

"Don't compromise yourself. You are all you've got."

– Janis Joplin

[Research](#) finds that [perfectionism has no relationship with performance](#). Perfectionistic people strive really hard, but they're no more likely to be successful. *Don't* strive to be perfect. *Do* recognize that perfectionism doesn't lead to success. And help the young people in your life embrace all of themselves, including their imperfections, for the astonishing little explosions of humanity that they are. (Thomas Curan—author of "The Perfection Trap")

1. For those of us who are not multi-lingual, there is a new resource! This blog post "[A comprehensive guide to Canva translate](#)" shares the how and why—it translates your text and existing design into 134 different languages! What a great tool for making multi-lingual flyers for HOSA events, or sharing health-related information (vaccinations, fentanyl, STI, etc.).
2. [Surgeons successfully transplanted a modified pig heart into a human](#) patient Friday, the second time in history the groundbreaking procedure has been performed. The recipient, 58-year-old Lawrence Faucette, was said to be awake and recovering, with the organ fully functioning absent any supportive devices.
Known as xenotransplantation, the approach relies on pigs genetically engineered to not possess a specific sugar molecule, whose presence leads to organ rejection by the human body ([see history](#)). Doctors successfully carried out the first such procedure last January. The patient died two months after the surgery—not due to organ rejection but because of a number of factors, including the presence of a latent animal virus in the heart. The news follows the successful transplants of pig kidneys [into brain-dead patients](#). Researchers hope such surgeries will [eventually provide a source of viable organs for those awaiting transplants](#). More than 6,000 patients [die each year](#) while waiting for donors.
3. [Special Edition: Happiness Calendar for Educators for... \(berkeley.edu\)](#)
4. You should have received an email on **Thursday, September 22, 2023** from [HSEA Representative](#) that says "*I hope you are having a fantastic evening! As you likely already know, the state of Oklahoma has paid for your HSEA membership for the 2023-2024 school year. You should have received a series of emails this evening as we created your accounts and granted you access to the HSEA membership portal. I will be attaching a document that explains some of the emails you should have received. Please let me know if you have any questions or concerns.*" Along with an attachment titled "[How to Create your 2023-2024 HSEA Membership Account](#)".
I've attached it to this message with the hope that you will explore the [FREE resources](#) available as part of this membership, paid by your state teacher's organization [Oklahoma Health Careers Education Teacher's Association](#). Currently this membership costs MORE than what you pay for OHCETA, so please, use the resources and take advantage of the discounts!
5. [How to Encourage Viewpoint Diversity in Classrooms](#) (without breaking the law).

6. NLN presents “**Increasing the Workforce: Removing Barriers to Funding Nurse Education with the Power of Collaboration**” Webinar, Tuesday, October 24, 2023 2-3pm CST. This webinar will focus on strategies to **decrease the economic barriers** that exist in building a pipeline of nurses who are prepared to meet the health care challenges that lie ahead. The discussion will include collaborative efforts between practice partners and academics as well as academic approaches to decreasing the cost of nursing education for nursing students. [Register here](#).
 - a. **World Health Organization** endorses second **malaria vaccine for global use**; shot was at least **75% effective in preventing the disease in trials and costs around 70% less per dose** than the current vaccine ([More](#))
 - b. Learn more about the **changes this year to Competitive Events** when HOSA State Advisor Amy Warner shares her update on Thursday, Oct. 12 at 3:30pm. No reservations required. Zoom link: <https://zoom.us/j/8822491946>
7. A quick reminder—if you haven’t **signed up on Facebook to the following groups**—do so NOW! **Oklahoma HCE, Health Science Educator’s Association, OHCETA** (Oklahoma Health Careers Education Teachers Association)
8. Intent to Action: Cultural Intelligence Time is running out to register for a **transformative educational experience**! Learn **the fundamentals of cultural intelligence (CQ) and get inspired to use new frameworks and language to shape more inclusive and equitable learning environments**. In this **day-long virtual workshop** on October 25, participants will join one of three focused sessions exploring how to use CQ to address disability, transgender care, or health equity in nursing education. Up to 4 contact hours (0.4 CEUs) may be earned. [Register NOW](#).
9. [Schools are key to solving mental health equity gaps](#): Declining mental health is the national health crisis of this generation, and our schools must act.
10. [Best Human Anatomy Apps for Students - Educators Technology](#)
11. **THREE SPOTS LEFT** at the **Simulation Bootcamp 2.0!!!** If you want to attend, [complete this form NOW!](#) The bootcamp will be held at Tulsa Tech’s Health Science Building, 33450 S. Memorial Dr., Tulsa, OK 74145 on Monday, November 6th. Cost is FREE!
12. [10 Great Motivational and Inspirational Quotes posters - Educators Technology](#)
13. Canva has truly put their foot on the gas when it comes to offering free teaching resources. You can discover a goldmine of **1,000+ teaching materials**, including worksheets, activities, and presentations, all organized in one easily accessible library. Think of it as your digital supply closet. [Canva Lessons - New Feature for Teachers - Educators Technology](#)
14. Apply Now: **New Leadership Program for First-year CTE Teachers!!** As part of ACTE’s **broader efforts** to address the CTE teacher pipeline, ACTE will launch a New CTE Teacher Symposium at this year’s CareerTech VISION, **Nov. 29–Dec. 2** in Phoenix, Arizona. ACTE invites CTE educators in their first year of teaching to **apply** to participate in this event and related activities. Twenty teachers selected to participate will receive the following:
 - Complimentary registration to VISION
 - A daylong, targeted professional development experience on **Nov. 29**

- Mentoring, support and networking opportunities throughout the remainder of the school year

The deadline to apply is **Oct. 15!**

Next week our staff will divide and conquer as Susie and I head to Seattle to the National Consortium for Health Science Conference and Amy, Gilda and Emily will run Fall Leadership Conference for HOSA. We also have TWO Health Careers Birthdays next week! Amy is on the 16th and Susie is on the 18th.

Finally, if you have anything you would like discussed as part of HOSA or Ok Health Careers Ed Teachers' Assn, please let your rep know NOW—Ok Leadership Advisory Board for HOSA will be on the 24th and OHCETA's Fall meeting will be on Friday, Oct. 27th—It's a busy time!!

Sincerely,
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