



## Contest Entry Form

**Please attach this form to your entry.**

Student's Name: \_\_\_\_\_

Essay Topic: \_\_\_\_\_

Grade Level: \_\_\_\_\_ Date of Birth (mm/dd/yyyy): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Sponsoring Teacher: \_\_\_\_\_

Name of School: \_\_\_\_\_

School Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

School Phone Number: \_\_\_\_\_

I certify this student is submitting original work, and that he/she is currently a student in the grade level above.

\_\_\_\_\_  
Teacher's Name, signature, and date

\_\_\_\_\_  
School Stamp

**Postmark Deadline: May 31, 2009**

Each entry must have an Entry Form, which can be downloaded from the Sri Lanka Foundation website.

All Entries MUST be mailed.

Please mail your entry with a stapled cover sheet to:

Sri Lanka Foundation Essay Competition  
1930 Wilshire Blvd., Suite 1100  
Los Angeles, CA 90057



## Essay Topics

### Elementary School Category

Ages 6 - 9

(100 - 300 words)

Choose one of the following topics:

- 1) Is it important to eat healthy meals? What do foods like candy, chips, and soda do to your body? What about vegetables, meat, and rice? Explain what you think is a perfectly healthy meal and why.
- 2) When families spend time together, they can create many happy memories. What is one of the most memorable things you did with your family? What happened? Explain what makes the memory so special to you.

### Junior High School Category

Ages 10 - 13

(500 - 750 words)

Choose one of the following topics:

- 1) What would your life be like without technology? How would your life change if you could no longer use a computer, a microwave, a television, or a cell phone? Explain the positive and negative consequences of a life without modern technology.
- 2) One person can make a difference, and that difference can lead to changes in the world. If you could change one thing to make the world a better place what would it be? Why would you make this change? Who would benefit from it? Why would this change be important?

### High School Category

Ages 14 - 18

(1,000 - 2,000 words)

Choose one of the following topics:

- 1) "The greatest glory in living lies not in never falling, but in rising every time you fall." What does this quote by Nelson Mandela mean to you? Apply it to a situation in your life, and explain how it applies in other situations.
- 2) Why have men and women historically only done certain types of work? In your opinion why has society structured certain jobs to seem suitable to one gender, but not the other? Give some examples and reasons for this. Share an incident in your life where you've experienced a gender - based division of labor.

## Rules & Regulations

### Who is eligible?

All Sri Lankan - American students enrolled in public, private, and home schools in the United States. Students must submit original work and have a sponsoring teacher sign the contest entry form. To avoid disqualification, all the information on the Entry Form **MUST** be completed. Each essay must have an Entry Form attached, which can be downloaded from the Sri Lanka Foundation website, [www.srilankafoundation.org](http://www.srilankafoundation.org)

### All entries **MUST** be mailed.

Essays must be written on one of the given topics and must have one-inch margins, in 12-point, Times New Roman font, and double-spaced. The essay should be stapled on the top left-hand corner with the Entry Form on top. Do not put in a folder. Only one entry per student.

### Judging

Essays will be judged on both structure and content. Judges will look for writing that is clear, articulate, and logically organized. Judges will be looking for originality of vision, knowledge of the subject, skill in presenting an argument, and literary merit. Judges decisions are final.

## Prizes

### ELEMENTARY SCHOOL

First Place: \$300

Runner Up: \$200

### JUNIOR HIGH SCHOOL

First Place: \$300

Runner Up: \$200

### HIGH SCHOOL

First Place: \$300

Runner Up: \$200