Research Poster

Leadership Event ....

Eligible Divisions: Secondary & Postsecondary / Collegiate	Pre-Judged: pdf of Poster	Digital Upload: YES
Solo Event: 1 competitor	Round 1: Presentation	Required Display Time: YES

New for 2024 – 2025
Clarification on the material that can be used for poster printing as well as the date range for eligible projects has been added. Editorial updates have been made.

TEXAS HOSA
Area Spring Leadership Conference (Virtual Area Competitive Event)
Round One
*REQUIRED DIGITAL UPLOAD
- Competitor must provide a link to the "Poster". The "Poster" must be uploaded as one pdf file, before the Area Spring Leadership Conference registration deadline.
  The poster will be judged virtually using "Section A-C of the Rating Sheets".
- The **top 10** competitors will be given an appointment time to present in person at the Area Spring Leadership Conference.

Round Two
- Competitors will stand next to their poster during their four (4) minute oral presentation to the judges
- Index cards or electronic notecards for presentation (optional)
- Top three (3) score from each Area will advance to State

Texas State Leadership Conference (Virtual State Competitive Event)
Round One
*REQUIRED DIGITAL UPLOAD
- Competitor must provide a link to the "Poster". The "Poster" must be uploaded as one pdf file, before the State Leadership Conference registration deadline.
  The poster will be judged virtually using "Section A-C of the Rating Sheets".
- **All** competitors who advance to State will be given an appointment time to present in person at the State Leadership Conference. Scores from Section A-C will be added to the final score.

Round Two
- Competitors will stand next to their poster during their four (4) minute oral presentation to the judges
- Index cards or electronic notecards for presentation (optional)

  Top three (3) score will advance to ILC. Competitors advancing to ILC will be required to upload again.

Event Summary
Research Poster allows HOSA members to think critically about a health-related issue in their community, pose a research question surrounding the chosen topic, and conduct research on that topic. All competitors will develop a Poster showcasing their findings and present their research to a panel of judges.

Dress Code
Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress.

Competitor Must Provide
- Uploaded poster to the HOSA Digital Upload System by May 15 for ILC competition (see local advisor regarding SLC requirements and deadlines)
- Photo ID
- Printed Research Poster (48" x 36" landscape orientation) for ILC
- Index cards or electronic notecards for presentation (optional)

General Rules

1. Competitors must be familiar with and adhere to the General Rules and Regulations.

The Research Question

2. Competitors must pose a topic and research question that can be researched in their community.

3. Topics must be health-related, but flexibility is given to competitors to select something of interest and of local importance and relevance.

4. Examples of topics:
   A. Community-Based Strategies to Reduce Mental Health Stigma
   B. Combating Postpartum Depression in Teen Moms
   C. Decreasing Juvenile Incarceration Rates by increasing the Presence of Positive Male Role Models

The Research Process

5. Once the research question is identified, competitors will determine the best method(s) for conducting their research. Research methods may include, but are not limited to:
   A. survey(s)
   B. interviews
   C. scientific study
   D. observational ethnography

6. It is the competitor's responsibility to obtain informed consent for any human subjects engaged in research. More information is available from HHS.gov and their FAQ section.

7. The research must be conducted within the current HOSA membership year (July 1, 2024 – May 15, 2025).

The Research Poster Content - Pre-judged Digitally

8. A Research Poster is developed to summarize the research question and research findings.

9. The best posters are self-contained and self-explanatory. Observers should be able to understand the content of your poster without the competitor being present.

10. The research poster will contain the following eight (8) components:
    A. TITLE
        i. The title should highlight the research to be conducted by the competitor and gain the viewers' attention.
        ii. The research poster should include the competitor's name, HOSA Division, HOSA Chapter number, School Name, and Chartered Association.
        iii. 100 words maximum (suggested)

    B. ABSTRACT
        i. An abstract is a brief summary of the research.
        ii. Include the study's overall purpose and the research problem(s) investigated.

     iii.   Describe the basic design and objectives of the study.
     iv.   Explain the significant findings found as a result of the analysis.
     v.   Provide a brief summary of interpretations and conclusions.
     vi.   250 words maximum (suggested)

C. METHODS
     i.   Describe the research methods that led to the results.
     ii.   Identify the target population.
     iii.   Explain how data was collected accurately.
     iv.   Explain how the data was analyzed.
     v.   Explain possible errors and biases in the methods
     vi.   200 words maximum (suggested)

D. RESULTS
     i.   Describe qualitative and quantitative results.
     ii.   Present the data analysis employed.
     iii.   Explain why the results matter.
     iv.   Use supportive charts and figures.
     v.   200 words maximum (suggested)

E. CONCLUSIONS
     i.   Emphasize the significant results and try to convince why the results are interesting.
     ii.   Explain the relevance of your findings to your community and our world.
     iii.   200 words maximum (suggested)

F. REFERENCES
     i.   List the literature cited that gave guidance to the project.
     ii.   American Psychological Association (APA) is the preferred resource in Health Sciences.
     iii.   100 words maximum (suggested)

G. ACKNOWLEDGEMENTS
     i.   Thank anyone who helped make the project possible.

H. IMAGES
     i.   Convert the data into graphs, tables, statistics, and/or quotes illustrating the findings. Include photos and illustrations that reflect the research. Use 2 to 5 images.
     ii.   Logos from community agencies involved in the research are acceptable.

The Research Poster Template and Design - Pre-judged Digitally

11. Competitors will create the poster template (the file sent out to be professionally printed) in 48" x 36" landscape orientation.

12. Any computer program you choose to create the poster template is acceptable, as long as the final digital product can be saved as .pdf and the final printed product is 48" x 36 " landscape orientation. Posters should be designed digitally and not hand drawn.

13. The-items listed in rule #10 must be included, but colors, fonts, and overall design are at the discretion of the competitor.

14. Numerous websites are available showcasing sample poster designs and templates to show strengths and weaknesses of sample posters as a reference for competitors.

15. Tips for successful poster design. These are suggestions only and NOT required:
A. 3 Feet Rule
     i.   Poster must be readable 3 feet away
     ii.   Title font size: Minimum 65 pt.

     iii.   Heading font size: Minimum 48 pt.
     iv.   All other text sizes: Minimum 24 pt., suggested 36-42 pt.
     v.   Use bold to provide emphasis, but avoid <u>underline</u> and CAPITALS

  B. Left to Right, Top to Bottom
     i.   Most readers read top left to bottom, top right to bottom, in that order
     ii.   Strategically placing your content in order will help the reader to follow along and understand the content

  C.   Use Bullet Points
     i.   Focus on highlights
     ii.   Use brief statements instead of full sentences

  D. Context
     i.   Write in Active language, avoid using passive language
     ii.   Use third person point of view to provide readers with an objective perspective
     iii.   Use text boxes to write your text. This will make editing and layout adjustments easier.
     iv.   Writing should be left justified.

  E.   Images
     i.   Make sure images are high quality to avoid grainy or distorted photos
     ii.   Photos typically print best at 300 dpi or greater and in TIFF format.
     iii.   Use italicized captions (in minimum 18-point font) to help your readers distinguish your caption from the rest of your text. Adding captions will also help your readers to understand what your image represents.
     iv.   Avoid long numeric tables.

The Research Poster Printing

16. Once the poster template is finalized as a .pdf, competitors should determine the best place and method for printing the final size of 48" x 36" (landscape orientation).

17. Avoid using dark backgrounds and patterns to help with printing costs and to be more visually appealing. Instead, use high-contrast colors on muted backgrounds.

18. To help save costs, posters can be printed on matte/economy-style paper and do NOT need to be printed on high-gloss paper. They can also be made of thin paper that is easily rolled up—there is no need for foam boards. As long as the poster can be attached by a push pin to the display boards at ILC, any Printing material of the competitor's choice can be used.

19. Competitors should check with their local advisors for assistance on where to print the poster. Often schools, colleges, universities, etc., have printing departments with discounted printing rates. Additionally, there are many online sites available that provide affordable printing options.

REQUIRED Digital Uploads

20. The following item(s) **MUST** be uploaded to the HOSA Digital Upload System by May 15:
  a. Poster – as one pdf file.

  May 15 at midnight EST is the **final deadline,** and there will be **NO EXCEPTIONS** to receipt of the required materials after the deadline.

21.   Detailed instructions for uploading materials can be found at:
https://hosa.org/competitive-event-digital-uploads/

22. State Leadership Conference (SLC) vs. HOSA's International Leadership Conference (ILC)
  a. **State Leadership Conferences.** The competitor must check with their Local Advisor for all state-level processes used for competition, as digital uploads may or may not be required.

b.　**International Leadership Conference.**
　　　　　o　If a competitor uses the HOSA Digital Upload System as a requirement at the SLC, the competitor **MUST upload an ADDITIONAL time for ILC by May 15.**
　　　　　o　If the HOSA Digital Upload System is NOT used at the competitor's SLC, it is still the competitor's responsibility to upload the product for HOSA's ILC no later than May 15. Not using the HOSA Digital Upload System at a competitor's State Leadership Conference is not an exception to the rule.

23.　　The FINAL ILC digital upload deadline is May 15. We STRONGLY suggest not waiting until the last minute to upload online to avoid user challenges with the system.

24.　For ILC, the digital materials uploaded by May 15 will be PRE-JUDGED. Competitors who do not upload materials are NOT eligible for the presentation portion of the competition and **will NOT be given a competition appointment time at ILC**. All digital content uploaded as of May 15 will be used for pre-judging at ILC.

25.　The competitor is responsible for ensuring the digitally submitted poster is a significant enough file to view effectively for pre-judging.

Poster Setup at ILC

26.　Competitors must bring their printed poster to ILC competition to reference during the presentation and to use during the required display time.

27.　When instructed, the competitor will have five (5) minutes to attach their research poster to the provided standing bulletin board. HOSA will provide each competitor with four (4) push pins to attach the poster to the bulletin board.

28.　Chartered Associations and ILC event staff can use different setup methods to showcase the Research Posters. These could include attaching the posters to walls, laying them flat on tables, or using other appropriate methods.

Required Display Time Poster Session

29.　All competitors in this event at the International Leadership Conference are required to attend the HOSA Display Time Poster Session, as scheduled per the conference program. Competitors will set up and stand with their posters, sharing their research with conference delegates. Failure to attend the Poster Session (Display Time) will result in a 15-point deduction, assessed in Tabulations.

30.　　Exhibits must be picked up by competitors as instructed. Any exhibits not picked up *within the given timeframe* will become the property of HOSA-Future Health Professionals and may be discarded

Judging of the Research Poster and Presentation

31.　Per item #24 above, posters will be pre-judged before ILC.

32.　Competitors will again report to the event room at their assigned appointment time to present a 4-minute prepared oral presentation to the judges.

33.　Competitors will stand next to their research poster for the presentation.

34.　During the four (4) minute-prepared presentation, a timecard will be shown with one (1) minute remaining, and the presentation will be stopped at the end of the 4 minutes.

Presentation Content

35.　Begin the presentation with an "elevator pitch" – a short, enthusiastic introduction to the research that

draws the judges in and sets the stage for why the research is essential.

36.   The presentation should be clearly connected to the poster content but should not simply duplicate it. It should complement the information on the poster and engage the audience's interest.

37. Highlight the salient points of the research - focus on key findings and implications.

38. The use of index card notes during the presentation is permitted. Electronic notecards (on a tablet, smartphone, laptop, etc., are permitted) but will not be shown to judges. While notes are allowed, the most successful competitors will know the information on the poster well enough that they do not need to look at notes or the poster except to point out a feature of interest.

Final Scoring
39. Scores from pre-judged posters will be added to the presentation score to determine the final results.

40. In the event of a tie, a tiebreaker will be determined by the areas on the rating sheet section(s) with the highest point value in descending order.

RESEARCH POSTER

Section # _____   Competitor Name & # _____

Division: _____   Judge's Name _____

A. Overview	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1.Research Question	The Research Question posed is health-related, specific, and reflects a deep understanding of an issue that needs addressing in the competitor's local community. It is evident the competitor was thorough in developing the question.	The Research Question is health-related but could benefit from being more specific and more action-oriented. There is some detail lacking to make it stand out.	The Research Question sufficiently addresses a health topic, but leaves the judges wanting more clarification or information to fully understand the question posed.	The Research Question is confusing, not fully thought out, and/or not a good representation of a health issue.	The Research Question is drastically lacking substance or is not included at all.	

B. Poster Content	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1.Title	A title is included and the poster contains: competitor's name, Division, Chapter #, School Name, and State/Chartered Association.	N/A	N/A	N/A	Poster not submitted OR Title is missing or all requirements are not met	
2.References	At least one reference is included on the poster.	N/A	N/A	N/A	Poster not submitted OR No references are included on the poster.	
3.Acknowledgement	At least one person or community organization is acknowledged on the poster.	N/A	N/A	N/A	Poster not submitted OR No acknowledgements are made	

B. Poster Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE

4.Abstract	The Abstract does an excellent job summarizing the research. It clearly describes the purpose of the research, the overall methods, major findings, and a succinct summary of the conclusions. The abstract leaves the judges excited about learning more!	The Abstract included sufficient details to the purpose of the research, some of the methods, some findings, and is a good summary of the conclusions. The judges are curious about learning more.	The information provided in the Abstract to summarize the purpose, methods, findings, and conclusions is limited and/or some of these components are missing.	Some information was provided in the Abstract but was mostly surface-level and key points were missing.	Poster not submitted OR The Abstract is missing or did not describe all key items.	

B. Poster Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
5. Methods	The research methods are explicitly explained, including: 1) target population 2) how data was collected 3) how data was analyzed 4) how data was shared 5) A review of possible errors and biases is also included.	The research methods were explained. Some supporting points needed more detail, but all 5 items were covered.	Some of the research methods were explained but included only 4 of the 5 requirements.	The research methods explanation was limited and only included 2 or 3 of the 5 requirements.	Poster not submitted OR The research methods were not explained or included and/or left the judges with more questions than answers.	
6. Results	The results of the research are presented and explained in a way that makes sense and can be easily understood. It is clear what was discovered and an additional explanation about why the results matter is included.	The results of the research are presented and explained but some questions remain. It is clear what was discovered but additional explanation about why the results matter is needed.	The results of the research are presented but the explanation is not clear. There seems to be important information that should have been included. Minimal explanation about why results matter.	The results of the research are limited and significant gaps are evident. No explanation of why the results matter.	Poster not submitted OR The results of the research are not included and no description given of why they matter.	
7. Conclusions	The conclusion provides a short and solid justification of the research question, explains the relevance of findings to the community and/or world, and explains why the results are conclusive.	The conclusion is mostly concise and does a good job of summarizing the justification of the research question, the relevance of the results, and why they are conclusive. More information is needed.	The conclusion provides minimal justification of the research question. Questions remain as to how the results can be used or why the results are conclusive.	There is not a solid justification of the research question nor how results are relevant nor if they are conclusive.	Poster not submitted OR The competitor failed to include conclusions or the conclusions drawn were out of scope.	

| 8. Images | 2-5 images (graphs, tables, illustrations, photos, logos, etc.) are included. Images used add excellent value to the overall poster, complimenting the text, illustrating the findings, and reflecting key research. They stand out above others. | 2-5 images are included and they do a good job of adding overall value to the poster and accurately representing the details of the research and process. They however, lack the special 'wow factor" | 2-5 images are included that adequately connect to the research. They do not enhance nor distract from the poster. | 2-5 images are included but their connection to the research and process is only fair. They distract from the overall appeal of the poster and/or do not accurately reflect the research project. | Poster not submitted OR 0-1, or more than 5 images are included | |

C. Poster Design	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Artistic Design	The artistic quality is exceptional. The design is vibrant, balanced, visually pleasing and pushes the boundaries of artistic expression. The design choices take the poster to the next level and has that "wow factor"	The artistic quality is good; the design stands out. The design elements seem to be well-thought out and comprehensive.	The poster incorporates balanced design choices, showcasing some artistic features. Some of the poster lacks artistic details that took away from the overall visual of the poster.	Basic levels of artistic design are incorporated into the poster. Better design/color choices should be incorporated to assure the design of the poster is pleasing to the eye.	Poster not submitted OR The design is simplistic and not visually appealing.	

C. Poster Design	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
2. Appearance / Organization	The poster is exceptionally neat, organized, & error-free. Information is clearly displayed & easy to understand & follow. Content is strategically placed to enhance the research & the poster can easily be seen from 3 feet away. Poster is created digitally (not hand drawn).	Poster is neat and organized. The content has a logical flow with only minimal errors and does a good job enhancing the research process.	The poster was basic and could use more organization and thought to be understood.	The poster lacked organization and/or contained several spelling errors. The flow of information seemed to be out of order and it was difficult to read the poster from 3 feet away.	Poster not submitted OR The poster is either too busy or lacks enough detail to support the content. OR poster is hand drawn.	

Subtotal Points for Pre-Judging Research Poster (95):						
D. Presentation Content	Excellent 15 points	Good 12 points	Average 8 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Opening "Elevator Pitch"	The presentation starts with an excellent and enthusiastic elevator pitch that introduces the research, draws the judge in, & sets the stage for why the research is important.	The elevator pitch does a good job setting the stage for the rest of the presentation, but does not "wow" the judges.	The presentation starts with an elevator pitch but it is lacking enthusiasm, and an overall draw for the judges.	There is an attempt made to begin with an elevator pitch, but the overall execution is lacking.	No elevator pitch was shared during the presentation	

2. Presentation of the Research	The presentation of the research information was exceptionally organized, clear, and highlighted relevant details of the research question, methods, results, and implications of the research. The competitor could speak freely without using notes and clearly had a mastery of the subject matter.	The content and messaging of the research was presented in a clear and concise manner. Most of the appropriate connections were drawn between the methods, results, and implications. The competitor was confident in the subject matter.	Information shared by competitors was mostly organized and included basic information about the research process. The judges were left with unanswered questions though.	Presenters shared little knowledge of the overall research process, and the information that was shared was not delivered in a clear and concise manner. The competitor seemed dependent on notes in order to speak on the subject matter.	Little to no information was presented to the judges on the research process.	
3. Connection to Poster	The presentation is clearly connected to the research poster but does not duplicate it. The presentation does an excellent job complementing the information on the poster and engages the interest of the audience in a fresh way than what is seen on the poster. The competitor appropriately points to images, graphs, and sections of the poster during the presentation.	The presentation connects to the research poster and the majority of information is not duplicative. The presentation is somewhat unique from the poster. The competitor mostly does a good job of referencing the poster during the presentation.	The competitor did an adequate job of connecting the presentation to the poster.	The competitor seems to read from the poster at times word for word, and has a hard time making the presentation unique.	The presentation seemed to be an afterthought. There was a disconnect between what was presented and the content of the poster.	

E. Presentation Delivery	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Voice Pitch, tempo, volume, quality	The competitor's voice was loud enough to hear. The competitor varied rate & volume to enhance the speech. Appropriate pausing was employed.	The competitor spoke loudly and clearly enough to be understood. The competitor varied rate OR volume to enhance the speech. Pauses were attempted.	The competitor could be heard most of the time. The competitor attempted to use some variety in vocal quality, but not always successfully.	Judges had difficulty hearing /understanding much of the speech due to little variety in rate or volume.	The competitor's voice is too low or monotone. Judges struggled to stay focused during the majority of presentation.	
2. Stage Presence Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful & enhanced the delivery of the speech & did not distract. Body language reflects comfort interacting with the audience. Facial expressions & body language consistently generated interest and enthusiasm for the topic.	The competitor maintained adequate posture and non-distracting movement during the speech. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem forced.	Most of the competitor's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	

	Excellent	Good	Average	Fair	Poor	
			the topic.			
3. Diction*, Grammar and Pronunciation**	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message	
F. Poster Size	**Excellen t 5 points**	**Good 4 points**	**Average 3 points**	**Fair 2 points**	**Poor 0 points**	JUDGE SCORE
1. Poster Size	Poster is 48" x 36" landscape orientation.	N/A	N/A	N/A	Poster is not 48" x 36" and/or landscape orientation.	
Subtotal Points for Presentation (80):						
Total Points (175):						

*Definition of Diction – Choice of words, especially with regard to correctness, clearness, and effectiveness.
**Definition of Pronunciation – Act or manner of uttering officially.