

2018 HIGH SCHOOL ESSAY & MULTIMEDIA CONTEST

TOPIC: "HOW DO YOU MAINTAIN SELF CONFIDENCE IN TODAY'S COMPETITIVE ENVIRONMENT?"



IDEAS TO GET YOU STARTED

- What are the factors that contribute to or challenge your self-confidence?
- How does the pressure of fitting into a stereotype affect your mental health?
- How do you maintain balance and cope with the competing factors in your life? How do you define the line between healthy and unhealthy escape coping?

ESSAYS

Tell a powerful story and include your experiences; 250 to 500 words, double-spaced, 12-point font.

ART/VIDEOS

Original art on an 11"x14" poster with your ideas on the topic or 1-2 minute video informing other high school students about the topic.

WE THANK OUR 2018 ESSAY AND MULTIMEDIA CONTEST SPONSOR

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ENTRY INSTRUCTIONS

DO NOT include your name or school on your essay or media. INSTEAD, attach a separate sheet or include in the body of your e-mail your name, address, phone, e-mail address, school and grade.

Mail to :

MHANS
2120 N. Lincoln
Evanston IL 60201

or e-mail to:

mhanorthshore@gmail.com

Share videos on Google Drive.

All personal information is kept confidential. Entries become the property of MHANS and may be published with the author's permission. Winners will be selected by a panel of judges.

ENTRIES MUST BE SENT ON OR BEFORE MARCH 10TH, 2018

Winners will present their work and participate in a discussion on SUNDAY APRIL 22nd, 3-4:30 pm

This contest empowers youth to share their ideas concerns and solutions.

More information at

mhans.org.