notified of their slated position no later than February 18, 2026. The position you are slated for may or may not be what you asked for.

## Opening Session

All slated Officer and Ambassador candidates are required to participate in the Opening Session Practice at the State Leadership Conference (SLC) before the opening session.

Candidates must be in uniform per dress code.

## State Officer Candidate Speeches

All slated candidates will be required to give a short speech during the Opening Session and/or Business Session at SLC. Candidates must be in uniform, per dress code

The campaign speech must not exceed two minutes. Know your speech well and make eye contact with your audience; speak confidently. Humor and catchy phrases are ok, but don't over-do it.

**Suggested Speech outline: (You do not have to cover every item in your speech; choose what you think is important.)**

- A. Tell about yourself.
  - a. Name
  - b. Where you are from/what HOSA Chapter do you belong to?
  - c. Describe your career goals
- B. Describe your previous participation in HOSA.
  - a. Do you currently hold a chapter office?
  - b. Explain why HOSA is important to you
- C. Describe why you want to be a HOSA State Officer or Ambassador
- D. Describe what experience you have that qualifies you to be a HOSA Officer.
  - a. Participation and/or leadership in school activities
  - b. Participation and/or leadership in community activities/volunteering
- E. Briefly identify the goals you hope to accomplish as a state officer.
- F. Give a closing statement that has impact and will make students want to vote for you.

## Candidate Test

Candidates who completed the application process will be required to complete and pass an exam with at least a 75%. All candidates who score at least a 75% will be invited to participate in the next step of the election process. The test is not an easy one, and we take it seriously. You must prepare & study for it!

- The online exam will take place during the conference on March 2-4, 2026. Reference material, notes, or any computer device may **NOT** be used during the exam. Candidates will have 45 minutes to complete the exam. Suggested Study Reference (**Not** all inclusive) for the Written Test:
  - National Creed
  - 2025-2026 HOSA Theme
  - Duties of State Officers

Review the History and Background of the National Organization, HOSA Handbook, Section A. Parliamentary Procedure (know types of motions, order of business, how to make a motion) Competitive Event Categories and the Events in each [Lahosa.org](http://Lahosa.org) [Hosa.org](http://Hosa.org) Be very familiar with both sites. The above list may be found on the hosa.org site.

### **Executive Council Business Session**

All candidates will be required to attend the Executive Council Business session. Candidates should be in uniform, per dress code.

**During the Business session**, the following will take place:

After each candidate concludes their speech, they will pull a question from the bowl to answer. Candidates will have 30 seconds to answer the question.

### **Voting**

Candidates will be excused and voting will take place immediately after the candidates have concluded their speeches and questions. Candidates are not allowed to be present during voting. Voting will continue until there are no run-offs.

### **State Officer Election Results**

The results of the State Officer Election will be announced at the closing ceremony and awards session. New Officers & Ambassadors will be Installed during the Closing Session at SLC. Candidates should be in uniform, per dress code.

**Note: The State Advisor and/or Board of Directors reserves the right to remove or make changes to the candidates slating or position after voting**



# Officer Uniforms

All newly elected State Officers will be required to purchase the Official HOSA Uniform. State Officers should order/purchase their Official HOSA Uniform from Awards Unlimited no later than April 15, 2026. State **LA HOSA will be helping with cost of the uniform. (Amount to be determined) Previous officers may also be selling their uniforms.**

Officers must have their Official HOSA Uniform by May 15, 2026.

State Officers must have their Official HOSA Uniform tailored to fit if necessary.

**The HOSA Casual uniform Polo shirt will be provided for you.**



## Official HOSA Uniform



## **Ladies:**

### **Ladies Official Uniform**

- Economy Blazer (*from Awards Unlimited*)
- Economy Navy Skirt (*from Awards Unlimited*)
- HOSA Bowtie (*from Awards Unlimited*)
- Women's Oxford, white, short sleeve shirt w/button-down collar (*Walmart*)
- DREAM PAIRS Women's Luvly Bridal Wedding Party Low Heel Pump Shoes (*Amazon.com*) Can be another brand but **must be** like that one.  
**Toe must be rounded, not square or pointed; no tall heels**

### **Ladies Casual Uniform:**

- Polo Shirt
- Khaki Pants
- Flat black shoes with closed heels and toes

### **Ladies Work Uniform:**

- HOSA T-shirt
- Jeans (no holes or faded)



### **Awards Unlimited**

<https://hosastore.amercommerce.com/official-attire>

## **Men:**

### **Men's Official Uniform:**

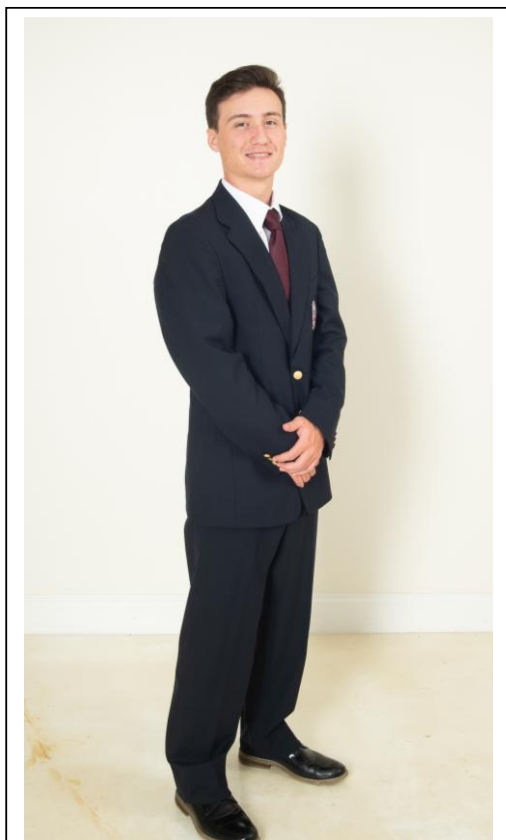
- Economy Blazer (*from Awards Unlimited*)
- Navy Dress Pants (*from Awards Unlimited*)
- Black Socks
- HOSA Tie (*from Awards Unlimited*)
- George Men's Short Sleeve Oxford Shirt w/button-down collar (*Wal-Mart*)
- George Dress Shoes or similar black shoes
- Black belt

### **Men's Casual Uniform:**

- Polo Shirt
- Khaki Pants
- Flat black shoes with closed heels and toes

### **Men's Work Uniform:**

- HOSA T-shirt
- Jeans (no holes or faded)





# Follow These Tips For Filling Out Applications

- ✓ **Read EVERYTHING in the packet.**
- ✓ **Take your time. Give plenty of thought regarding what you want to say before you write it.**
- ✓ **DO NOT USE AI to fill in the answers. Make this your own words.**
- ✓ Don't fill out an application the last minute before a deadline.
- ✓ Read your answers **out loud** to yourself, then to someone else. Make sure that person will be honest with you.
- ✓ Always have at least one other person proof-read your document. It's a good idea to have that person be an adult who will be honest with you regarding mistakes or how it sounds and will give you constructive suggestions. (teacher, parent, etc.)
- ✓ **Do not** have your parents or others fill it out; there are always telltale signs that they did it. They are not the one applying.
- ✓ **Do not leave blank spaces—write N/A (not applicable).**
- ✓ **Check your spelling. Spelling errors are UNACCEPTABLE!** Remember, spell check isn't always correct.
- ✓ Make sure to use correct forms of words. **Grammar is so important.** Sound smart!
- ✓ Do not write like you are sending a text message. Write words out, do not abbreviate.
- ✓ In essay answers, do not ramble. Be honest and tell the facts. Get to the point but sell yourself.
- ✓ In essay questions, **do not repeat the question in your answer...**just give your answer.
- ✓ When asked to **tell something unique** about yourself, be specific ...what makes you who you are? Ex: talk about a talent, do you run marathons, speak 4 languages, have an interesting hobby, personally know a movie star, etc. The question is prompting you to tell who you are. "I'm a people person" or "I like helping people" is **not** unique. We want to know YOU!
- ✓ **Do not ask your parents to call or email about an application** if you have questions. You need to do this - you are the one applying.
- ✓ Let your personality come through, while sounding professional!

