

A Forum for Achievement!



EPC-2022: a Hybrid event (ANNUAL ESSAY/PANEL CONTEST)



15 Jan 2022 (Essay Due date: 7-Jan-22)

EPC is a continuation of our efforts to provide Muslim Youth with a skill enhancement platform that gives them the opportunity to develop their communications and leadership skills. This is a forum for articulation, reflection, and advancement. **This is a youth development event that should not be missed!** Be a part of it and experience the difference!

Write, Speak, and Publish!

EPC 2022 THEME:

“Islam and Mental Health: Keeping a Sound Mind and Sound Faith”

Main questions to be addressed are:

- How can we overcome current mental health challenges?
 - What ways can the community support the youth facing these issues?
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ELEMENTARY SCHOOL (Levels 1 & 2):**

Level 1 (Grades 1&2): Write a letter to your loved one describing a time when you had a problem, how it made you feel, and how you handled it.

Level 2 (Grades 3 & 4): How do the problems you face affect your mind and what can you do to stay positive while facing these problems? How did the Prophet of Islam (sas) teach you to stay positive while in a situation like this?

MIDDLE SCHOOL (Levels 3 & 4):

The pre-teen years can be difficult as your mind and body are undergoing major changes and with all of the constant peer pressure around you. How does Islam teach you to keep a sound mind with all of the stressors you face on a daily basis? Outline a few methods you can use to maintain good mental health in your daily life.

HIGH SCHOOL PLUS (Levels 5 & 6):

There are many challenges in the teen and adolescent years that high schoolers face daily. As a Muslim, how can you navigate all these challenges while staying positive and mentally healthy? Discuss what adults in your life and your community can do to help young people handle stress.

”*See Instruction page below for the levels in which you will be competing.

****Level 1** writes a letter using a standard business letter format. Please submit your scanned letter.

MULTI-MEDIA PRESENTATION CONTEST (interested participants)

An original and creative presentation of the essay topic to create a short, powerful multi-media presentation (video for example) that leaves the viewer with a ‘bang’!

POSTER CONTEST (interested participants)

Prepare a self-standing poster detailing your essay. The poster should be a mix of art and essay. A jpeg file of high quality is required. Best Posters may get published on the EPC book.

GRAND PRIZE for High School Category

Compete in all 6 segments of EPC contests (essay, speech, poster, multimedia, extemporaneous speaking, and panel discussions) and earn a GRAND Prize.

Grand Prize will be awarded to the best overall performing High School participant. Qualifying candidate must participate in at least 4 of the 6 possible competitions (essay, speech, poster, multimedia, extemporaneous speaking, and panel discussions).

High School Panel Discussions: Agents of Change #MakeEPCGreatAgain

Do Mafiq sponsored activities feel relevant to you? Is there anything that you can do to improve their effectiveness? Have ideas to share to #MakeEPCGreatAgain?

Join EPC alumni and other competitors in a candid discussion to brainstorm the ideas you really care about. You never know, your ideas could significantly change in the way we do our business.

The interactive session will include activities to get you thinking on your feet, and icebreakers to get to know the other competitors and organizers better.

EPC Instruction Page

Essay and Speech Requirements, & Presentation Time *(Subject to change)*:

Grades 1 to 4 (Levels 1 & 2): Elementary School

<u>Group Name</u>	<u>Grade Level</u>	<u>Maximum Words</u>	<u>Speech Time^{^*}</u>
LEVEL 1	1 st & 2 nd	250**	3 mins.
LEVEL 2	3 rd & 4 th	500	4 mins.

Grades 5 to 8 (Levels 3 & 4): Middle School

<u>Group Name</u>	<u>Grade Level</u>	<u>Maximum Words</u>	<u>Speech Time^{^*}</u>
LEVEL 3	5 th and 6 th	750	5 mins.
LEVEL 4	7 th and 8 th	750	6 mins.

Grades 9+: High School/College

<u>Group Name</u>	<u>Grade Level</u>	<u>Maximum Words</u>	<u>Speech Time^{^*}</u>
LEVEL 5	9 th and 10 th	1000	7 mins.
LEVEL 6	11 th thru College	1000	8 mins.

* ONLY the top contestants in the **Written Essay contest** of each level may participate in the Speech Contest.

Introducing a new competition to EPC called:

EXTEMPORANEOUS SPEAKING (interested participants)

You will be given the exact prompt aligning with the EPC theme during the competition, and will have 30 minutes to prepare a 5 minute presentation based on your personal knowledge and optionally with references. Your speech will be graded on the basis of content and ideas, presentation and delivery, and precision of language. Your goal should be to prepare and present, not to memorize and

^ **Subject to change**

**Please use a standard business letter format. Level 1 handwritten letter should not exceed 3 pages. Must be scanned and submitted [online](#).

EPC Multimedia Contest Requirements

With the minimum time limit 30 seconds and maximum limit to 7 minutes, competitors will need to create a short, powerful video relating to the topic that leaves the viewer with a 'bang'!

Poster Contest Format & Guidelines:

Prepare and display your essay topic on a (32" x 40") self-standing poster. Poster could be a mixture of art and essay. A quality digital image of your poster is required. Submit your digital copy by 10 January 2022 (Visit <http://Epc.Mafiq.org> for submission instruction). Bring your poster for judging at the event day. You will be judged on artistic quality, interpretation of the essay topic, and presentation for the level you are competing. Top three posters in each level will be selected for awards and may get included in the next EPC book, in sha'Allah.

Multi-Media Presentation Contest Format & Guidelines:

Multi-media contest is for the Middle and High school categories only. Elementary level participants will not be graded. Present your topic using multi-media outlets. Submit your digital copy by 10 January 2022 (Visit <http://Epc.Mafiq.org> for submission instruction) or to a **DESIGNATED EMAIL** address to be provided by the judging committee. Bring your media devices and present during the contest. You will be judged on artistic and technical quality, interpretation of the essay topic, and presentation. Use of appropriate Islamic Nasheed/Quranic recitation is encouraged. Multimedia Presentation time must not exceed the level specific speech contest time (see page 2 above).

Continuing BREAKOUT GAMES at EPC 2022!

We know you are going to want to take a breather after the "public speaking jitters" for the EPC Speech Competition. But this year we are going to add a twist.. We will challenge everyone to continue the adrenaline rush...

All Middle schoolers are asked to brush up on the following Islamic topics:

- NAMES OF ALLAH
- SEERAH
- PROPHETS
- QURAN FACTS
- WOMEN IN ISLAM
- ISLAMIC HISTORY

Come prepared for a fun and thrilling game. After the speech competition, Elementary and Middle School participants will convene in separate rooms for this exciting event (LOCATION will to be posted at the event site.) An audience will be waiting on the edge of their seats. Race to reach the buzzers! Let the games begin...

EPC ESSAY WRITING Guidelines

EPC Encourages and Promotes Capacity building of our YOUTH!

Submission Deadline: Submit your [entries online](#) on or before **7th January**

2022 at <http://epc.mafiq.org/>

Strictly adhere to the following guidelines

- ❶ **DO NOT write your name or any personal information on the body of the text.** Use Times New Roman, 12 point font; no image is allowed in the text. Submit simple text only.
- ❷ You must register. Your registration information must include: name, address, phone number, grade level, the school/College you are attending, and the organization (Islamic Center) you are representing.
- ❸ Online submission (MS WORD Format) is **a MUST**
 - ✓ **DO NOT use multiple entries for the same submission. One essay per submission.**
 - ✓ **On the subject line mention:** EPC 2022, your level , your grade, your last name and first initial, your institution, and the name of the topics (see “sample: [essay submission email](#)”)
 - ✓ **Attach a word document following the directions given above.**
- ❹ **Scanned submission of letter for Level I only.** Please submit your scanned letter using the jotform provided. Your letter should not exceed 3 pages. DO NOT write your name or personal information on the letter. Follow the registration information.
- ❺ References must be cited using APA Format (<http://owl.english.purdue.edu/owl/resource/560/01/>)
 - for Quran citation use (Sura #: Ayaha #), and for Hadith, use (Source, Hadith #) or APA format
- ❻ Written statements from the parent/guardian and the author confirming that the work was primarily done by the author (Book publication requires that the work is original and their own.)
- ❼ EPC contest is a 3-phase event: Writing, speaking, and publishing.
- ❽ Top contestants in the Written Essay contest of each level will participate in the Speech Contest. Therefore, preparing and rephrasing the essay for the speech is highly encouraged for all participants upon completion of their essay.
- ❾ Preregistration is required for participation in the annual EPC contest.
- ❿ All essays, posters, and multimedia submitted for this contest become the property of Mafiq

Foundation. Mafiq Foundation reserves the exclusive right to use these materials for publishing, circulating, and promotional purpose.

An honor statement stating the type of help and the level of efforts that you received from your parents, teachers, or others on preparing the essay must be included. A sample honor statement is shown below.

EPC HONOR STATEMENT

I understand that it is a violation of the Academic integrity to use unauthorized materials or work from others without proper citation. I promise that I did not copy, nor someone else write down the essay for me. I further promise that the essay was researched, organized, and written by me with no help or limited help from my parents or others, and that the work presented herein is entirely my own.

Name of Participant _____ Date _____

Name of Parent _____

❖ Top essays and posters may get published in the EPC book, *Young Muslim Voices*, insha'Allah.

The “**FINAL EVENT**,” which includes: the Panel Discussion, if any, Speech Contest, Poster/Multi-Media Contests, and Awards Ceremony, will be held virtually on **15 Jan, 2022**, from 8:30 am to 4:30 pm, in-sha'Allah. All participants, their parents, and relatives are encouraged to attend the **Award Ceremony at 2:30 pm**

Organized by: Mafiq Foundation Inc.

Host: Diyanet Center of America, Lanham, MD

For [competition rules](#), format, [RUBRICS](#), and more [information](#) on EPC 2022, please visit <http://EPC.Mafiq.org>, or contact the EPC Coordinator by email: essays@Mafiq.org.