

Art of the Mind: The Connection Between Wellness and Career Success

Participants are encouraged to use artistic expression to reflect on their personal journey, career goals, and aspirations while promoting well-being, self-awareness, and resilience, which are essential as they progress through their careers.



Eligibility

Adults and students enrolled in public, private, and parochial schools in states with participating NCDA state divisions are eligible. A list of participating state divisions is available on the NCDA website at www.ncda.org.

Contest division areas include:

- Primary Grades K 2
- Intermediate Grades 3 5
- Middle Grades 6 8
- Senior Grades 9 12
- Adult Student 18 and older enrolled in school
- Open Adult 18 & older (Teachers, parents, professionals, etc)

Each entry should celebrate and inspire career development with a positive tone while emphasizing the national theme.

Requirements for Poems

- **Poetic Form:** Acceptable poetic forms, e.g. cinquain, free verse, diamante, haiku, limerick, metered, rhyming, blank verse
- **Size:** Submit each poem on a single sheet of paper 8.5" x 11", 12 point font.

Requirements for Art

- Lettering: Simple bold lettering is preferred. Captions are to be used to convey the theme, attract attention, and to achieve goals of clarity, vigor, and originality. All lettering will be considered part of the design.
- Media
 - Art 1 (A1): Standard use of ink, pencil, poster paints, magic marker, acrylics, and oils.
 - Art 2 (A2): Use of photos, clipart, graphic art

software, collage, cut and pasted paper, and mixed media.

• Size: Each poster must be created in 8.5" x 11" format, including matte, to be eligible.



Contest Deadlines

- Building/School Contest Submitted to State Contest by **December 20, 2023**
- State Contest submitted online to National Contest by **February 20, 2024**
- State Coordinators will submit top 3 winners in each category online here
 - Poetry
 - https://forms.gle/FfLJvm7jPZgg53pq5
 - Art 1

https://forms.gle/KbFpeQNKM8Uc54iA9

• Art 2

https://forms.gle/UcLi2jXnPApcus2SA

 Individuals who do not have a State Contest must self-submit entries online by February 20, 2024

https://forms.gle/ajJGMTbv7fT8eqyJ8

To obtain participating state coordinator contact information, please visit www.ncda.org or contact NCDA Headquarters at (918) 663-7060

Judging Process



Criteria

- Judging will be based on originality, creativity, and development of the national theme
- Poems will be evaluated on appropriate form, execution, spelling, and grammar
- Art evaluation will focus on the appropriate use of media, lettering, and basic principles of art.

Please adhere to the size requirements for each entry as many entries are received.

National Awards

National awards will be given to the first, second, and third place winners in the six divisions in both the Poetry and Art Contests. National winners will be recognized on the NCDA website, www.ncda.org, in May of 2024.

The winning entries will also be on display at the Annual Global Conference to be held in San Diego, June 26th – June 28th 2024.

National winners will receive from the National Career Development Association, a certificate, and a special congratulations gift.

NATIONAL RESULTS WILL BE POSTED ON THE NCDA WEBSITE IN MAY 2024.