

## 2021 Student Essay Contest

**MENTAL HEALTH is as important as PHYSICAL HEALTH.**

**With schools closed, COVID-19 has been especially stressful for the students.**

### **TOPIC:**

**"What strategies did you employ to cope with the pandemic?"**

### **Cash Award:**

**1<sup>st</sup> Prize: \$200 2<sup>nd</sup> Prize: \$100**

The names of the winners will be announced by the end of June 2021

### **Who is Eligible?**

All students enrolled in grades 9-12 in U.S. public, private and home schools in Howard County, Maryland.

### **How to Enter?**

Entries must be emailed to [youth@icahoward.org](mailto:youth@icahoward.org) with "Youth Essay Contest" written in the subject line. **Upload deadline: April 30th 2021, 11:59PM EST**

### **Contest Rules**

1. Participants must write on the official topic.
2. Essay must be written in English. Contestants may submit only one essay entry.
3. Each entry must include a Cover Page with the Title of the Contest, name, grade, address and school attending on it. Each page must be numbered.
4. Essays must be typewritten, double-spaced with the contestant's name, grade, address and school attending in the header, and must be the author's original work.
5. Essay must be a minimum of 300 words but no more than 500 words. The title, bibliography or footnotes are not counted in the word limit.
6. Essays will be judged on material organization, vocabulary and style, grammar, punctuation, spelling, neatness, and adherence to contest rules.
7. The winning essay will be published.
8. The decision of the ICA Board will be final.
9. Questions? Email [youth@icahoward.org](mailto:youth@icahoward.org).
10. For more information, see official rules for entry posted on [icahoward.org](http://icahoward.org).