



# MESA DAY CONTEST RULES

## 2024-2025

(FINAL)

### Sustainable Development ~ Impromptu Speech

LEVEL:	High School (HS)
DIVISION(S):	Grades 9/10 and Grades 11/12
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 shall research and prepare to deliver a short impromptu speech based on one of the 3 official Sustainable Development Goals.

**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:

- Competition questions
- One 5x7 index card and pencil per team member

#### 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 research each of the three [United Nations Sustainable Development Goals & Targets](#) listed below. Teams are encouraged to research both the listed Target #'s and related Indicators.
  - a. Sustainable Development Goal 7: Affordable and Clean Energy
    - i) [Target 7.1: By 2030, ensure universal access to affordable, reliable and modern energy services.](#)

**b. Sustainable Development Goal 10: Reduced Inequalities**

- i) Target 10.3: Ensure equal opportunity and reduce inequalities of outcome, including by eliminating discriminatory laws, policies and practices and promoting appropriate legislation, policies and action in this regard.

**c. Sustainable Development Goal 12: Responsible Consumption and Production**

- i) Target 12.3: By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses.

- 3) On MESA Day, teams will receive **6** questions, **2** from each of the topic areas listed above. Teams will randomly draw 2 of the questions and may select which **one** of the two on which they wish to present. The team **must** present on the question drawn/chosen.
- 4) Once the team receives the question they will have two (2) minutes to organize and prepare as a team to present.
- 5) Each team member will receive one 5x7 index card and pencil which may be used during both the preparation period and presentation.
- 6) No additional reference materials, presentations, props, judge handouts, or visual aids are allowed.
- 7) Teams will have up to five (5) minutes to present their topic. All team members should actively participate in the presentation.

**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 9/10 and Grades 11/12.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 IMPROMPTU SPEECH**

**High School – Grades 9/10 and Grades 11/12**

*Copies of this inspection and score sheet will be provided by the MESA Day Host Center.*

Student Names: \_\_\_\_\_ MESA Center: \_\_\_\_\_

School: \_\_\_\_\_ **Grade 9/10 or 11/12(circle one)**

TOPIC/QUESTION: \_\_\_\_\_

Required Elements	YES		NO		
Team consist of 2-3 students			Unable to compete		
Presentation addresses chosen question			Unable to place		
Content	Excellent (10 points)	Very Good (8 points)	Good (6 points)	Fair (4 points)	Needs Improvement (2 point)
<b>Topic/Understanding of Subject:</b> Clear understanding and explanation of the subject matter.	10	8	6	4	2
<b>Preparation/Organization:</b> Clearly organized with distinct and relevant introduction, body, & conclusion.	10	8	6	4	2
<b>Logical Flow/Reasoning:</b> On topic, deliberate progression of information.	10	8	6	4	2
<b>Examples:</b> Provides real world examples directly linked to the topic.	10	8	6	4	2
Presentation	Excellent (5 points)	Very Good (4 points)	Good (3 points)	Fair (2 points)	Needs Improvement (1 point)
<b>Body Language:</b> Confident, relaxed personable demeanor; fluid movements enhance presentation.	5	4	3	2	1
<b>Pace/Flow/Vocal Control:</b> Appropriate timing moves the audience smoothly from point-point. Voice clear & projects; clear pronunciation & enunciation.	5	4	3	2	1
<b>Effective Use of Language:</b> Clever, concise, and appropriate word choice; use of meaningful antidotes, statistics, or quotes.	5	4	3	2	1
<b>Audience Engagement:</b> Direct eye contact; effective use of gestures & facial expressions.	5	4	3	2	1
<b>Team Participation:</b> All team members participate equally in the presentation.	5	4	3	2	1
<b>Overall Presentation &amp; Impact:</b> Broad appeal and stimulates audience interest.	5	4	3	2	1
<b>COLUMN TOTALS:</b>					
<b>FINAL SCORE:</b>	<b>/70</b>				