



Regional Cluster Contest Guidelines

National Society for MANRRS

Contest Deadlines:

Regions I - VI: October 1, 2021

National Society of MANRRS Student Competitions

MANRRS has emphasized the importance of providing a myriad of opportunities for members to create a robust platform by demonstrating talent to achieve future goals. As a competition contestant, MANRRS has coupled this with an equal commitment to help students learn how to process research information as a necessary component to professional and academic excellence. Members have opportunities to effectively develop, enhance and express competencies in each competition; while acquiring a network, scholarships, internships, and full-time positions.

General Benefits to Participants

- A new opportunity to show your talent and apply your skills through comprehensive research. • Connect with top employers and peers with confidence.
- Build your resume in an enjoyable atmosphere.
- Challenge yourself to speak concisely while conveying ideas effectively.
- Realize your dream by engaging in critical thinking deliberations.
- Develop core competencies:
 - Fostering teamwork
 - Influencing without authority
 - Building relationships
 - Analytical thinking
 - Critical thinking
 - Flexibility

Submission Deadline

Advisors must submit contestants' names **for the appropriate contest by**

- **11:59 pm Eastern Time on October 1, 2021 for Region I/II/III/IV/V/VI**

Submissions received after this deadline will not be considered for participation. Only one person per chapter can participate in a contest. The highest rank person for the region will compete in Nationals.

Submission only at <https://www.surveymonkey.com/r/MANRRSContest>

Elevator Speech Contest

General Description

Active undergraduate or graduate members of MANRRS who attend the regional clusters are eligible to participate. Elevator speeches are limited to 60 seconds on a topic pre-established by the President-Elect.

Competencies

- Oral Communication
- Delivering Results
- Taking Initiatives
- Demonstrating ethics and integrity

Purpose:

The purpose of the elevator speech contest is to sell the brand of MANRRS to the judges and audience.

Requirements for Entry

Active undergraduate and graduate members of MANRRS who attend the regional cluster are eligible to participate. A single first place winner, either undergraduate or a graduate will win the contest at the regional level and qualify for the national contest.

Process

- Each Chapter Advisor in their respective region will submit one participant from their institution.
- Students will be selected at random for order of speech presentations.
- Elevator speeches are limited to 60 seconds. After 60 seconds, a penalty of 1 point will be deducted for every 1 second the student goes over the time limit.
- There are no additional aids, materials, or props that can be used during the contest at the regional or national level.
- Each regional cluster will award a single 1st place winner.
- If the selected winner is not eligible, forfeits, or cannot attend the national conference, then the overall second place winner will be awarded national eligibility.

Awards

Regional Level

First Place TBD

Second Place TBD

National Level

First Place TBD

Judging Criteria

Each criteria is worth a total of 10 points with a maximum score of 60

- Presentation
 - General Appearance, Posture, Enthusiasm

- Voice
 - Projection, Control, Volume, Clarity
- Language
 - Articulation, Grammar
- Organization
 - Structure, Order
- Style
 - Demeanor, Confidence
- Content
 - Value, Effectiveness, Appropriateness

Impromptu Public Speaking Contest

General Description

The MANRRS Impromptu Public Speaking Contest is designed to develop the ability of all MANRRS members to express himself or herself on a given subject without having prepared or rehearsed its content in advance. This provides the MANRRS members an opportunity to gain public speaking skills and effective quick and critical thinking as they formulate their remarks for presentation in a very limited amount of time. The event requires students to think on their feet, state their case quickly and persuasively, and to be able to answer relevant questions from the audience and judges based upon their presentation.

Competencies

- Communication
- Leadership
- Interpersonal Collaboration
- Confidence

Requirements for Entry

- Participation is limited to members of MANRRS. Total number of participants will be limited at Regional Clusters to 10 participants on a first come, first serve basis. The pre-registration process will each Chapter Advisor in their respective region will submit one participant from their institution. The 1st and 2nd place winners of each Regional competition will be qualified for the National competition to be held during the MANRRS National Conference. The same contest rules will be followed at the National Conference.

Tie Breaker

Judges will make sure that there will be a first and second place winner at the Regional Cluster and one winner at the national conference. In the event of a tie, the winner will be determined by drawing and answering an additional impromptu question. Aside from the judges, there will be an additional super delegate (a national officer or professional member) that can act as the deciding vote if the judges cannot come to a final decision. The super delegate must attend for the second question.

Rules

1. Each contestant's written production will be the result of his/her own efforts. Facts and data may be secured from any source prior to the contest start.
2. Impromptu Public Speaking contestants will dress in a professional manner.
3. Violations of any of the rules will result in the disqualification of the contestant by the contest superintendent or representative.
4. Subjects
5. Students will be selected at random for order of speech presentations.
6. Contestants will be admitted to the "preparation room" at 10-minute intervals and given exactly 20 minutes for topic selection and preparation.
7. The selection of topics shall be held directly before the preparation time commences. The contestant will draw a topic related to MANRRS, the industry of agriculture, or its related sciences.
8. Topics should be specific and related to current issues pertaining to MANRRS and the industry of agriculture or its related sciences. Topics will be generic in nature. All topics will be developed by the MANRRS President Elect and provided to contest superintendents.
9. A national officer or preselected person will monitor the preparation room to make sure that contestants are using no use of unauthorized materials.
10. Reference material that can be used includes printed material such as books, or magazines from the internet (cannot be notes or speeches prepared by the contestant or notes prepared by another person for the purpose of this contest). At each cluster or at the national conference a computer center or authorized set up computer(s) can be used during the 20-minute preparation period under supervision. In the event that a computer center is unavailable, a computer, tablet, or cellular device will be provided for your use. Collected quotes must be individually referenced. To be referenced by author, the name of the document or website in which the article appears, the publisher or website organization, and that date of publication or posting must be noted. A list of citations from the speech will be collected at the end of each speech.
 - i. Shall be limited to five sources within the speech.
11. Each speech shall be the result of the contestant's own effort using approved reference material, which the contestant may bring to the preparation room. No other assistance may be provided. Any notes for speaking must be made during the 20-minute preparation period. A watch may be used by the speaker to keep record of their time.
12. A list of all possible topics will be given to and reviewed by the judges prior to the beginning of the

contest. **Time Limit**

- Each speech shall not be less than two or more than four minutes with three minutes additional time allowed for related questions, which shall be asked by the judges. The chairperson of the contest shall introduce the

contestant by name and the contestant may introduce his/her speech by title only.

- Contestants are to be penalized one point per second on each judge's score sheet for being over four minutes or under two minutes. Time commences when the speaker begins talking. At the 1, 2, 3, and 3.5-minute mark the contestant will be given a warning card by the timekeeper.
- A timekeeper shall be designated who will record the time used by each contestant in delivering his/her speech, noting "under time" and "overtime," if any, for which deductions should be made.
- During the question phase, time will be called at exactly three minutes, whether or not the contestant is finished with their answer or a judge is asking a question.

Method of Selecting Winner

- Regional/cluster contests will be under the direction of the MANRRS Regional Vice Presidents and their advisors. They will designate an individual as contest Chairperson or act as contest Chairperson themselves if they cannot assign one.
- Three competent and impartial persons will be selected to judge the contest.
- The judges will score each contestant upon the delivery of the production, using the score sheet provided. • Each judge may formulate and ask questions. Questions shall pertain directly to the speaker's subject. Questions containing two or more parts or requiring a yes or no answer should be avoided. Judges will score each contestant on the ability to answer all questions asked by all judges. The full three minutes for questions should be used. • When all contestants have finished speaking, each judge will total the score for each contestant. The timekeeper's record will be used in computing the final score for each contestant.
 - Contestants shall be ranked in numerical order based on the final score to be determined by each judge without consultation with each other. The judges' total points for each contestant then shall be added and the winner will be the contestant with the most points. Other placing shall be determined in the same manner.

Explanation of Score Sheet Point

A. Knowledge of subject includes:

- a. Importance and appropriateness of the subject
- b. Suitability of the material used
- c. Accuracy of the statements included
- d. Evidence of purpose

B. Organization of materials includes:

- a. Organization of the content
- b. Unity of thought
- c. Logical development
- d. Language used
- e. Sentence structure

should be in PowerPoint format. The Superintendent reserves the right to reject a submission if it does not meet the established guidelines shown below.

Abstract Requirements:

Abstracts must be prepared according to the general guidelines for MANRRS abstract submissions. 3MT abstracts should be prepared as follows:

- The author presenting the 3MT must be denoted by an asterisk (*) at the end of his/her full name. The author should be the first author and the work must be original. The College/University and location should be listed following the name. The abstract should present a general overview for the student's thesis or dissertation project.
- Do not include graphs, charts, plots, tables, illustrations or references in the abstract. • Enter three keywords to describe the project. At least one of the keywords must be taken from the title of the paper.

Presentation Guidelines:

- A single static PowerPoint slide is permitted. No slide transitions, animations or 'movement' of any description are allowed. The slide is to be presented from the beginning of the oration. Slides note are not permitted for use during the presentation.
- The slide should be a standard size based on the widescreen 16:9 landscape format.
- No additional electronic media (e.g. sound and video files) are permitted.
- No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted. • Presentations are limited to 3 minutes maximum and competitors exceeding 3 minutes are disqualified.
- Presentations are to be spoken word (e.g. no poems, raps or songs).
- Presentations are to commence from the "stage".
- Presentations are considered to have commenced when a presenter starts their presentation through either movement or speech.

Application Procedures

Regional Contest: There will be two divisions for the contest: 1) M.S. Level, 2) Ph.D. (or equivalent) Level. Each recognized MANRRS Chapter is permitted to one entrant per contest division. Participants will be selected on a first-come-first-serve basis through time-stamped submissions. It is the responsibility of the participants to ensure their abstract and presentation were received by the contest superintendent. The deadline for submission of the abstract and presentation will be at 11:59PM (EST) on the following date for each region;

- Region I/II/III/IV/V/VI - **October 1, 2021**

After the submission deadline, the contest superintendent, who reserves the right to reject any abstract submission, will review all submissions. The main criteria that will be considered by the contest

superintendent when reviewing abstracts for acceptance are:

- Strict adherence to presentation and abstract formatting guidelines.
- Confirmation of work authenticity through MANRRS advisor and faculty advisor.

National Contest: A single competitor for each contest division from each Region shall advance to the National Contest. This competitor will be the individual that placed in 1st. The Regional 2nd or 3rd place winner will advance to the National Contest if the 1st place winner is unable to compete. Should the 1st, 2nd, or 3rd place winner within a Region not be available to compete, the entire Region will be disqualified from competition. The Regional competitor will be required to confirm their intent to compete by 11:59PM (EST) on January 31 preceding the National Conference. The competitors are not permitted to edit their abstract or presentation in any way. The items presented at the Regional Contest will automatically advance to the National Contest. Participants are permitted to change the content of the verbal speech associated with their presentation at their own discretion. The presentation must continue to remain within the three-minute time range. The contest superintendent shall ensure the safeguarding of all contest abstracts and presentations between the Regional and National Contest.

Awards

Regional Contest (Applies to both Contest Divisions):

- 1st Place – Certificate and admittance to National Competition.
- 2nd Place – Certificate
- 3rd Place – Certificate

*Regional 2nd or 3rd place winners will advance to the National Contest if the 1st place winner is unable to compete. Should the 1st, 2nd, or 3rd place winner within a Region not be available to compete, the entire Region will be disqualified.

National Contest (Applies to both Contest Divisions):

- 1st Place – Award Plaque, \$500, and opportunity to present 3MT to the National MANRRS Body.
- 2nd Place – Award Certificate and \$250
- 3rd Place – Award Certificate and \$150

Contest Evaluation

Judging Criteria: At every level of the competition each competitor will be assessed on the judging criteria listed below. Each criterion is equally weighted and has an emphasis on audience.

Comprehension and Content

- Did the presentation provide an understanding of the background and significance to the research question being addressed while explaining terminology and avoiding jargon?
- Did the presentation clearly describe the impact and/or results of the research, including conclusions and outcomes?
- Did the presentation follow a clear and logical sequence?
- Was the thesis topic, research significance, results/impact and outcomes communicated in

language appropriate to a non-specialist audience?

- Did the presenter spend adequate time on each element of their presentation - or did they elaborate for too long on one aspect or was the presentation rushed?

Engagement and Communication

- Did the oration make the audience want to know more?
- Was the presenter careful not to trivialize or generalize their research?
- Did the presenter convey enthusiasm for their research?
- Did the presenter capture and maintain their audience's attention?
- Did the speaker have sufficient stage presence, eye contact and vocal range; maintain a steady pace, and have a confident stance?
- Did the PowerPoint slide enhance the presentation - was it clear, legible, and concise?

Judging Panel: To provide every entrant with a similar experience, it is recommended that the following be taken into consideration when composing the judging panel.

- Three to five judges should be included on the panel.
- The judging panel should be objectively balanced by age, gender, academic/professional positions, and disciplines.
- Should judges declare any conflict of interest, they should still vote on each 3MT presenter's oration, even if the presenter is from their discipline/institution.
- At the Regional Contest level, the Regional Graduate Vice-President is required to attend the presentation and serve as a tie-breaker. Should the Regional Graduate Vice-President be unavailable, the Regional Undergraduate Vice-President shall take their place.
- At the National Contest level, the National Graduate President is required to attend the presentation and serve as a tie-breaker. Should the National Graduate President be unavailable, the Contest Superintendent shall take their place.

Three Minute Timer: A three minute time will be used for candidates when presenting. This can be displayed for the competitor on a laptop (Power Point) or tablet device (Timer App). A countdown timer is recommended as it will assist in familiarizing competitors with the format if they progress to national or international competitions. Visual cues (such as raising a visible yellow card) to illustrate a 30 second warning, and ringing a bell at the final three minute mark are also useful for competitors.

Winner Determination Process: At both the Regional and National Contest level, the winners of each division of the competition shall be determined by the overall highest average score calculated from the combined individual judging sheets. At the Regional Contest level, the Regional Graduate and Undergraduate Vice-President are responsible for the calculation of the scores. At the National Contest level, the National Graduate President and Contest Superintendent are responsible for the calculation for the final scores.

At the Regional Contest level, should a tie occur at any level (1st through 3rd), the Regional Graduate Vice President, shall serve as the tie breaker and select the winner. The tie-breaker vote will account for exactly one additional point. Should the Regional Graduate Vice-President be unavailable, the Regional Undergraduate Vice-President should take their place. The tie-breaker vote decision(s) are final.

At the National Contest level, should a tie occur at any level (1st through 3rd), the National Graduate

President, shall serve as the tie breaker and select the winner. The tie-breaker vote will account for exactly one (1) additional point. Should the National Graduate President be unavailable, the Contest Superintendent should take their place. The tie-breaker vote decision(s) are final.

Judge Evaluation Sheet: Each contest judge shall be provided an evaluation sheet for each individual competitor. The judges should not place any personal identifiers on the document. Only the contestants name, university, and presentation title should appear on the documents. The evaluation sheets from the Regional Contest shall be scanned and sent to the contest superintendent within 5 business days of the conclusion of the Regional Cluster Conference. The evaluation sheets from the National Contest shall be submitted to the content superintendent immediately following the conclusion of the National Contest. These documents shall be safeguarded until the conclusion of the National Conference. The evaluation sheet can be found on following page.

MANRRS Interview Contest

(Zoom)

The Interview Contest is an opportunity to practice the real-life skills needed to apply for a job. Participants prepare a resumé and cover letter for a job they choose from the Interview Contest Job Descriptions. Evaluators review their performance during a mock interview and give constructive feedback using a standard evaluation rubric.

This contest was begun with several direct and indirect benefits for members and organizers in mind. It is the goal of this contest to consistently meet and practice the skills that bring these benefits. Benefits for the member...

- Comfortable in Interview Scenarios
- Confidence
- Critical Thinking
- Effective Verbal Communication
- Effective Written Communication
- Evaluating Experiences for Skills and Lessons
- Evaluation Skills
- Impromptu Thinking
- Non-Verbal Communication Practice and Awareness
- Organizational Skills
- Persuasive Presentation
- Preparation Skills
- Relating Experiences to Questions
- Self-Esteem
- Self-Expression
- Sharing Skills
- Skills to Take Beyond the Contest
- Social Skills

- Wise Use of Resources Benefits for the Organize

Interview Technology

After registering, students will receive a confirmation for their time block with a <https://zoom.us/> virtual meeting platform link. Students are encouraged to log in 15-minutes in advance to ensure their webcam, mic, and speakers are working. During their scheduled time block, students will log on with a computer/tablet or smart phone and present in front of a camera/webcam.

Required equipment:

- Computer/Tablet with webcam, microphone, and speakers and wifi connection
- Or smart phone with camera

Prepare for a distance interview just as you would for a regular interview. Compile a list of your strengths and weaknesses, as well as a list of answers to typical interview questions.

Practice Interviewing

Talking on the phone or on Skype isn't as easy as it seems. Practicing being interviewed is always helpful. Have a friend or family member conduct a mock interview and record it so you can see how you sound over the phone or how you sound and look over Skype. You will be able to hear your "ums" and "uhs" and "okays" and you can practice reducing them from your conversational speech. Also rehearse answers to those typical questions you'll be asked.

During the Distance Interview

- Don't smoke, chew gum, eat, or drink.
- Do keep a glass of water.
- Smile. Smiling will project a positive image to the listener and will change the tone of your voice. -Speak slowly and enunciate clearly.
- Use the person's title (Mr. or Ms. and their last name.) Only use a first name if they ask you to. -Don't interrupt the interviewer.
- Take your time - it's perfectly acceptable to take a moment or two to collect your thoughts. -Give short answers.

After the Interview: Take notes about what you were asked and how you answered. Remember to say, "thank you."

Personal Preparation:

Identify six to eight examples of past situations that you would like to highlight to a company as it relates to the job and/ or competencies. Use the STAR method to organize your thoughts.

Questions you may want to ask...

- Please describe the typical first year assignments.
- What type of training program do you offer new employees?
- What do you see as the greatest challenge in this position?
- What opportunities exist for professional growth and development?
- What are the company's plans for future growth?
- What makes your firm different from its competitors?
- Describe the work environment.
- Is it the company's policy to promote from within?
- What is the overall structure of the department where the position is located? • What characteristics does a successful person have at your company?
- Please describe a typical day on the job.
- How are employees evaluated and promoted?
- What are the typical career paths? What are realistic time frames?
- How has working at this company influenced your personal and professional growth?

Questions you may be asked....

- Tell me about yourself.
- What are your short-term and long-term career goals?
- What are the most important rewards you expect in your career?
- What do you consider to be your greatest strengths and weaknesses?
- How has your college experience prepared you for a career?
- Why should I hire you? Why do you want this position?
- In what ways do you think you can make a contribution to our organization? • Why did you choose the career for which you are preparing?
- How would you describe the ideal job for your following graduation?
- What motivates you to put forth your greatest effort?
- Do you have plans for continued study? An advanced degree?
- Do you think your grades are a good indication of your academic achievements? • What non-career related goals have you established for yourself in the next 5 years?

Resume Tips

A resume is a position specific one page summary of your skills, accomplishments, experiences, and education designed to capture a prospective employer's interest. The purpose of a resume is to secure an interview with a potential employer. It is the primary tool of your job search and may take several drafts to prepare effectively. Think of your resume as the “works cited” page for your cover letter.

Things to include in a resume:

- Name, address, email and telephone number
- Position you are applying for

- Education, training or past experiences which are targeted to the needs of the position
- Work experience
- Student organization, school or community activities relevant to the position
- Unique or value-added skills which would be beneficial to the position

Tips for resume writing:

- Resumes should be attractive and represent you- *Use active language!*
- Resumes should be neatly typed
- No misspelled or incorrect words! Use spell check!
- No grammatical errors! Use grammar check or have someone proof your resume.
- Use a typeface that is easy to read—Times New Roman, Calibri or Arial
- Do not include a photograph with a resume.