

Workshops and Activities 2026 SLC

Workshop	Date	Time	Room	Title	What's It About?
Workshop	Monday AM	8:45-9:45	Sam Clemons	Day in a Life as an Army Nurse	Overview of what Army Nursing is, opportunities with school being paid for, myths vs. facts, and an interactive portion figuring out what nurse they want to be
<i>Activity</i>	Monday	8:45-9:45	Mississippi Queen	<i>Disease Charades</i>	<i>Can your team win?</i>
Workshop	Monday	9:00-10:00	Riverboat	Enter the World of Radiology	A day in the life of a radiologic technologists and what the field has to offer.
Workshop	Monday	9:15-10:15	Bayou	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Monday	10:00 am - 11:00 am	Sam Clemons	Day in a Life as an Army Nurse	Overview of what Army Nursing is, opportunities with school being paid for, myths vs. facts, and an interactive portion figuring out what nurse they want to be
Workshop	Monday	10:15 - 11:15	Levee	Bag Mask Ventilation	Hands on practice of Bag Mask ventilation (Respiratory Therapy)
<i>Activity</i>	Monday	10:15-11:15	Mississippi Queen	<i>Health Career Jeopardy</i>	<i>Guess the career!</i>
Workshop	Monday	10:30-11:30	Bayou	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Monday	2:30-3:30	Mississippi Queen	Making Life Happen Expert	Organ, Tissue, and Eye Donation
Workshop	Monday	2:30-3:30	Sam Clemons	Healthy Snacking for Teens	We will demonstrate how to choose a healthful snack.

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Workshop	Monday	2:45-3:45 pm	Delta Queen	Overdose: Recognizing Signs & Symptoms	How to recognize the signs and symptoms of an opioid overdose and what to do if someone is unconscious or unresponsive.
Workshop	Monday	3:45-4:45	Mississippi Queen	Making Life Happen Expert	Organ, Tissue and Eye Donation
Workshop	Monday	4:00-5:00	Levee	The Paw-fect Wrap - Canine Bandaging Workshop	Explore the fundamentals of veterinary technology through hands-on practice with canine bandaging, wound management, and splint placement.
Workshop	Monday	4:00-5:00	Riverboat	“Champions of Change: Making the Most of Your HOSA Journey”	Learn from our visiting International Officer
Workshop	Monday	4:00-5:00	Delta Queen	College Prep Panel	Learn from State officers how to efficiently prepare for college.
Workshop	Monday	4:00-5:00	Bayou	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Tuesday AM	8:15-9:15	Riverboat	Thinking about Dermatology?	My Journey to becoming a Private Practice Dermatologist
Workshop	Tuesday	8:30 - 9:30	Bayou	Just Doula It	Whether you're doula-curious or ready to serve families, come explore what it takes, and what it gives back, to Just Doula It.

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Workshop	Date	Time	Room	Title	What's It About?
Workshop	Tuesday	8:45-10:00	Sam Clemons	IYKYK (If You Know About Hygiene, You Will Always Know)	Building bold relationships with yourself and others that last!
Workshop	Tuesday	8:45-9:45	Levee	Healthcare Careers Start Here: Understanding College Access & Financial Aid	A clear, student-friendly guide to how nursing and allied health majors can get into college and use financial aid programs like TOPS, TOPS Tech, and FAFSA to pay for their education."
Tournament	Tuesday	9:00 - 5:00	Premier 1	Anatomage Tournament	Teams who have signed up; check schedule at SLC and see Anatomage Team if any conflict.
Workshop	Tuesday	9:00 - 10:00	Delta Queen	Answer the Call to Serve at OLOL Health	ER Nursing and OR Nursing Residency Program at OLOL Health
Workshop	Tuesday	9:30 - 10:30	Riverboat	Thinking about Dermatology?	My Journey to becoming a Private Practice Dermatologist
Workshop	Tuesday	9:45-10:45	Bayou	Just Doula It	Whether you're doula-curious or ready to serve families, come explore what it takes, and what it gives back, to Just Doula It.
Workshop	Tuesday	10:00-11:00	Levee	Healthcare Careers Start Here: Understanding College Access & Financial Aid	A clear, student-friendly guide to how nursing and allied health majors can get into college and use financial aid programs like TOPS, TOPS Tech, and FAFSA to pay for their education."
<i>Activity</i>	Tuesday	10:15 - 11:15	Delta Queen	<i>Medical Jeopardy</i>	<i>Test your medical and HOSA knowledge</i>
Workshop	Tuesday	10:15-11:30	Sam Clemons	Confident Connections!	Building bold relationships with yourself and others that last!

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Workshop	Tuesday	11:00-12:00	Bayou	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Tuesday	1:00-2:00	Sam Clemons	Check It Before You Wreck It: Vital Signs 101	A hands-on session teaching how to accurately measure and interpret essential vital signs like a nurse.
Workshop	Tuesday	1:00-2:00	Riverboat	Splinting & Casting This may change	Students will learn the appropriate reasons and procedures to splint and cast.
Workshop	Tuesday	1:15-2:15	Delta Queen	Overdose: Recognizing Signs & Symptoms	How to recognize the signs and symptoms of an opioid overdose and what to do if someone is unconscious or unresponsive.
Workshop	Tuesday	1:15-2:45	Mississippi Queen	Suture & Splinting	Introduction to hands on suturing with realistic practice tools, then splinting lab for fractures, trauma, and sprains
Workshop	Tuesday	2:00-3:00	Riverboat	Splinting & Casting This may change	Students will learn the appropriate reasons and procedures to splint and cast.
Workshop	Tuesday	2:30- 3:30	Delta Queen	Why Your Brain Runs the Show: Inside the World of a Therapist	Curious about why people think and feel the way they do? This session shows how the brain works and what therapists really do.
Workshop	Tuesday	3:00-4:30	Mississippi Queen	Suture & Splinting	Introduction to hands on suturing with realistic practice tools, then splinting lab for fractures, trauma, and sprains

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Workshop	Date	Time	Room	Title	What's It About?
Workshop	Tuesday	3:45 - 4:45	Delta Queen	Why Your Brain Runs the Show: Inside the World of a Therapist	Curious about why people think and feel the way they do? This session shows how the brain works and what therapists really do.
Workshop	Tuesday	4:00-5:00	Bayou	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Tuesday	4:00-5:00	Levee	What is Healthcare Informatics?	What is a degree in HIM and what careers can you choose?
<i>Activity</i>	Tuesday	4:00-5:00	Natchez	<i>Bone Bowl</i>	<i>Do you know all the bones in the body?</i>
Workshop	Wednesday	8:15-9:15	Sam Clemons	Live Diagnosis of a Patient in The Developing World	During this workshop, HOSA students will experience an in-time real-life diagnosis of a patient in our partnered hospital in Bauchi State, Nigeria.
Workshop	Wednesday	8:15-9:15	Premier 1, 2, 3	“Champions of Change: Making the Most of Your HOSA Journey”	Take ownership of your HOSA experience by exploring opportunities, engaging with others, and growing intentionally. Through interactive discussion and activities, participants will reflect on their personal journey, learn about the wide range of pathways available in HOSA, and leave with a meaningful action step to continue becoming a "Champion of Change.”
<i>Activity</i>	Wednesday	9:15 - 10:00	Premier 1, 2, 3	You will find out at that time	It will be fun!