$1000 Essay Scholarship
for High School Students (11th and 12th Graders)!!!

Topic: “How does your personal definition of success affect your mental health?”

1000 Word Limit. Please submit in PDF or MS Word format along with an Application and Release Form, which can be found at www.culturetoculture.org

Deadline March 17, 2014

What are some signs of a mental health issue?

- Feeling exhausted all the time
- Withdrawing from your friends
- Difficulty sleeping
- Gradual or sudden decline in grades
- Alcohol and drug abuse
- Hearing or seeing things that others don’t
- Extreme anxiety toward food & body image
- Feeling stressed, anxious or depressed
- Finding it difficult to cope with academic pressures, family conflict, relationships, financial hardship, bullying or school safety issues

Comments From Our Educators

“The Culture to Culture essay contest to support awareness of mental health issues among young people is vitally important—not just for the scholarships and student recognition that the contest provides, but for the benefit of the many students who realize through the student essays that “I am not alone”, and seek the help they need.”

Ms. Mary Shelton, Superintendent of San Ramon School District

“The message is heard through the voices of our students. They speak with passion and with heart. Providing them an opportunity to share their most personal feelings is only matched by the impact of what we hear. Their words are incredible.”

Ms. April Scott, Principal of Monte Vista High School in Cupertino

“The work of the Culture to Culture Foundation has a direct impact on the lives of the students and families of the Bay Area. The Foundation provides resources and support to help students understand and manage the challenging experience of being a teenager in a fast-paced, ever-evolving era. Culture to Culture is dedicated to empowering the Asian-American community with resources, information, and support. Changing the attitudes, beliefs and behavior of young people around mental health issues can only happen when we’ve reached their minds and their hearts. Thank you Culture to Culture for helping hearts heal.”

Dr. Jim Morris, Superintendent of the Fremont School District

“In today’s complex world, filled with ever changing demands and increased competition, our students are put into a pressure cooker. The pressure to succeed and be the best they can be is more intense now than it has ever been before. Stress is a good thing, it motivates us and keeps us on our toes. However, distress is unhealthy. Lack of sleep, cutting, substance abuse, and depression are all some of the side-effects of distress in teenagers. As adults we need to be skilled at recognizing the signs of distress and taking action to implement policies that reduce stress. As the leaders, school employees also have the power and expertise to affect positive change for our students.”

Mr. Zack Larsen, Principal of Mission San Jose High School

Please email submission along with application and release form to: culturetoculture2014@gmail.com
For more information, please find us at culturetoculture.org

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