Express yourself project oce an

Essay Writing Contest
November 14, 2012

Grand Prize: $300 CSULB Bookstore Gift Card
2 Runner Up Prizes: $100 CSULB Bookstore Gift Card
Project OCEAN (On Campus Emergency Assistance Network) is looking for students to share a true story of how he/she overcame a challenging time or event in his/her life. We need original, thoughtful, and provocative student voices to respond and expand on the following questions: 1) What was/were the challenge(s) you faced? 2) What were the things you did to cope with it? Who helped support you? What resources did you use? 3) Any personal strengths helped you overcome the challenge(s) faced? 4) Anything you learned about yourself through this trial? 5) What personal advice(s) would you like to share with someone who may be going through something similar?

**Prize:**
- 1 Grand Prize: $300 CSULB Bookstore Gift Card
- 2 Runner Up Prizes: $100 CSULB Bookstore Gift Card

**The deadline to turn in your essay is November 14th, 2012 at 5pm**

Winners will be contacted and announced November 30th on:
- Our Project OCEAN website: [www.csulb.edu/ocean](http://www.csulb.edu/ocean)
- Our Project OCEAN Facebook: [www.facebook.com/CSULBProjectOCEAN](http://www.facebook.com/CSULBProjectOCEAN)

**Instructions:** Write a meaningful well-written essay sharing your personal story. Have your thoughts organized, check for correct spelling and punctuation, use the standard 12-point font size with double-spacing, and make sure to keep your essay between 750 - 1500 words. Include the following information on a separate page or in the body of your email and separate from the essay: Your full name, student ID #, email address, mailing address, phone number, major, and current year.

Email your essay and personal information to Jennifer.Young@csulb.edu
In the subject line, make sure to title it as: “Express Yourself Essay Contest”.

For more information, please visit our website: [www.csulb.edu/ocean](http://www.csulb.edu/ocean)

Please note that Project OCEAN and Counseling and Psychological Services at California State University, Long Beach cannot be held responsible for protecting your anonymity or following up on requests for services. Should you need urgent mental health services please contact 1-800-273-TALK (1-800-273-8255) or call 911 for all emergencies.

All materials submitted become the property of Project OCEAN. By submitting your work to us, you are giving Project OCEAN and its partners, affiliates and licensees the non-exclusive right to publish your work in any format, including all print, electronic and online media. Project OCEAN may edit or abridge your work at its sole discretion.