



# EXPLORE HEALTHCARE

## Oklahoma Virtual Career Expo

Friday, Sept. 19, 2025 | 9 a.m. - 1 p.m.

### Classroom Activities & Relatable Topics

Below are sample activities and information related to the featured healthcare specialties showcased at the 2025 Explore Healthcare: Oklahoma Virtual Career Expo. Healthcare career exploration activities are also included. Feel free to use these resources in your classroom as you prepare for career expo, or as a follow-up discussion and additional assignments after this event.

#### What career is best for your personality?

- Students can visit [The Career Project](#) site. The Career Project site offers a free [personality test](#), explains some of the most famous options and offers a free career matching test.
- At [On-Demand Learning Opportunities – HOSA](#), review the Mini Lesson, “Career Exploration,” under the Basic Lessons section.
- Print and review the [Healthcare and Human Services Sub-Clusters Chart](#), provided by the National Consortium for Health Science Education (NCHSE).

#### Tools for Educators

- After completing the first three activities, partner students with similar healthcare 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.
- Review [When I Grow Up: Career Lessons and Activities for 9-12](#) to find various career exploration activities.
- Watch [Igniting the Spark in Career Exploration](#), a webinar from the National Consortium for Health Science Education.

#### Radiology/Sonography Technologist/Nuclear Medicine Technician

- Review the [Ultrasound Imaging Hands-On Activity](#). This 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](#), review information from the Mayo Clinic College of Medicine and Science.

- At [On-Demand Learning Opportunities – HOSA](#), review “Pregnancy,” a Mini Lesson under Growth and Development, related to Radiology.

## Respiratory Therapist/Pulmonology

- The world needs more Respiratory Therapists – visit [More RTs](#) website for information on the campaign.
- Learn more about knowledge used in the respiratory therapy setting by reviewing [HOSA Competitive Event Guidelines](#).
- What does a Respiratory Therapist do, where do they work and what kind of education is required? Visit the following sites to find out more:
  - [Choosing a Career in Respiratory Therapy - Respiratory Therapist Campaign](#)
  - [Why Be an RT? - AARC](#)
- At [On-Demand Learning Opportunities – HOSA](#), review “Vital Signs,” a Mini Lesson under Body Systems, related to Respiratory.

## Occupational Therapy/Physical Therapy/Speech Therapy

- Check out the [YouTube channel](#) of a physical therapist, *Tim Fraticelli, DPT, MBA* 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](#) is a video sharing the similarities and differences in the two careers.
- Learn more about the therapeutic setting by reviewing these [HOSA Competitive Event Guidelines](#):
  - [Occupational Therapy HOSA Competitive Event Guidelines](#).
  - [Physical Therapy HOSA Competitive Event Guidelines](#).
  - [Sports Medicine HOSA Competitive Event Guidelines](#).
- Watch [Five Surprising Facts about Audiologists and Speech-Language Pathologists: Opportunities for Students and Resources for Educators](#), a webinar from the National Consortium for Health Science Education.
- [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 “Why Choose OT? Website Resources,” Mini Lesson under Competitive Events, related to Therapy.

## EMT/Paramedic

- [EMT/Paramedic Careers overview](#)
- [Becoming an EMT: What You Need to Know](#)
- 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 Emergency Medicine:
  - “Cardiovascular,” under Basic Lessons.
  - “Opioid Epidemic,” under Health Related Topics.
  - “Mental Health,” under Health Related Topics.
  - “Infection Control,” under Basic Lessons.
  - “Vital Signs,” under Body Systems.

## Pharmacy Services

- [APhA Career Pathways Evaluation Program](#)
- [Steps to Becoming a Pharmacist](#)
- 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 Lessons related to Pharmacy:
  - “Medical Math,” under Competitive Events.
  - “Fentanyl Kills,” under Basic Lessons.
  - “Opioid Epidemic,” under Health-Related Topics.
  - “WHO Vaccine Series,” under Basic Lessons.
  - “Measles Comeback,” under Basic Lessons.

## Nursing Professions

- [Become a Nurse - Oklahoma Center for Nursing](#)
- [Becoming a Nurse](#)
- 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 Lessons related to nursing skills and leadership:
  - “Leadership Skills,” under Basic Lessons.
  - “WHO Vaccine Series,” under Basic Lessons.
  - “Handwashing — The Essential Skill,” under Basic Lessons.
  - “Measles Comeback,” under Basic Lessons.
  - “Professionalism in the Clinical Setting,” under Advanced Lessons.

- All Mini Lessons found under the Body Systems.
- “Medical Errors,” under Health Related Topics.
- “Tobacco Education,” under Health Related Topics.
- “Growth and Development,” under Growth and Development.

## Surgical Technologist/Central Sterile Technician

- What is a Sterile Processing Technician
- Learn more about knowledge used in Surgical by reviewing [Surgical Technologist HOSA Competitive Event Guidelines](#).
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to Surgical:
  - “Infection Control,” under Basic Lessons.
  - “Handwashing,” under Basic Lessons.
  - “Cardiovascular,” under Body Systems.

## Behavioral Health

- Share the [Kevins Story](#) video from the National Alliance on Mental Illness (NAMI) with your class.
- Discuss the blog [9-Ways-to-Fight-Mental-Health-Stigma](#), from the National Alliance on Mental Illness (NAMI) with your class.
- If applicable for your classroom, have students complete the [StigmaFree Pledge](#).
- Find additional video resources applicable [here](#).
- 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 Lessons related to Behavioral Health:
  - “Talking about Mental Health,” under Basic Lessons.
  - “Mental Health,” under Health Related Topics.
  - “Loneliness and Isolation,” under Competitive Events.

## Public Health

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

- “WHO Vaccine Series,” under Basic Lessons.
- “Handwashing — The Essential Skill,” under Basic Lessons.
- “Measles Comeback,” under Basic Lessons.
- “WHO Vaccine Series,” under Basic Lessons.

## HOSA: Future Health Professionals

Did you know 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](#).

The [Oklahoma HOSA website](#) shares information about our state activities including the 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, or call the Health Science office at (405) 743-6843.

## CareerTech Comprehensive Schools Health Science Program

Did you know 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 and 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? For more information visit 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 [here](#).

For questions, contact [Gilda Austin](#), program specialist, Health Science Education, ODCTE, (405) 743-6877.