

HEALTH CARE CAREER DAY CLASSROOM ACTIVITIES & RELATABLE TOPICS

Below are sample activities and information related to the featured health care specialties showcased at the 2025 Health Care Career Day. Health care career exploration activities are also included. Feel free to use these resources in your classroom as you prepare for Health Care Career Day, or as a follow-up discussion and additional assignments after this event.

HEALTH CARE CAREER EXPLORATION:

- Check out the [FREE uBeats resources](#) from This e-learning resource was created by education and STEM experts at the University of Nebraska Omaha and the University of Nebraska Medical Center. [Download the uBEATS brochure.](#)
- [Watch the webinar](#) that explains the uBeats resources presented by the National Consortium for Health Science Education.
- Have each student visit “The Career Project” site. The Career Project site offers a free [Personality Test](#) and explains some of the most famous options, and also offers a free [Career Matching Test](#).
- Additional Career Resources including Career Aptitude Quizzes, Job Outlook information, and other opportunities such as Apprenticeship, Service Learning and a Job Board round out this very informative site: [Jobs Explained](#)
- Print and review the [Healthcare and Human Services Sub-Clusters Chart](#) document provided by the National Consortium for Health Science Education (NCHSE).
- At [On-Demand Learning Opportunities – HOSA](#), review the mini lesson
 - “Career Exploration” found under the Basic Lessons section.
- After completing the first three activities, partner students with similar health care career interests and use the [Health Career Display HOSA Competitive Event Guidelines](#) to create a class assignment. The rubric provided within the guidelines can be utilized for grading purposes. The presentation can be optional.
- Review the Hidden Careers in Healthcare Handbook for additional information and resources located at: [Handbook-Activities.pdf \(mhanet.com\)](#).
- Review the [When I Grow Up: Career Lessons and Activities for 9-12](#) for various career exploration activities.
- Watch a webinar from the National Consortium for Health Science Education
 - [Igniting the Spark in Career Exploration](#).

RADIOLOGY/SONOGRAPHY TECHNOLOGIST/NUCLEAR MEDICINE TECHNICIAN:

- Review the [Ultrasound Imaging Hands-On Activity](#) that can be incorporated into your classroom experience as students learn to better understand Ultrasound Imaging as a career option.
- Share [Diagnostic Medical Sonographers Career Information](#) or “[How to become an Ultrasound Technician](#)” with students who are interested in pursuing a career in sonography.
- For students interested in learning more about becoming a [Nuclear Medicine Technologist](#), read this information from the Mayo Clinic College of Medicine and Science.

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Radiology setting:

- “Pregnancy” mini lesson under Growth & Development

RESPIRATORY THERAPIST/PULMONOLOGY:

- Learn more about knowledge used in the Respiratory Therapy setting by reviewing HOSA Competitive Event Guidelines:

[Respiratory Therapy HOSA Competitive Event Guidelines](#)

- What does a Respiratory Therapist do, where do they work and what kind of education is required? Find out more by checking out this [brief article](#).

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Respiratory setting:

- “Vital Signs” mini lesson under Body Systems

OCCUPATIONAL THERAPY/PHYSICAL THERAPY/SPEECH THERAPY:

- Check out the [YouTube channel of a physical therapist](#), Tim Fraticelli, DPT, MBA where he explores how to get into PT school, reasons you should NOT go to PT school and basic physical therapy exercises.
- This article shares [7 Steps to Get Into Occupational Therapy School](#).
- [OTA vs. PTA: What is the Difference](#)—a YouTube Video sharing the similarities and differences in the two careers.
- Learn more about knowledge used in the Therapeutic setting by reviewing HOSA Competitive Event Guidelines:

[Occupational Therapy HOSA Competitive Event Guidelines](#)

[Physical Therapy HOSA Competitive Event Guidelines](#)

[Sports Medicine HOSA Competitive Event Guidelines](#)

- Watch a webinar from the National Consortium for Health Science Education titled [“Five Surprising Facts about Audiologists and Speech-Language Pathologists: Opportunities for Students and Resources for Educators.”](#)
- “Speech Pathologist vs. Audiologist: Compare Salaries & Requirements” is a [great article](#) found on a website full of Speech Pathology resources.

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Therapeutic setting:

- “Why Choose OT? Website Resources” mini lesson under Competitive Events

EMT/PARAMEDIC:

- Find out more about American Red Cross volunteer opportunities at [How To Volunteer | American Red Cross](#)
- Review the list of [EMS Education Activity Ideas](#) to find nearly fifty (50) activities for all ages that can be incorporated into your classroom experience.

- Learn more about knowledge used in the Emergency Medicine setting by reviewing HOSA Competitive Event Guidelines:
[CERT Skills HOSA Competitive Event Guidelines](#)
[CPR/First Aid HOSA Competitive Event Guidelines](#)
[Emergency Medical Technician HOSA Competitive Event Guidelines](#)
- Watch a webinar from the National Consortium for Health Science Education on [Emergency Medical Services](#).

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Emergency Medicine:

- “Cardiovascular” mini lesson under Basic section
- “Opioid Epidemic” mini lesson under Health Related
- “Mental Health” mini lesson under Health Related
- “Infection Control” mini lesson under Basic section
- “Vital Signs” mini lesson under Body Systems

PHARMACY SERVICES:

- Learn more about knowledge used in the Pharmacy professions by reviewing HOSA Competitive Event Guidelines:
[Pharmacy Science HOSA Competitive Event Guidelines](#)
[Pharmacology HOSA Competitive Event Guidelines](#)
[Medical Math HOSA Competitive Event Guidelines](#)
- Watch a webinar from the National Consortium for Health Science Education on [Pharmacy Services](#) or [Pharmacy Technician](#).

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Pharmacy setting:

- “Medical Math” mini lesson in Competitive Events
- “Fentanyl Kills” mini lesson in Basic section
- “Opioid Epidemic” mini lesson in Health-Related
- “WHO Vaccine Series” mini lesson in Basic section
- “Measles Comeback” mini lesson in Basic section

NURSING PROFESSIONS:

- Utilize the [Activities and Nursing Games for Students to Stimulate Learning](#) website provided by Elsevier to enhance your classroom curriculum.
- For students interested in nursing as a career, share the [10 Ways High School Students Can Prepare for a Nursing Career](#) website with them.
- Learn more about knowledge used in the Pharmacy professions by reviewing HOSA Competitive Event Guidelines:
[Clinical Nursing HOSA Competitive Event Guidelines](#)
[Patient Care Technician HOSA Competitive Event Guidelines](#)
[Home Health Aide HOSA Competitive Event Guidelines](#)

Nursing Assisting HOSA Competitive Event Guidelines

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to nursing skills and leadership:

- “Leadership Skills” mini lesson found under the Basic Lessons section
- “WHO Vaccine Series” mini lesson found under the Basic Lessons section
- “Handwashing—The Essential Skill” mini lesson found under the Basic Lessons section
- “Measles Comeback” mini lesson found under the Basic Lessons section
- “Professionalism in the Clinical Setting” mini lesson found under the Advanced Lessons section
- All mini lessons found under the Body Systems section
- “Medical Errors” mini lesson found under the “Health Related Topics” section
- “Tobacco Education” mini lesson found under the “Health Related Topics” section
- “Growth and Development” mini lesson under Growth & Development

SURGICAL TECHNOLOGIST/CENTRAL STERILE TECHNICIAN:

- Learn more about knowledge used in the surgical setting by reviewing HOSA Competitive Event Guidelines:

[Surgical Technologist HOSA Competitive Event Guidelines](#)

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Surgical setting:

- “Infection Control” mini lesson in Basic section
- “Handwashing” mini lesson in Basic section
- “Cardiovascular” mini lesson in Body Systems

BEHAVIORAL HEALTH:

- Share the following video featuring Kevin’s Story found at: [Kevins-Story](#)
- Discuss the following blog from the National Alliance on Mental Illness (NAMI) with your class: [9-Ways-to-Fight-Mental-Health-Stigma](#)
- If applicable for your classroom, have students complete the StigmaFree Pledge: [Pledge-to-Be-StigmaFree/StigmaFree-Me/StigmaFree-Pledge](#)
- Find additional video resources, if applicable, at: <https://www.nami.org/Support-Education/Video-Resource-Library>
- Learn more about knowledge used in the Behavioral Health Care setting by reviewing HOSA Competitive Event Guidelines:
[Mental Health Promotion HOSA Competitive Event Guidelines](#)
[Behavioral Health HOSA Competitive Event Guidelines](#)
[Emotional Well-Being Challenge Recognition Event Guidelines](#)
- Watch the webinar introducing the [Mental Health First Aid Curriculum](#) by the National Consortium for Health Science Education.

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Behavioral Health setting: “Talking about Mental Health” mini lesson found under the “Basic Lessons” section

- “Mental Health” mini lesson found under the “Health Related Topics” section

- “Loneliness & Isolation” mini lesson found under the “Competitive Events” section

PUBLIC HEALTH:

At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Surgical setting:

- “WHO Vaccine Series” mini lesson found under the Basic Lessons section
- “Handwashing—The Essential Skill” mini lesson found under the Basic Lessons section
- “Measles Comeback” mini lesson found under the Basic Lessons section “WHO Vaccine Series” mini lesson found under the Basic Lessons section

HOSA-Future Health Professionals

- Did you know that you can have a HOSA Chapter with just five paid members and an advisor to sponsor the chapter?
- Membership dues are \$25/year and open a world of opportunity for students! HOSA focuses on providing leadership, professional development, service learning, and fun to middle school, high school and post-secondary students across the world.
- Students need only to be interested in Health Science; they do not have to be a student in a funded CareerTech program.
- Check out the International HOSA website: <http://www.hosa.org>
- The [Oklahoma HOSA website](#) shares information about our state activities including Fall Leadership Conference, State Leadership Conference (where students shine with Competitive Event participation) and Camp Ignite- the summer camp for high school students.
- Each year, we focus on a National Service Project and have unique events like HOSA Day at the Thunder and Health Science Day at the Capitol.
- To learn more, contact Amy Warner, HOSA State Advisor at amy.warner@careertech.ok.gov or call the Health Science office at (405) 743-6843.

Career Tech Comprehensive Schools Health Science Program

- Did you know that you can have a full or part-time CareerTech Funded Health Science program? We are interested in expanding our programs, especially 9-12 grades in high schools across the state.
- A funded program requires the instructor (any certification area) to teach CT Health Science courses three periods/day for part-time funding, or six periods/day for full-time funding. Courses include the following:
 - [Anatomy & Physiology](#)
 - [Behavioral Health](#)
 - [Health Capstone](#)
 - [Medical Terminology](#)
 - [Public Health](#)
 - [Sports Medicine](#)
 - [Foundations of Healthcare Professions](#)
 - [Essentials of Healthcare Practices](#)
- Funding is set at \$9500/year with a \$2200 stipend for the instructor as the HOSA Advisor.

Interested? Please check out more information on our website: and if you choose to request funding, [use this form](#). If funding is not available, a program may be approved and will be expected to function as a non-funded program until funding is secured. More information can be found on our website at: [HCE-incentive-money-guidelines 1.pdf](#)

- Contact Gilda Austin, Program Specialist, Health Science Education, ODCTE at gilda.austin@careertech.ok.gov or (405) 743-6877.