HOSA assists members to:

- **Develop** effective leadership qualities and skills
- **Build** self-confidence, motivation and enthusiasm
- **Strengthen** their academic and technical skills
- **Create** friendships and social networks
- **Participate** in community service activities
- **Set** realistic career and educational goals
- **Expand** communication and teamwork skills
- **Develop** workplace readiness skills
- **Understand** current healthcare issues

HOSA members have opportunities to:

- **Celebrate** competitive events program accomplishments
- **Apply** for HOSA scholarships and recognitions
- **Travel** to regional, state, and national conferences
- **Serve** as local, regional, state, and national officers
- **Build** their resume
- **Collaborate** with health professionals and future employers
- **Seek** internships in the Office of the Surgeon General and others