



Middle School Events

The following competitive events for **Cal-HOSA** **require** competitors to **upload digital materials for RCE and SLC.**

1. Emotional Well-Being Challenge (Cover page, Summary of the Evaluation Plan/Tool, and URL Link for Digital Recorded Presentation) (SLC & ILC)
2. Extemporaneous Health Poster (upload pdf file of 1 photograph of the entire poster and 2-5 additional close-up photo(s) of the poster)(RCE only)
3. Exploring Medical Innovation (one team member Required materials) (RCE & SLC & ILC)
4. Health Career Display (Required materials) (RCE & SLC & ILC)
5. Health Education (Portfolio by one team member) (RCE & SLC & ILC)
6. Prepared Speaking (Speech link) (RCE only)
7. Speaking Skills (Speech link) (RCE Only)
8. Public Health (one team member Required materials) (RCE & SLC & ILC)