

"Everything is habit-forming, so make sure what you do is what you want to be doing."

- Wilt Chamberlain

1. [CDC officially ends five-day COVID-19 quarantine guidance.](#) The Centers for Disease Control and Prevention no longer requires people to stay at home for five days after testing positive for COVID-19. The agency said people don't need to quarantine if they have been fever-free and without symptoms for at least 24 hours and take precautionary measures, like wearing a mask. The new guidance is similar to recommendations for other common viruses, like the flu.
2. [Many Students Don't Inform Their Colleges About Their Disability. That Needs to Change. | EdSurge News](#)
According to the [most recent data](#) published by the National Center for Education Statistics, about 20 percent of undergraduate students and nearly 11 percent of graduate students have a disability. There's a [discrepancy](#) though, between the rate of students reporting having a disability, and those who are actually registering with their campus disability center.
3. HOSA Dates/Information:
 - a. HOSA SLC Testing Window closes **Friday, March 8, at 5pm CST. All Tests Must Be Completed. No EXCEPTIONS!**
 - b. We hope to post the pre-judged events and testing qualifiers before Spring Break!
 - c. Sign up for Judging as soon as you know when/where your students will be competing in second round events! EVERYONE WORKS at HOSA SLC. You may get an administrator or coworker to work "for" you if you must. Please send the link to past students, parents, advisory committee members! The more we show off HOSA, the better!
 - d. Star Chapter Award applications are due March 13, 2024. Platinum and Gold winners will have "preferred seating" at the Awards Session.
 - e. The agenda should be out within the next week. Start working with your students on dress code, Code of Conduct, Medical Liability etc. and check out the competitive events schedule found on our website: [Conferences | Oklahoma HOSA \(okhosa.wixsite.com\)](#)
 - f. Oklahoma HOSA-Future Health Professionals has **7085 members!!!!** The most ever!!!!
4. [More states press for phone bans in schools | AP News](#) And Oklahoma is one of them!
5. **Updated for 2024:** Designated as Women's History Month, March is a great time to dive deeply into women's struggle for equal rights and triumphs in every arena. The lessons and resources here are an excellent way to investigate and understand women as changemakers, activists, and heroines—worthy of becoming an integral part of the curriculum all year long. **Full Story:** [Tech & Learning](#)
6. HCE New Teacher Training is REQUIRED for all new instructors, or those instructors who have not been before! Please mark your calendars for Tuesday-Thursday, July 9-11, 2024 in Stillwater OK.
7. Fires & Burns: Survival Strategies, Injury Assessment & First Aid, **TUES., MARCH 5, 8-9:30 PM ET**; Topics include Wildfire Survival, Fireworks & Sparklers, Cooking & Chemical Fires, Burn & Airway Assessment, Bandaging & Rehydration To register: [Fires & Burns: Injury Assessment & First Aid \(survivalmedonline.org\)](#)
8. The 2024 Oklahoma Simulation Conference registration is open now! [Simulation Conference \(oklahoma.gov\)](#)
The conference will be held on **Tuesday, May 14, 2024** at Moore-Norman Tech Center South Penn campus.

9. Interested in Medical Assisting (both front and back office) or Pharmacy Technician training resources? Check out this vendor (Aztec) who bought out PassAssured! Learn more about their curriculum options: [Registration \(gotowebinar.com\)](#) **Monday, March 25, 2-2:30pm CST.**
10. To address the state's nursing shortage, the Oklahoma State Regents for Higher Education and Oklahoma Department of Career and Technology Education recently signed a Memorandum of Understanding to establish guidelines for public two-year colleges to award students credit for prior learning in practical nursing programs at technology centers across the state.

"When we come together for the benefit of Oklahoma students, the sky is the limit," said Secretary of Education Nellie Sanders. "I applaud the State Regents and Oklahoma CareerTech for working to remove barriers and uplifting the next generation of nursing students. Through this partnership, we're investing in the future of healthcare in Oklahoma by expanding opportunities for students now."

"This agreement between CareerTech and higher education is a massive win for nursing students and for expanding our healthcare workforce pipeline," said House Speaker Pro Tempore Kyle Hilbert, R-Bristow. "The transferability of credits is both time- and cost-effective for our nursing students. This partnership is a fantastic avenue to get more nurses into the field at an accelerated pace to help meet a vital need in our state." Read more on the [Oklahoma CareerTech website](#)

11. Dr. Hooman Mir, DPM, MSci, FAPWCA, will be presenting a webinar for Anatomage on Heart Medicine **Friday, March 15, 2024 at 12pm CST.** This Anatomage sponsored event will provide a detailed exploration of both the external and internal features of the heart, utilizing Anatomage's real human bodies and extensive prosection scan library. To register: [Webinar Registration - Zoom](#)
12. Alzheimer's Association shares new and exciting content available for teachers and students! Health Careers is inviting you to a scheduled Zoom meeting "Now You Know about Alzheimer's Association" on **Thursday, March 7, 3:30pm** Join Zoom Meeting <https://zoom.us/j/94557239391?pwd=NUJwcFFEcHBCSVo2ZFZ2R3Q0WnZXdz09>
Meeting ID: 945 5723 9391 Passcode: 309941
13. How many of us out there have challenges with confrontation? Yep, me too! While confrontations can be good for relationships, there is no doubt they can be difficult. [A new study](#) suggests we overestimate how awkward those conversations actually are, so we avoid having them altogether. And while apologies are great, clinical psychologist Becky Kennedy says repair is even more important. In [her TED Talk](#), she says "repair" is the act of going back to a moment of disconnection. Taking responsibility for your behavior and acknowledging the impact it had on another. And finally, since it's an election year, we keep hearing how divided we are, but this recording says maybe not as much as we are led to believe. [Listen to learn more.](#)
14. Individuals who **submit** programs into the Instructional Framework are having training tomorrow March 7, 2024 at 10:00 a.m. on Microsoft Teams: [Click here to join the meeting](#) Meeting ID: 260 233 723 752 Instructors do NOT need to join this meeting, but you will need to work with your school to identify what programs you will offer next year and how many hours that program will be---EVERY Health program on the framework will review their courses/hours, etc. before September—Be watching for your online content meeting information! To view the [Instructional Framework information](#) (Programs, hours, certifications, OCAS, CIP and SOC codes) follow this link to our website.
15. Extensive research has shown that the use of simulation in healthcare education can significantly reduce costs, as well as improve trainee proficiency. [Download the white paper](#) from Surgical Science now.
16. Junior Forensics Class at the Museum of Osteology: Saturday March 9, 11-12:30PM or 3:00-4:30 PM. Through a hands-on activity, students learn to "read" the features of a human skull to determine: age, sex, physical trauma and/or illness! During the event, your team must determine what happened (type of trauma) and if it was an accident or murder. **Recommended grade levels: 6th & up!** Junior

Forensics is an introduction to forensic science in a class setting, but parental discretion is still advised. This event involves replica human skulls cast from real trauma cases. Please call us, if you have questions about content. All students must have one adult chaperone present throughout the class who will also require a ticket. Get tickets [here](#).

17. The Efficacy of Visible Body: The results of Dr. Luis Rosado's case study, "Utilizing 3-D Digital Models in Synchronous Blended Anatomy & Physiology Courses During the COVID-19 Pandemic," were published in the Winter 2023 issue of *The Journal of the Human Anatomy and Physiology Society*. [Read the Case Study HERE](#). In this study, Dr. Rosado reports his findings on how Visible Body's 3D anatomy models helped students in blended courses achieve success during the pandemic. It also explains how our technology can be used in instances when class space is limited due to high enrollment.

Sincerely,
Lara Morris
State Program Manager | Health Careers Education



1500 West Seventh Avenue
Stillwater, OK 74074-4398
405.743.5106
405.747.9327 cell
lara.morris@careertech.ok.gov
www.okcareertech.org