Group members’ names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic: \_\_\_\_\_\_\_\_\_\_\_\_\_

**National History Day**

**FINAL-Paper**

**Example Essays:**

<https://www.nhd.org/project-examples>

**General History Day Rules:**

1. Your project must align with the History Day theme: Breaking Barriers
2. You are responsible for purchasing and creating all props and equipment. All entries should be constructed with transportation, setup time, size, and weight in mind (e.g., foam board versus solid oak for an exhibit, folding table versus antique desk for a performance, etc.). You must provide your own equipment, including computers and software, unless the contest coordinator has specified that certain equipment
3. During the school, state, and nationals competitions, you should be prepared to answer judges’ questions about the content and development of your entry and to explain the design, research, and creation of your entry. You may not give a formal, prepared introduction, narration, or conclusion. Let the judges’ questions guide the interview. Ultimately, your entry should be able to stand on its own without any additional comments from you.
4. You are not permitted to wear costumes that are related to the focus of your entry during judging, except in the performance category
5. Items potentially dangerous in any way—such as weapons, firearms, animals, organisms, plants, etc.—are strictly prohibited.

**Essay Rules:**

1. Paper length requirements: 1,500 to 2,500 words
   * Each word or number in the text of the paper counts as one word. This includes student-composed text as well as quotes from primary or secondary sources.
2. Your essay will need to include Chicago Turabian ciatations
3. Remember, you must include at least 15 total  sources for each group member (10 of that total must be primary sources)
4. Your essay must be typed using the following criteria: double-spaced, Times New Roman, 12 point font, and 1 inch margins

**Essay Instructions:**

1. Turn your outline into an essay
2. Chicago Turabian Citations (footnotes) required
3. You will write your essay on the second page

**Essay Final**

Title:

Name:

**Junior Division**

**Historical Paper**

Paper Length:

(Type your essay below)