



MESA DAY CONTEST RULES

2024-2025

(FINAL)

Sustainable Development ~ Prepared Speech

LEVEL:	Middle School (MS)
DIVISION(S):	Grade 6 and Grades 7/8
COMPOSITION OF TEAM:	2-3 students per team
NUMBER OF TEAMS:	Preliminary – Determined by your local MESA center Regional – # of teams per division at the discretion of each region (Northern/Central, LA/Central Coast, and Southern)
SPONSORS:	UC Irvine MESA College Prep San Jose State University MESA College Prep

OVERVIEW: Changes, if any, from “DRAFT” rules are highlighted in “yellow.” The United Nations defines sustainable development as “development that meets the needs of the present without compromising the ability of future generations to meet their own needs”. <https://www.youtube.com/watch?v=zx04Kl8y4dE>
Teams will choose a topic from the official topic list, research, prepare, and deliver a short prepared speech which demonstrates their knowledge of the subject matter.

Participation logistics and limits may vary by host site. Advisors and students are responsible for verifying this information with their local MESA center.

MATERIALS: The host MESA Center will provide the following:

- Internet-enabled computer and projector with HDMI/USB/VGA cables (verify with host Center)
- Standard table

GENERAL RULES:

- 1) Teams **must** consist of 2 to 3 students. Individual participants will not be allowed to compete.
- 2) Prior to MESA Day, teams **MUST** select one of the topics below derived from the [United Nations Sustainable Development Goals](#).
 - a. [Sustainable Development Goal 7: Affordable and Clean Energy](#)
 - i) How can ensuring access to affordable and clean energy support the community and increase educational and economic growth?
 - b. [Sustainable Development Goal 10: Reduced Inequalities](#)
 - i) What are the challenges in achieving equality for marginalized communities? How can addressing these inequalities promote social, economic, and political inclusion?

c. [Sustainable Development Goal 12: Responsible Consumption and Production](#)

- i) Explain how regulations on plastic production and waste management can combat ocean and land pollution.
- 3) Teams must research their topic thoroughly, prepare, and rehearse an oral presentation that clearly demonstrates their collective ideas.
- 4) Teams may use notes during the delivery of their presentation, however they should not read their presentation.
- 5) Teams must use at least one visual aid which assists in the understanding of the topic. Visual aids may include but are not limited to: PowerPoint/slideshow presentation, model, handout, poster, or video (confirm audio compatibility with host center).
- 6) Each team will have one (1) minute to prepare and up to five (5) minutes to present their topic. All team members should actively participate in the presentation.
- 7) Teams which advance to Regional MESA Day may use the same topic presented during the Preliminary competition.

JUDGING:

- 1) Judges will determine team order by random selection and will post the team order prior to the start of competition.
- 2) Team must be ready to present when called or forfeit the competition.
- 3) Only judges, MESA staff, and competing teams will be allowed in the competition room.
- 4) Presentation may not exceed 5 minutes. Once 5 minutes has elapsed, teams will be stopped and prevented from speaking beyond the 5 minute mark.
- 5) Judges will provide time signals at the following intervals: one (1) minute, thirty (30) seconds, and five (5) seconds remaining.
- 6) At the conclusion of each presentation the panel of judges shall evaluate each team according to the Scoring Criteria. Judges' scores will be averaged to determine final scores.
- 7) In the event of a tie, the team with the highest "Content" score shall be the winner. If teams are still tied, duplicate awards shall be given.

AWARDS:

- Awards will be given per division: Grades 6 and Grades 7/8.
- Medals will be awarded for 1st, 2nd, and 3rd place.
- Please check with your MESA center to determine the number of teams that advance to Regional MESA Day.

ATTACHMENTS/APPENDIX:

- Score Sheet

SCORE SHEET FOR PREPARED SPEECH**Middle School – Grades 6 and Grades 7/8***Copies of this inspection and score sheet will be provided by the MESA Day Host Center.*

Student Names: _____ MESA Center: _____

School: _____ **Grade 6 or 7/8(circle one)**

TOPIC/QUESTION: _____

Required Elements	YES		NO		
Team consist of 2-3 students			Unable to compete		
Visual Aid present			Unable to compete		
Presentation addresses topic from official list			Unable to place		
Content	Excellent (5 points)	Very Good (4 points)	Good (3 points)	Fair (2 points)	Needs Improvement (1 point)
Topic/Understanding of Subject: Clear understanding and explanation of the subject matter.	5	4	3	2	1
Preparation/Organization: Clearly organized with distinct and relevant introduction, body, & conclusion.	5	4	3	2	1
Logical Flow/Reasoning: On topic, deliberate progression of information.	5	4	3	2	1
Examples: Provides real world examples directly linked to the topic.	5	4	3	2	1
Presentation	Excellent (5 points)	Very Good (4 points)	Good (3 points)	Fair (2 points)	Needs Improvement (1 point)
Body Language: Confident, relaxed personable demeanor; fluid movements enhance presentation.	5	4	3	2	1
Pace/Flow/Vocal Control: Appropriate timing moves the audience smoothly from point-point. Voice clear & projects; clear pronunciation & enunciation.	5	4	3	2	1
Effective Use of Language: Clever, concise, and appropriate word choice; use of meaningful antidotes, statistics, or quotes.	5	4	3	2	1
Audience Engagement & Impact/Overall Presentation: Direct eye contact; effective use of gestures & facial expressions. Broad appeal and stimulates audience interest.	5	4	3	2	1
Visual Aid: Supports & enhances audience understanding of topic; creative; integrated seamlessly into presentation.	5	4	3	2	1
Team Participation: All team members participate equally in the presentation.	5	4	3	2	1
COLUMN TOTALS:					
FINAL SCORE:	/50				