



The Women's Fund invites all college-bound, graduating senior women to participate in its

19th Annual Scholarship Essay Contest
Two winners will each receive a \$600 scholarship
and a certificate of achievement

Background Information on the Contest:

Adolescence is a difficult time for young women and yet is the most influential time with regard to their long-term health. The issues that our youth face, concerning their long term health, include engaging in risky health behaviors, the rising rates of obesity, and their access to minimal healthcare or lack of health insurance. Teen pregnancies, unhealthy eating, lack of physical activity and substance abuse, are issues that young women face during their middle and high school years and even through college. These issues are even more pernicious if young women do not have accurate health information and do not have a safe place to talk to about the consequences of such issues.

Please submit an essay using one of the following topics:

- 1) What does it mean to be an advocate for your health? Who do you reach out to, and how, for accurate information and resources at different stages in life?
- 2) Please elaborate on the idea that you need a combination of knowledge, skills, and attitude in order to achieve good health.
- 3) Is academic excellence affected by physical and emotional wellness? If so, what are your plans for maintaining good health throughout the college years?
- 4) Resilient people bounce back from bad situations more easily, and have the skills needed to move forward in life. What are the characteristics of resilience and how else are they useful for everyone?

The Criteria:

Winners will be chosen based on the following:

- Essay is on topic
- Clearly communicated ideas and opinions throughout the written piece
- Correct grammar and punctuation (essays with more than 3 errors will be disqualified)
- All statistics, research & articles must be cited using Modern Language Association (MLA) style
- Ability to follow all other essay guidelines and instructions

Founded in 1979, The Women's Fund is a 501(c)(3) non-profit organization whose mission is to provide Houston-area women and girls with the tools they need to be advocates for their health. This scholarship endowment was generously established by the Hoglund Foundation.

The Guidelines:

- One essay per participant
- Essays must be typed or legibly printed in pen
- Essays must be between 1,000 to 1,500 words
- Essay entries must include The Women’s Fund cover sheet (included here)
- Essays should be written in first-person point of view
- No personal information should be included on the pages of the essay— it should only be on the cover sheet
- The Participant Release on the cover sheet must be signed by the participant or by a parent/guardian if the participant is under 18. Those participants submitting their essays by email must include the signed cover sheets with their essays. Electronic signatures will not be accepted.

Submission and Deadline:

Essays may be submitted by snail mail or email to:

Katherine Stackel, Executive Director
The Women’s Fund
5353 West Alabama, Suite 615
Houston, TX 77056

Or

Katherine@thewomensfund.org

The deadline for submission is April 26, 2013. Essays must be postmarked no later than April 25, 2013 in order to be considered.

Hand-delivered and faxed essays will not be accepted.

Questions can be directed to Katherine Stackel at 713-623-6543 or Katherine@thewomensfund.org

Announcement of Winners:

We will kick off National Women’s Health Week by announcing the winners on Monday, May 13th, 2013.

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Essay Cover Sheet

Name:

Age:

Address:

Email:

Home phone:

School district:

School:

Grade:

Participant Release

I grant The Women's Fund for Health Education and Research, its employees, and its representatives to take photographs of me and use my picture, name, and essay content for purposes of publicity including, but not limited to, newsletters, newspaper articles, and web content.

I have read and understand the above:

Signature _____

Printed name _____

Signature, parent or guardian _____
(if under age 18)

Printed name, parent or guardian _____

Date _____

An essay cover sheet must be included with **all** essay submissions. Entries may be mailed to The Women's Fund. Participants submitting their essay by email must include a cover sheet with their essay **and electronic signatures will not be accepted**. Do not fax or hand-deliver the cover sheet or essay. Only the cover sheet should contain your name, address or any other identifying information.

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