



SERIES: FRESHMAN EVENTS

CONTEST: CAREER CHOICE COMMENTARY



Series Director: CAROL HARTNETT • (339) 793-1266 • carolbhartnett@gmail.com

Series Director: Katie Girouard • katie24gir@aol.com

Competition: Embassy Suites - Berklee Room with Event Manager: Kim Lynch

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10. Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

SkillsUSA attire:

- Red SkillsUSA blazer, windbreaker or sweater, or black or red SkillsUSA jacket.
- Button-up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small collard) or white turtleneck, with any collar to not extend to the lapel area of the blazer, sweater, windbreaker or jacket.
- Black dress slacks or black dress skirt (knee-length) Wearing socks or hose is no longer required. If worn, socks must be black dress socks and hose must be either black or skin-tone and seamless/non pattern.
- Black dress shoes

or Professional Business Attire

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Supplied by the Committee:

- Stopwatch and Time Cards

Supplied by the Contestant:

- Note Cards (optional)

Freshman contest participants are expected to attend the Freshmen Events General Session, which will take place on the contest day at the same venue as the contest.

Purpose: To evaluate each contestant's ability to prepare and present clearly and effectively a series of thoughts relating to his or her Freshman Exploratory experience.

Eligibility: This contest is open to active SkillsUSA members currently enrolled in the Freshman Exploratory. Exploratory may be completed before participating in the competition but contestant must still be in their Freshman year of their CTE experience.

Skill Performance: This contest assesses basic public speaking skills through the delivery of a **three to five minute commentary.**

Observer Rule: There will be no observers allowed to watch contestants compete.

Arrangement of Rooms: The commentary presentation room will be furnished with a podium, two tables, each with chairs for judges, timekeeper and room monitor.

Contest Guidelines:

1. The topic for the Career Choice Commentary is based on the Freshman Exploratory experience. Within this topic, contestants might illustrate or discuss any of the following:
 - a. How the Exploratory program helped the contestant to evaluate and choose a trade area to pursue.
 - b. How the Exploratory program taught the contestant to value different talents/skills and to appreciate the talents they have as well as the talents of others.
 - c. How the Exploratory program experience promotes decision-making and problem solving by teaching students to process all perspectives in a respectful and productive manner.
 - d. How the Exploratory program helped to broaden the awareness of the contestant to foster an open-minded approach to learning.
 - e. How the contestant made the decision to pursue the particular trade they have chosen and how that decision aligns with their life goals.

CONTEST: CAREER CHOICE COMMENTARY CONTINUED

2. Contestants will gather in the Freshmen Events General Session which will take place on contest day at the contest site.
3. The commentary will be three to five minutes in length. Penalty: five points will be deducted for each thirty seconds or fraction thereof under three minutes or for each thirty seconds or fraction thereof over five minutes.
4. Time will be started when the commentary begins. The timer will signal the speaker at three minutes, four minutes and four minutes thirty seconds.
5. **Visual aids and props are not permitted.**
6. **Note cards are permitted.**
7. The contestant will not mention his or her name, school or city.

Judging Guidelines:

The following criteria will be used to judge the commentary:

- Opening – has a strong, clear opening
- Voice – voice is well modulated and controlled and carries the rhythm of the speech
- Platform deportment – speaker is poised and demonstrates good control of movement
- Organization – commentary is well organized, and the organization can be easily followed
- Mechanics – proper grammar is used, and diction is clear
- Closing – closing provides a clear and solid conclusion and summary of the thoughts Effectiveness – assigned topic is covered, is clear and achieved
- Timing – commentary falls with the three-to-five-minute contest requirement
- Clothing – clothing meets the contest requirements.



SERIES: FRESHMAN EVENTS

CONTEST: EXPLORATORY PROJECT DEMO



Series Director: CAROL HARTNETT • (339) 793-1266 • carolbhartnett@gmail.com

Series Director: Katie Girouard • katie24gir@aol.com

Competition: Embassy Suites - Wellesley Room with Event Manager: John Maré

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10.

Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

SkillsUSA attire:

- Red SkillsUSA blazer, windbreaker or sweater, or black or red SkillsUSA jacket.
- Button-up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small collard) or white turtleneck, with any collar to not extend to the lapel area of the blazer, sweater, windbreaker or jacket.
- Black dress slacks or black dress skirt (knee-length) Wearing socks or hose is no longer required. If worn, socks must be black dress socks and hose must be either black or skin-tone and seamless/non pattern.
- Black dress shoes

or Professional Business Attire

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Supplied by the Committee:

- Stopwatch and Performance Space

Supplied by the Contestant:

- All materials and equipment needed for the demonstration

Freshman contest participants are expected to attend the Freshmen Events General Session, which will take place on the contest day at the same venue as the contest.

Purpose: To evaluate each contestant's ability to demonstrate and explain the steps involved in creating the contestant's favorite project from the freshman Exploratory experience. **The actual finished project from Exploratory must also be presented.**

Eligibility: This contest is open to active SkillsUSA members currently enrolled in the Freshman Exploratory. Exploratory may be completed before participating in the competition but contestants must still be in their Freshman year of their CTE experience.

Observer Rule: There will be no observers allowed to watch contestants compete.

Arrangement of Rooms: The commentary presentation room will be furnished with a podium, two tables, each with chairs for judges, timekeeper and room monitor.

Skill Performance: The contest requires the demonstration of the steps involved in creating their project sample. The contestant must bring the finished project with them but may bring additional components to demonstrate the creation of the finished project. The demonstration shall be accompanied by a clear explanation of the project and why this particular project was chosen.

Contest Guidelines:

1. An actual technical skill must be performed as opposed to an illustrated talk.
2. Note cards and other reference materials **are permitted**.
3. Any Freshman exploratory project may be demonstrated. **No open flames allowed during this competition!**
4. Contestants will gather in the Freshmen Events General Session which will take place on contest day at the contest site.
5. The demonstration shall be **at least three minutes in length but shall not exceed five minutes**. Penalty: Five points will be deducted for each 30 seconds under three minutes or fraction thereof over five minutes.

CONTEST: EXPLORATORY PROJECT DEMO CONTINUED

6. Time will be started when the demonstration begins. The timekeeper will signal the speaker at three minutes, four minutes, and four minutes thirty seconds.
7. Contestants will be allowed **five minutes to set up** the demonstration and **five minutes** to clear the demonstration room. Five points will be deducted for each thirty seconds or fraction thereof over the five-minute allowance.
8. A performance space of 8'x12' will be provided, that contains a 30"x96" table and one duplex (two plug ins) 110-volt electrical outlet.
9. Any visual or auditory aids (signs, charts, slides, diagrams) are to be prepared by contestants. Professionally prepared visuals and audio may not be used. No open flames: no combustible or hazardous chemical compounds, no fluids containing pathogens or toxic chemicals and no pressurized containers will be allowed.
10. The contestant will not mention his or her name, school or city.
11. The demonstration is an individual performance; however, assistants may be used to set up and dismantle the demonstration. Models or assistants may be used in the demonstration, but will not say or do anything that assists the demonstration other than to serve as a model as needed for a facial, clothing design demonstration, etc.
12. Basic safety practices related to the skill performed must be followed. Safety violations will be subject to penalties of one to ten points. Judges may interrupt the demonstration for serious violations. Students are expected to attend the Freshmen Events General Session, see the State Conference Program for the location and time.



SERIES: FRESHMAN EVENTS

CONTEST: SAFETY POSTER DESIGN

Online
Resumé
Submission

Series Director: CAROL HARTNETT • (339) 793-1266 • carolbhartnett@gmail.com

Series Director: Katie Girouard • katie24gir@aol.com

Competition: Embassy Suites - Harvard Room with Event Manager: Cyra Hathaway

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the [Learning Management System](#), which will be open on April 10. Contestants must submit an electronic copy of their resumé to the [LMS](#) by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

SkillsUSA attire:

- Red SkillsUSA blazer, windbreaker or sweater, or black or red SkillsUSA jacket.
- Button-up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small collard) or white turtleneck, with any collar to not extend to the lapel area of the blazer, sweater, windbreaker or jacket.
- Black dress slacks or black dress skirt (knee-length) Wearing socks or hose is no longer required. If worn, socks must be black dress socks and hose must be either black or skin-tone and seamless/non pattern.
- Black dress shoes

or Professional Business Attire

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Supplied by the Committee:

- Stopwatch
- Performance Space
- Table for display of Presentation Board

Supplied by the Contestant:

- All materials and equipment needed for the demonstration must be present at the start of the competition day

Freshman contest participants are expected to attend the Freshmen Events General Session, which will take place on the contest day at the same venue as the contest.

Purpose: To evaluate each contestant's ability to demonstrate and explain the importance of workplace safety throughout exploratory at a vocational technical high school in all trades including (construction, technology health and service trades. The safety poster must be completed only by the two competitors prior to the competition. The actual previously completed safety board must also be presented to judges at which time students will describe the resources and experiences used to design the safety poster which they would use to promote safety and create a safe work environment for incoming freshmen in all career and technical programs during exploratory.

Eligibility: This contest is open to active SkillsUSA members currently enrolled in the Freshman Exploratory. Exploratory may be completed before participating in the competition but contestants must still be in their Freshman year of their CTE experience. Open to a team of two contestants.

Observer Rule: There will be no observers allowed to watch contestants compete.

Skill Performance: The contest requires the presentation of the completed safety poster designed specifically to educate incoming freshmen about workplace safety during exploratory.

Arrangement of Room: The presentation room will be furnished with two tables one with chairs for judges, timekeeper and room monitor. The second table is for the competitors to use to display and present their safety poster to the judges.

CONTEST: SAFETY POSTER DESIGN CONTINUED

Contest Guidelines:

1. A Safety poster must be designed and created prior to the State conference by the team of two contestants only.
2. Note cards and other reference materials are permitted.
3. Contestants will gather in the Freshmen Events General Session which will take place on contest day at the contest site.
4. Both members of the team must present and answer the judge's questions regarding the safety poster.
5. The presentation shall be at least three minutes in length but shall not exceed five minutes.
Penalty: Five points will be deducted for each 30 seconds under three minutes or fraction thereof over five minutes.
6. Time will be started when the presentation begins. Contestants must be set up before they enter the virtual presentation room.
The timekeeper will signal the speaker at three minutes, four minutes, and four minutes thirty seconds.
7. Contestants will be allowed five minutes to set up the presentation poster and five minutes to clear the presentation room. Five points will be deducted for each thirty seconds or fraction thereof over the five-minute allowance.
8. A performance space of 8'x12' will be provided, that contains one 30"x96" table to display the tri-fold board.
9. The contestant will not mention his or her name, school or city.

Suggested Resources: Consult the internet and safety experts at your school such as: OSHA & Career Safe trainers on common workplace accidents. Reflect on your personal experiences during exploratory, what would have been helpful to know?

Poster Requirements:

Tri Fold Poster board (Standard Science Fair Board) size 36"x48" (3'x4') color choice is up to competitor's discretion. Must include pictures and statistics about any and all of the following to reinforce workplace safety to incoming freshmen.

1. Common workplace accidents and solutions to lower accidents in the workplace
2. Include Community Organizations: such as: fire and police departments, OSHA and local nonprofit organizations such as the American Red Cross.
3. Provide information on topics such as the procedure for using fire extinguishers, CPR, identification of workplace hazards and other topics specific to particular trades. For example, MSDS sheets for occupations that use hazardous materials, power tool safety, safety eyewear and personal protective equipment (PPE's) clothing requirements
4. Incorporate health topics and health consequences such as carpal tunnel syndrome, hearing loss, muscle strains and other injuries that can result from lack of attention to workplace safety. Include information on correct lifting procedures (body mechanics, ergonomics)

Presentation Requirements:

1. 3-5-minute presentation (Minimum of 3 minutes and a maximum of 5 minutes)
2. Both members of the group share in the responsibility of presenting
3. Students should be prepared to answer 3 questions regarding the process of completing the safety poster and its future use at the school's chapter. (this is not part of the 3-5-minute presentation time).

CONTEST: SAFETY POSTER DESIGN CONTINUED

Scoring: Title	Description	Possible Points
Poster Board Trifold Board	36"x48" (3'x4') correct size	50
Layout	The layout, colors and content are appealing and easy to read	150
Content	Includes: - Pictures and statistics to reinforce workplace safety to 9th graders - Common workplace accidents - Community organizations - Provides information on procedures and safety in the workplace - Includes health care topics in a workplace	250
Includes factual safety information/ team members appear knowledgeable		50
Verbal Techniques and Poise		100
Introduction and Ending		50
Self Confidence		50
Response to questions 1, 2 and 3	1. What resources did you use to gather your information and facts for this project? 2. How did your exploratory experiences help you create this safety poster? 3. Do you plan on presenting this safety information to incoming 9th graders at your school in upcoming years? How do you feel it will benefit them?	300 (100 each)
Time Penalty (-3 or +5)	Deduction, 25 points = 30 seconds	0 up to 25
Resumé Penalty	Deduction	0 or 50
Clothing Penalty	Deduction	0 up to 50



SERIES: FRESHMAN EVENTS CONTEST: STICKER DESIGN



Series Director: CAROL HARTNETT • (339) 793-1266 • carolbhartnett@gmail.com

Series Director: Katie Girouard • katie24gir@aol.com

Competition: Embassy Suites - Clark Room with Event Manager: Mary Ellen MacLeod

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10. Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

SkillsUSA attire:

- Red SkillsUSA blazer, windbreaker or sweater, or black or red SkillsUSA jacket.
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- Black dress slacks or black dress skirt (knee-length) Wearing socks or hose is no longer required. If worn, socks must be black dress socks and hose must be either black or skin-tone and seamless/non pattern.
- Black dress shoes

or Professional Business Attire

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Supplied by the technical committee:

- Timekeeper and judges
- All necessary information for the judges and technical committee

Supplied by the contestant:

- Rendering of sticker design

Freshman contest participants are expected to attend the Freshmen Events General Session, which will take place on the contest day at the same venue as the contest.

Purpose: To evaluate a contestant's creative, technical and oral presentation skills and to recognize outstanding students for excellence and professionalism.

Eligibility: This contest is open to active SkillsUSA members currently enrolled in the Freshman Exploratory. Exploratory may be completed before participating in the competition but contestants must still be in their Freshman year of their CTE experience.

Observer Rule: There will be no observers allowed to watch contestants compete.

State Skills:

The contest consists of two parts:

1. Evaluation of the sticker design
2. Oral presentation and questions and answers session. All contestants will be asked the same questions, which judges will determine before the start of the contest.

Skill Performance:

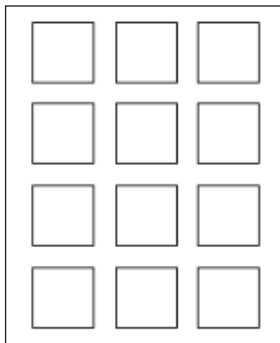
The contest is designed to assess the ability of the competitor to design and produce a drawing of that design, as well as give a presentation regarding all aspects of his or her creation of the design.

CONTEST: STICKER DESIGN CONTINUED

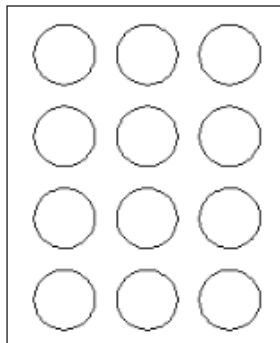
Contest Guidelines:

1. All entries must be rendered in color (full color or two color).
2. Entries can be created in a design software package such as Illustrator, Photoshop or other comparable software. Entries may also be hand-drawn, painted or rendered in colored pencils or markers.
3. All entries should be submitted with **two versions of the art** on a single 8.5"x11" page.

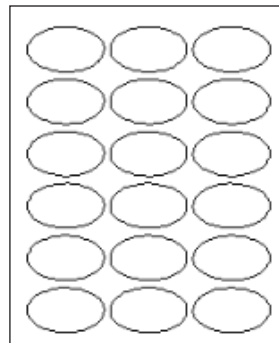
Avery Label #80510 Square



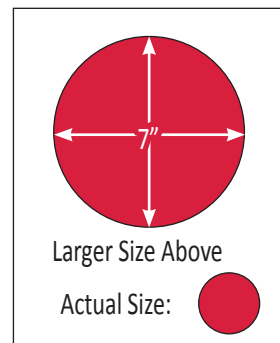
Avery Label #80510 Circle



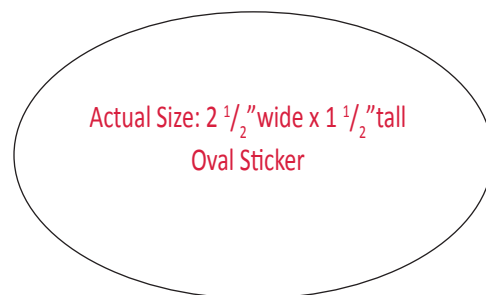
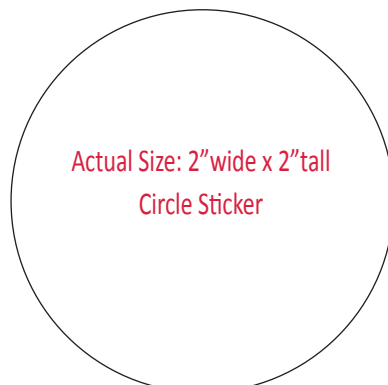
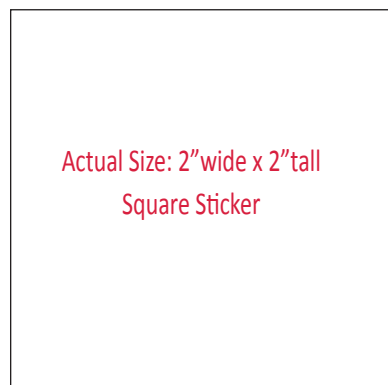
Avery Label #80510 Oval



Sample Submission



The sticker design will be restricted to 2" (2 1/2" for oval) preformatted labels: Avery Labels - Product #80510 or similar, which gives contestants 3 options of sticker shape: Square, round, and oval.



All actual size sticker designs must be presented as one of the above three shapes and all stickers cannot exceed 2" maximum (2 1/2" at its largest dimension for oval)

Deductions will be taken for every 1/8" over or under 7" on your larger artwork version and every 1/16" over or under 2" (2 1/2" at its largest dimension for oval) on your actual size artwork version. Both designs should be identical. Wording on the sticker must reference the name of your school. Your contest number for the state conference must be placed on the back of your submitted artwork.

4. The SkillsUSA emblem or SkillsUSA logo should appear on the sticker.
5. All copyright laws must be followed in the creation of the design.
6. Contestants will gather in the Freshmen Events General Session which will take place on contest day at the contest site.
7. Contestants will deliver a three- to five-minute presentation regarding their design. Talking points should include:
 - a. How did he or she come up with the design of the sticker?
 - b. The process in which he or she designed the sticker?
 - c. Why does he or she feel it represents their school?
 - d. What are its unique qualities?
 - e. Why do other students/advisors want to have it?
8. After your presentation, the judges will ask questions related to Sticker Design, and SkillsUSA at your school.