**STUDENT GUIDELINES**

**The Four-Way Test Essay Contest Sponsored by Rotary International District 5580**

**Essays must be returned to** [**bemidjirotaryclub@gmail.com**](mailto:bemidjirotaryclub@gmail.com) **by December 21st 2021!**

**WHAT IS THE FOUR-WAY TEST?**

The Four-Way Test of the things we think, say or do is as follows:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

**The Four-Way Test** is not a code or a creed, but a stimulus to self-appraisal. It is not a pledge, but rather a springboard to voluntary self-improvement. It is not a sermon, although any number of sermons has been preached on it. It aims to encourage the ethical instincts in every person and constitutes a simple and practical guide for people of all cultures.

**The Four-Way Test** has inspired safe driving programs, fire prevention campaigns, crime and drug reduction activities; it has been the subject of countless secondary school essays. It has been translated into more than 100 languages.

**WHY DOES ROTARY DISTRICT 5580 CONDUCT THE FOUR-WAY TEST ESSAY CONTEST?** Our Rotarians believe that the thousands of dollars committed are an investment in our youth. It is a statement of our interest in the ideas of our young people. It demonstrates our belief that it is important to reward our youth for expressing their views. And, it is our way to encourage youth to apply the Four-Way Test to the world around them.

**PRIZES -** There are three levels of competition and prizes: **1. Local Rotary club – Bemidji** will provide a $250 cash prizes for one club winner. **2. Regional winners** are selected from winning local club submissions, each receiving a cash prize of $150. **3. The District winner** is chosen from the six regional winning entries and will receive the $1,100 Grand Prize ($1,250 for the Overall Winner, includes regional award of $150)

**ELIGIBILITY** - Open to all students in the final two years of high school.

**TOPIC -** The essay may treat any subject of interest to the student, specific or general. For example, one might choose a topic relating to world peace, to a special friendship, to the environmental issues in general or to some issue in particular, to a choice of life-style, to a choice of occupation. Creative use of one’s imagination is encouraged. Topics from previous contests include “College Tuition”, “Life is Full of Choices”, “Should you Multi-task?”, “Censorship,” and “Cyber-Bullying.”

**SUBMISSION – Each entry of 500 to 1,000 words in length is to be submitted as an** electronic Word or PDF copy, double-spaced document, along with the Student Information Form to [**bemidjirotaryclub@gmail.com**](mailto:bemidjirotaryclub@gmail.com) **by December 21st 2021**.

**JUDGING CRITERIA** - Judging will be based on utilization and application of the principles of the Four-Way Test. Essays received that do not incorporate these four principles will not be considered. Student creativity, organization, language and grammar usage will also be considered as part of the overall judging criteria.