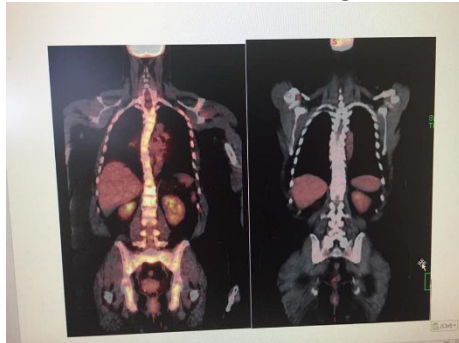


Five years ago this month, I was diagnosed with metastatic breast cancer that had spread to all my bones, shoulder to hips. It was a scary time, but I had great co-workers, friends and family that helped me through it. I learned one VERY important lesson during the diagnosis phase of my illness, so for **National Breast Cancer Awareness month**, I want to share this: **You know your body—always listen to it and be your own healthcare advocate!** I had just completed a mammogram that was negative and it's true that there was no cancer in my breast....but there had been, and it had spread like wildfire. All I knew was that my back just really started hurting. And if it weren't for persistence with my GP and orthopedic surgeon, it might not have been caught! We will start this DYK with a picture that shows the miracle of medicine (and dog wormer, but that's another story!)



For those non-healthcare folks—This is my PET scan--the bright lights are cancer.....the left side is from October 2018 and the right side is February 2019 after one round (3 mos) of chemo (and dog wormer).

1. **Only 10 spots left in the 2.0 Simulation Bootcamp!** 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!
2. After seeing this post "First-grader goes door to door, offering to read books to the elderly. ([More](#))," it reminded me that **reading to the elderly might be an amazing community service offering**, especially if those students feel self-conscious about personal interaction.
3. **HOSA Fall Leadership Conference registration closed 10/2** and we will be interviewing officer candidates on 10/3/23. Forty candidates will vie for 10 positions and the slate will be elected at conference. Be planning on joining HOSA State Advisor, Amy Warner next **Thursday, October 12 at 3:30pm** for her webinar, "**Now You Know HOSA Competitive Events—What's new?**" Join Zoom: <https://zoom.us/j/8822491946>
4. **Does your DNA determine your weight?** Boy I hope so, because I'm sure it's not my love for queso and chips, peanut butter and cookies! I've blamed everything else on my parents, why not that too?
5. Have you ever thought about setting your classroom up to use **self-directed learning strategies?** Research one of these **fourteen strategies for effective learning:** [14 Effective Self-Directed Learning Strategies - Educators Technology](#)
6. **Intellectual humility is recognizing the limitations of your knowledge and opening your mind to learning.** Think about yourself. How many of these things are true?
  - I question my own opinions, positions, and viewpoints because they could be wrong.
  - I reconsider my opinions when presented with new evidence.

- I recognize the value in opinions that are different from my own.
  - I accept that my beliefs and attitudes may be wrong.
  - In the face of conflicting evidence, I am open to changing my opinions.
  - I like finding out new information that differs from what I already think is true.
7. Do you have students who might need assistive devices? Here are [30 Examples of Assistive Technology in the Classroom!](#)
  8. One of the greatest gifts you can give a student or colleague is the gift of being paid attention to and valued. That can be difficult in a job where a million things are coming your way. Today's strategy will help you navigate through all the noise and help you focus in on what others are sharing with you, so you can give one of the most valuable gifts to those around you. [The "Click On" Strategy](#).
  9. Register now for next week's **Wednesday Webinar!** ["Teaching Generation Z and Microlearning on TikTok"](#) is the topic of the session and it will be held **Oct. 11 from 3-4pm CST**. Remember—you get a one-hour attendance certificate for joining live. You can watch any past webinars posted at: [Webinars | National Consortium for Health Science Education \(healthscienceconsortium.org\)](#)
  10. Check out ["What Teachers Need to Know about the New Google for Education App Hub!!"](#)

Any time you come across something to share, please do so—Send it to me! I appreciate you taking the time to skim through this message each week and hope you have a great almost Fall week!

Lara

Sincerely,  
Lara Morris  
State Program Manager | Health Careers Education



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