

# NATIONAL PTA REFLECTION COMPETITION

Create a piece of literature, music, film, photography, choreography, or visual artwork based on the theme:

## LOOK WITHIN

Turn your project into your school's PTA by:

Make sure to follow the guidelines for each type of creation to be eligible for competition:

### Literature

- ≤ 20,000 words (A word count must be included with submission)
- Print on 8.5" x 11" paper, one side only
- Number each page
- On the back of each page, write name, entry title, and school

### Visual Arts: 2-dimensional

- Maximum size is 24" x 30" (including matting)
- Do NOT frame
- You may include a photo of the art, but not necessary
- On the back write name, entry title, and school

### Visual Arts: 3-dimensional

- Maximum size is 20" x 20" x 24"
- It is recommend to make the structure firm, as entries must be able to travel to various destinations for judging and display for up to 12 months
- You may include photos of the art, but this is not necessary
- On the back write name, entry title, and school

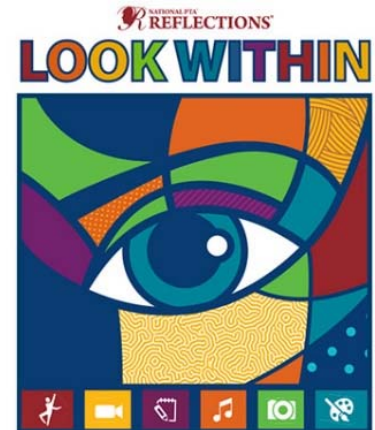
### Photography

- Must be a single photo (no collages)
- Photo must be in the size range of 3x5-8x10
- Photo must be mounted
- Maximal size with matting is 11x14
- On the back, write name, entry title, and school



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### Film Production

- Must be the work of 1 student
- Must be < 5 min in length
- File must not exceed 1 GB in size
- Must be submitted as an .avi, .mov, .mp4, .wmv, or .flv file type
- Submit on a CD, DVD, or flash drive. Do not submit links
- If music is featured in the movie, the music must be properly cited

### Dance

- Must be the work of 1 student
- Must be < 5 min in length
- File must not exceed 1 GB in size
- Must be submitted as an .avi, .mov, .mp4, .wmv, or .flv file type
- Submit on a CD, DVD, or flash drive. Do not submit links
- If music accompanies the dance, the music must be properly cited

### Music Composition

- Must be the work of 1 student
- Must be < 5 min in length
- File must not exceed 1 GB in size
- Must be submitted as an .mp3, .wma, .wav, .acc, or .flac file type
- Submit on a CD, DVD, or flash drive. Do not submit links
- For Middle School and High School submissions, a score must accompany the music

### Do you have further questions?

Contact your Unit's Reflection Chair:

Or the Western Region Reflection Chair:

Jill Paterson, [jillkp@hotmail.com](mailto:jillkp@hotmail.com)