



## 2025 Four-Way Test Essay Contest

**Due Date: Entries must be received by Monday, December 1, 2025**

### 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 good will and better friendships?
4. Will it be beneficial to all concerned?

The Four-Way Test aims to encourage the ethical instincts in every person. It constitutes a simple and practical guide for people of all cultures. The Four-Way Test was created by Rotarian Herbert J. Taylor in 1932. Officially adopted by Rotary in 1943, it is held as the standard by which all behavior should be measured. It has been promoted throughout the world and translated into more than 100 languages.

### Prizes

There are three levels of competition and prizes:

1. Local - The Bismarck Rotary Club will judge entries and choose the winning essay. The cash prize for the winner is **\$250**.
2. Regional - The 1<sup>st</sup> place essay will be entered in a regional Rotary competition. A **\$150** prize will be awarded to the winners of each of the regional contests (six regions).
3. District - The 1<sup>st</sup> place winner for our region will go on to compete on a district level. The regional winning entries will be submitted to the district level to compete for the Grand Prize of **\$1,100**.

### Eligibility

Open to all Bismarck & Mandan students in their Junior or Senior years of high school.

### Topic

The essay may be on any subject of interest to the student. It may be specific or general, **but must tie to the Four-Way Test**. For example, one might choose a topic relating to world peace, a special friendship, an environmental issue, a choice of life-style, or choice of occupation. Creative use of one's imagination is encouraged.

### Length & Format

A typed, double-spaced, essay of 500 to 1,000 words is to be submitted, along with The Four-Way Test Essay Contest application form.

### Judging Criteria

Judging will be based on utilization and application of the principles of The Four-Way Test. Essays must incorporate all four principles of The Four-Way Test. **Essays received that do not incorporate these four principles will not be considered.** Student creativity, organization, language, spelling, and grammar usage will also be considered as part of the overall judging criteria. You may have a teacher proofread your essay prior to submitting.

### Ethical Standards

Rotary supports the highest form of ethical standards and therefore considers plagiarism, in its many forms including the use of AI, inexcusable. Essays believed to be plagiarized or artificially constructed in all or part, will be automatically disqualified. If found to be the case, any announced prize placement or distributed prize money will be forfeited.



## 2025 Four-Way Test Essay Contest Application

**Completed Essay and Application Must Be Received By  
Monday, December 1, 2025**

Name of applicant:

High School:

Grade:  *To be eligible you must be a Junior or Senior in High School.*

Mailing address:

Phone Number:

Email address:

Best way to contact you (call, email, or text):

If your essay is chosen, you will be asked to attend a Bismarck Rotary Club meeting to read your essay. Can you attend the meeting? *Meetings scheduled on Wednesdays at Noon at Sixteen03 Main Events.*    YES    NO

My signature affirms that I am familiar with The Four-Way Test, and I understand that my essay must clearly apply all four principles and comply with ethical standards in order to be eligible for this contest.

Signature

Submission Date

**Email** your completed application and essay to: [Kari.L.Knudson@bismarckstate.edu](mailto:Kari.L.Knudson@bismarckstate.edu) by 12/01/2025.

Please contact Kari Knudson, Bismarck Rotary Club, at 701-224-5604 if you have any questions.