

Calling all High School students! Be part of...

The First Annual National Conscience Month Contest

January, 2020 marks the first ever observation **National Conscience Month!** A month-long series of events that will celebrate the benefits of using our conscience to guide our thoughts, words and deeds. Students from the Capital Region and beyond have the chance to get involved and win one of four **scholarships totaling \$2,000** through this contest!

Contest Theme ...

Think of a time in your life, or create an imaginary story, when you allowed (or chose not to allow) your conscience to guide your thoughts, words and actions. What were the benefits or consequences? Contest entrants will describe or express such a circumstance through an artistic creation.

Contest Medium ...

Entries will be accepted, and winners will be selected, across four unique forms of expression. All High School aged students are encouraged to submit an entry (one per student) in any of the following categories:

- 1) **Creative Writing** (an essay of 1,000 words or less)
- 2) **Visual Art** (any two-dimensional work of art no larger than 30" x 40", i.e. a painting, drawing, etc.)
- 3) **A Piece of Music or Song** (any original instrumental or vocal composition of five minutes or less)
- 4) **A Video** (any original video creation or animation totaling five minutes or less)

Contest Judges ...

Entries will be reviewed and a winner from each category will be selected by a panel of judges from The American Meditation Institute, The New York State Writer's Institute, as well as representatives from well-known arts organizations located in New York's Capital Region.

Let your conscience be
your guide in thought,
word and deed!

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Submission Instructions ...

No membership or purchase of any kind is required to take part in the National Conscience Month Contest. Across all four mediums, submissions should be sent by email to ami@americanmeditation.org. Creative writing submissions should be sent as a PDF attachment or through a link to an online blogging platform (i.e. Medium, etc.). Musical and Video submissions may be sent via any file-sharing program (i.e. Box, Dropbox, Google Drive, etc.) as either .mp3, .wav, .mp4 or .mov files. For visual art submissions, please email photographs in either jpeg, png or pdf format. Submissions must be received no later than Sunday, January 12, 2019. Contest winners will be notified by email. Submissions may be featured by the American Meditation Institute either online or in print in connection with National Conscience Month programming and promotions, and the right to reproduce submissions is reserved by AMI and its sponsors. Questions? E-mail us at ami@americanmeditation.org!