

Emotional Well-Being Challenge

Recognition Event

Eligible Divisions: Middle School, Secondary, and Postsecondary / Collegiate	Pre-Judged: Video Presentation and Evaluation Tool	Digital Upload: YES
Team Event: 2-6 competitors per team	Top 10: Finalists invited for an in-person presentation at ILC	



New for 2024-2025

Teams must register for ILC by May 15, 2025, to participate in and receive recognition in this event. The recognition process and awards have been clarified. Editorial updates have been made.

Texas HOSA

This event will only be recognized at ILC

Event Summary

This recognition event has been developed in conjunction with SAMHSA (Substance Abuse and Mental Health Services Administration) to engage HOSA chapters and members in learning how essential good mental health—emotional, psychological, and social well-being—is to overall health and to introduce them to the concepts of mental health promotion and substance misuse prevention.

The partnership goal is to help provide HOSA members with knowledge, experience, and opportunities to act around their own emotional well-being (reflecting on their own mental health and use of substances) and how to support their peers. This knowledge will also be valuable as a foundation in whole-person health in their future careers.

Taking action in this area could be anywhere on the continuum of self-care around their emotional health. They could be feeling stressed, lonely, isolated, anxious, depressed, or concerned they have a behavioral health condition. Taking action in this area is no different than improving your physical health. It can include researching resources, asking for help, having a conversation, starting to focus on self-care through meditation, journaling, breathing exercises, or supporting a friend. In addition, HOSA members will learn how to seek help when considering treatment options.

Sponsorship

HOSA-Future Health Professionals is appreciative for the sponsorship of Emotional Well-Being Challenge by [SAMHSA](#)



Dress Code

Bonus points will be awarded for [proper dress](#).

For the ILC interviews, proper business attire or official HOSA uniform is acceptable.

Competitor Must Provide

- ONE team member will upload the materials to the HOSA Digital Upload System by May 15th
- [Photo ID](#) - for the top 10 finalists per division given an interview at ILC
- Notes on index cards or in electronic format for use during the presentation (optional)

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Suggested Resources

2. The below references are suggested reading material to support the team's preparation:
 - a. [Substance Abuse and Mental Health Services Administration](#)
 - b. [Substance Use Prevention Resources for Youth and College Students](#)

Team Designation

3. Teams of 2-6 HOSA members will work together in this event. It is acceptable for multiple teams per chapter to participate. There is no limit to the number of teams per chapter or state that can submit an entry. HOSA members can serve on one team only.

Develop a Project Theme

4. Teams will develop a project theme. Possible theme projects might include but are not limited to:
 - a. Normalize Mental Health: A perception-shifting presentation that encourages people to take steps to improve their mental health.
 - b. How to Get Help: An education presentation that elevates the understanding of what services are available and how to access them in a crisis.
 - c. Alcohol Use: Harm reduction strategies.
 - d. LGBTQ+ and Mental Health: A presentation addressing health equity gaps for this population and how this impacts their mental health and substance use.
 - e. Drug Overdoses: An outreach presentation sharing strategies on how youth and healthcare providers can be part of the solution.
5. Teams will identify a target audience for their project content (i.e., peers, communities, healthcare providers).

Develop a PowerPoint Presentation

6. Teams will create a PowerPoint presentation to share the content of their selected project theme with their target audience.
7. The PowerPoint presentation will:
 - a. Share why the team selected the project theme.
 - b. Explain how this project can benefit each team member if they become a health professional.
 - c. Describe why the selected project theme is important to the identified target audience.
 - d. Educate the target audience on the selected project theme using data and research.
 - e. Explain using an evaluation plan or tool to gather data to determine if their project was or was not successful.
8. Teams will present their PowerPoint (at least once) to a group of people from their target audience. The size of the audience and location are at the discretion of the team. The more presentations and the more people reached, the more impactful the results.
9. Teams will also record their presentation and share it digitally with various audiences of their choosing to help spread the content in additional ways. This recorded presentation will be uploaded digitally by May 15.
10. Presentations will be **no longer than 15 minutes**.

Develop an Evaluation Plan or Tool

11. Teams will develop an evaluation plan or tool to assess the effectiveness of their presentation on the knowledge/attitudes of their target audience members. Teams will develop a plan for assessing the target audience prior to the presentation and after the presentation to evaluate the results. A written evaluation plan will be submitted demonstrating the project's success, including pre and post-data.

Submission Process

12. This event is only judged at the ILC level, not at the state association level.
13. Teams will digitally record themselves using Zoom, Canva, Loom, or another tool of their preference. During the recording, both the PowerPoint presentation and the team members must be visible.
14. The digitally recorded presentation must be converted to a public, shareable URL link.
15. One team member must upload The URL link to the HOSA Digital Upload System by May 15, 2025.

16. Since this is an ILC-level recognition event, ALL members of the EWBC team must register for ILC by May 15th.
17. Unless all team members are registered for ILC, there will be no chance to earn 70% recognition OR an on-site interview at ILC.

REQUIRED Digital Uploads

18. The following item(s) **MUST** be uploaded by ONE member of the team to the HOSA Digital Upload System by May 15:
 - a. **Cover Page** – Event Name, team member names, HOSA division, chapter number, school name, chartered association, project theme selected, target audience of presentation, number of participants, and date(s) of presentation.
 - b. **Summary of Evaluation Plan/Tool**
 - a. **The cover page and summary of the evaluation will be uploaded as one combined pdf file.**
 - c. **Public Link to Video Presentation** – uploaded as a URL

May 15 at midnight EST is the **final deadline**, and there will be **NO EXCEPTIONS** to receipt of the required materials after the deadline.

19. Detailed instructions for uploading materials can be found at:
<https://hosa.org/competitive-event-digital-uploads/>
20. The FINAL ILC digital upload deadline is May 15th. We STRONGLY suggest not waiting until the last minute to upload online to avoid user challenges with the system.
21. For ILC, the digital materials uploaded by May 15th will be PRE-JUDGED.

Recognition for all who meet 70%

22. For recognition purposes, it is the chapter team and not the individual who will be recognized.
23. All submissions that earn 70% or higher on the pre-judged video and evaluation tool content will earn recognition.
24. Chapter team names earning ILC 70% recognition will be posted on the HOSA–Future Health Professionals' website.
25. All-70%-recognition teams will be posted on the HOSA website and will receive a certificate for the chapter. The certificate will be distributed to the State Advisor during the designated registration time at the International Leadership Conference. Those chapters attending the International Leadership Conference & earning recognition will select a chapter representative to walk across the stage during the identified award/recognition session to receive a pin.

Special Interview at ILC

26. Based on the judging of the pre-submitted content, judges will select the top ten finalist teams per division.
27. The top 10 finalists in each division will be posted on the HOSA website on the same date that other ILC appointment times get posted. These finalists will receive an interview with SAMHSA on-site at ILC and compete for scholarship money.
28. At ILC, [photo ID](#) must be presented prior to the interview.

29. During the interview, teams will:
 - a. Describe their project theme and project work
 - b. Explain the evaluation tool they created and share the outcomes and results.
 - c. Answer judge questions
30. Teams will have four (4) minutes to explain the items in #29 above. Then judges will have three (3) minutes to ask the team questions about their project.
31. HOSA will only provide a table during the ILC presentation and interview. No audio-visual equipment or props/materials are allowed.
32. Use of index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc.) are permitted, but may not be shown to judges.
33. Props or costumes may not be used. Please refer to [GRR #31](#).

Final Scoring for the ILC Interviews

34. Scores from pre-judged submissions will be added to the interview score to determine the final results for the top three placements.
35. In the event of a tie, a tiebreaker will be determined by the areas on the rating sheet section(s) with the highest point value in descending order.

ILC Recognition for the top 10

36. The top 10 finalists in each division will be called to the stage during the identified award / recognition session. (Teams will know by mid June if they are top 10)
37. Based on the results of the on-site ILC interviews, the top 3 teams will be announced per division.
38. These top 3 teams per division will receive a monetary award and medallions for each team member.
39. The awards per team are as follows:
 - a. Middle School
 - o 1st Place - \$1,500 in scholarships; individual medallions
 - o 2nd Place - \$1,000 in scholarships; individual medallions
 - o 3rd Place - \$750 in scholarships; individual medallions
 - b. Secondary Division
 - o 1st Place - \$1,500 in scholarships; individual medallions
 - o 2nd Place - \$1,000 in scholarships; individual medallions
 - o 3rd Place - \$750 in scholarships; individual medallions
 - c. Postsecondary/Collegiate
 - o 1st Place - \$1,500 in scholarships; individual medallions
 - o 2nd Place - \$1,000 in scholarships; individual medallions
 - o 3rd Place - \$750 in scholarships; individual medallions

EMOTIONAL WELL-BEING CHALLENGE

Digital Upload of Presentation

Chapter Name: _____
 Member Names: _____

Judge's Signature _____
 State _____ Division: MS ____ SS ____ PS/Collegiate

A. Overview	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Cover Page	Event Name, team member names, HOSA division, chapter number, school name, chartered association, project theme selected, target audience of presentation, number of participants, and date(s) of presentation.	N/A	N/A	N/A	Cover Page not submitted or missing information.	
2. Length of Recorded Video Presentation	Presentation is no longer than 15 minutes total.	N/A	N/A	N/A	Presentation is longer than 15 minutes or not submitted.	
A. Overview	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
3. Evaluation Plan and Tool	The evaluation plan successfully measured the project's success. It had clear pre & post data.	N/A	The evaluation plan or tool that was used partially measured success. It was missing either pre or post data.	N/A	An evaluation plan or tool was not used or was not submitted digitally.	
B. Presentation (video) Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Project Theme	A clear rationale for why the project theme was selected and was evident in the presentation.	The reason for selecting the theme was mostly clear in the presentation.	The reason for selecting the theme was moderately clear in the presentation.	There was some detail provided for the rationale of why the project theme was selected, however more information is needed.	The reason the project theme was selected was not included in the presentation.	
2. Project Benefits	An explanation of how this project was beneficial to all team members was included in the presentation.	N/A	An explanation of how this project was beneficial to some team members was present.	N/A	There was no explanation of how this project was beneficial to the team.	
3. Importance of Project Theme	It was explained why the project theme is important to the audience. Relevant examples were given.	N/A	It was partially explained to the audience how the project theme was important to them.	N/A	The importance of this project to the audience was not demonstrated.	

B. Presentation (video) Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
4. Education	The presentation was highly innovative and engaging. There was a clear educational message.	The presentation was good but could have had a better educational message.	The educational message of the presentation was present but was not as engaging or innovative as it could have been.	The educational message was not communicated clearly.	There was no educational message to the target audience.	
C. Presentation (video) Delivery	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Voice Pitch, tempo, volume, quality	Each team member's voice was loud enough to hear. The team members varied rate and volume to enhance the presentation. Appropriate pausing was employed.	Each team member spoke loudly and clearly enough to be understood. The competitors varied rate OR volume to enhance the speech. Pauses were attempted.	Each team member could be heard most of the time. The team members attempted to use some variety in vocal quality, but not always successfully.	Judges had difficulty hearing or understanding much of the presentation due to little variety in rate or volume.	The team member's voice is too low or monotone. Judges struggled to stay focused during much of the presentation.	
2. Stage Presence Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful and enhanced the delivery of the speech and did not distract. Body language reflects comfort interacting with audience. Facial expressions and body language consistently generated a strong interest and enthusiasm for the topic	The team members maintained adequate posture and non-distracting movement during the speech. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for the topic.	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem somewhat forced	Most of the team member's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements are distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	
3. Diction, Pronunciation, & Grammar	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
4. Team participation	Excellent example of shared collaboration in the presentation of the project. Each team member spoke and carried equal parts of the project presentation.	All but one person on the team was actively engaged in the project presentation.	The team worked together relatively well. Some of the team members had little participation.	The team did not work effectively together.	One team member dominated the project presentation.	
Total Points (80):						

EMOTIONAL WELL-BEING CHALLENGE

ILC Finalist Interview

Chapter Name: _____

Judge's Signature _____

Member Names: _____

State _____ Division: MS ____ SS ____ PS/Collegiate ____

A. Interview Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Project theme promotes a topic surrounding emotional well-being	The team members describe the project theme in a way that clearly focuses on an emotional well-being topic.	N/A	N/A	N/A	The team members did not select a topic that was related to emotional well-being.	
2. Knowledge of the Project Theme and Work	Team was very knowledgeable about their project theme. They provided relevant examples and showed great interest in their work.	The team was mostly knowledgeable about their project theme. They were able to answer most questions during the interview.	Team was somewhat prepared. Answered some of the questions adequately during the interview.	Team was not prepared and was not able to answer most questions asked by judges.	Team was completely unprepared and answered no questions during interview.	
3. Evaluation Plan or Data Tool	The team's plan or tool that was used to measure success was very well thought out and put together.	The team's plan or tool that was discussed during the interview was mostly well constructed and thought out.	The team's plan or tool for evaluation was somewhat discussed and thought out.	The team's plan or tool that was used for evaluation has problems with its implementation or is missing parts.	The team was not able to discuss an evaluation method, plan, or tool.	
4. Education	The presentation for judges was highly innovative and engaging. There was a clear educational message.	The presentation for judges was good but could have had a better educational message.	The educational message was present but was not as engaging or innovative as it could have been.	The educational message was not communicated clearly.	There was no educational message in the presentation for judges.	
5. Confidence, Maturity, and Enthusiasm	Team exhibited confidence throughout the interview. Genuine excitement for the project & conducted themselves with maturity.	The team was confident but not convincing. They were excited but need a little more polish.	The team exhibited some level of confidence in interviewing ability but seemed a little nervous.	The team was nervous during the interview. It was evident they were excited, they just need more practice with interviews.	The team's nerves got the best of them. They were not able to showcase their best work in the interview.	
6. Diction* and Articulation	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone was inconsistent.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics.	

A. Content Cont'd	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
7. Eye contact, Poise, and Posture	The team displayed comfortable eye contact with the judges, displays confidence in their demeanor, sits/stands up straight throughout interview.	The team makes eye contact most of the time, sits /stands up straight, and conduct themselves with confidence.	The team display some eye contact but looks down or to the side when interviewed by judges.	The team makes limited eye contact and does not display good posture.	The team does not make eye contact with the judges. They are slouched during the interview.	
8. Answered judge questions effectively	The team provided excellent answers to judge's questions, shared important details and maintained a high level of professionalism and poise throughout the presentation.	The team answered the judge's questions accurately and provided some important details about their project.	The team was able to answer most of the questions effectively, could have provided more details though.	The team answered some of the questions but failed to expound on the details of the project.	The team had trouble answering the judge's questions. More evidence is needed to demonstrate a basic understanding of their project.	
Total Points (80):						

*Definition of Diction- Choice of words, especially with regard to correctness, clearness, and effectiveness.