



## Welcome to Team HBV!

*– a guide to getting started*

Congratulations! You are on your way to becoming part of a global network dedicated to the fight against the Hepatitis B Virus! I hope that this opening guide will be an aide for you in getting started!

### **Welcome from the Team HBV Collegiate Chapters Advisory Board**

Congratulations on becoming an official Collegiate Chapter of Team HBV! We are excited to have you join us in the ongoing fight against hepatitis B and liver cancer! With the help of the Asian Liver Center at Stanford University, we have seen a reduction in the population of chronically infected hepatitis B patients over the years. As our efforts continue to expand, we hope to facilitate the pathway that leads to complete eradication of hepatitis B worldwide. The Advisors are here to serve as a primary aid - to facilitate conversations surrounding this topic, increase partnerships throughout the globe, and help everyone learn from each other. As you work alongside your members, faculty advisors, and fellow chapters, it is our hope that this journey will change and improve many lives - including your own!

Go Team HBV!

Talon Aitken, Star Huynh, Jar-Yee Liu, Vivian Lou, Carol Mu, and Iris Xing  
2018-2019 Advisory Board

Wondering what to do now? Let me share with you some ideas that have worked well for my own chapter, as well as many others:

### **1. Understanding your Opportunity**

- This truly is an incredible experience that you are about to embark on. Think about it; you will be part of an international organization dedicated to saving lives. I'm sure you can think of other organizations with similar intents, but you are already distinguished from many.
- You get to be in charge! Yes, you have advisors, but for the most part, you call the shots on how you can effectively outreach to the community, advise at-risk populations, and prevent Hepatitis B Virus.
- You will gain leadership skills, experience, and change the lives of others. Remember the life-changing stories that you will share, hear, and create throughout this journey.



## 2. Utilizing Available Resources

What kind of resources are available to you?

- **The Advisory Board.** If you haven't already, please reach out to [recruitment.collegiate@teamhbv.org](mailto:recruitment.collegiate@teamhbv.org). The recruitment and training officer can connect you to resources from the Asian Liver Center at Stanford University, ideas on what to get started with or what more you can do, and tips and tricks that have worked for other chapters. Looking for a specific A-Board Member? Go to the "Collegiate Advisory Board" page on [teamhbv.org](http://teamhbv.org). Our team of advisors would be more than happy to provide direction to your chapter!
- **Dr. Samuel So and the Asian Liver Center at Stanford University.** Go to <http://med.stanford.edu/liver.html> to learn more about this incredible organization and acquire a global perspective of what we do! This is an untapped resource that you should definitely look in to.
- **The Start-Up Kit.** Check out the Physicians Guide, Team HBV Constitution, and sample application documents to get some ideas. I personally recommend starting with the Team HBV Manual.
- **Your University's Resources.** Let's face it; if you don't have an established chapter yet, the idea of getting one started can be daunting. Remember that what got you interested will also interest a lot of other people. *Loads* of people are looking for a cause to devote themselves to, but they just haven't found it yet! *All you have to do is help them find you!* Use your university's student center. Ask around. Find out how other clubs started. You might have to put in a lot of effort and dig around, but you will unearth some helpful resources you never knew you had.
- **An Outreach Toolkit!** Check it out! <http://teamhbv.org/outreach-toolkit/> There are some pretty useful items hidden in here if you look for them!

## 3. Starting and Maintaining a Collegiate Chapter.

- *Take a look at the 2018 Recruitment and Training Guide.* This is an excellent read in knowing what to do to get a chapter started at your university. The ideas are top-notch and effective – that is why they are in there. This is your best resource for getting a chapter started.
- *Impart energy and enthusiasm into your team.* You will *never* be able to recruit anybody to your cause if you are devoid of excitement! People want to be involved in things that they feel will take them places - things that they can brag about to their roommates and friends about! They want to make a difference. If you are excited, it is more likely that others will be as well. No one wants to be part of something that is dull and doesn't make a difference. We already know Team HBV is anything but that, so just be truthful and excited about it!
- *Be reliable and predictable.* People trust people they can count on. If you promise something to your team, be sure to follow through or explain why that item is no longer



feasible. Take your team to new heights! Momentum is everything. If you come across as predictable and dependable, people will follow you wherever you take them.

- *Be prepared to put in the work and time that your chapter needs.* Delegate responsibilities to manage the workload.

Once you have a solid, synergistic team, you are ready to go forward and make a difference! We look forward to working with you as you utilize your talents, dedication, and enthusiasm to make your chapter an amazing part of Team HBV. Remember to have fun along the way!

-Talon Aitken

*Recruitment and Training Advisor,  
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