**Torch Writing Contest**

Share Your Stories with the VNSA Writing Contest!

The Virginia Nursing Students Association’s 68th annual conference will take place on Saturday February 29th, 2020 at Liberty University. **This year’s theme is *“Leaping into Action.”***

VNSA wants to hear your experiences in preventing nursing burnout, and strategies that nursing students can use to help them through challenging times throughout their careers. **Please write an article on a topic of your choice relating to the topic listed on the website and submit it to** [**vnsaeditor@gmail.com**](mailto:vnsaeditor@gmail.com) **by 11:59pm on January 31th, 2020.**

First place winner will be awarded $50 dollars, free registration to the VNSA 2020Conference, and will be published in the 2020 VNSA Spring Torch Newsletter.

Second place winner will also be published in the 2020 VNSA Spring Torch Newsletter.

Please limit submissions to 1,000 words and attach the following form to the submission. We encourage funny and serious essays! Please note that any articles that were written for previous class-related assignments may not be submitted. Winner will be contacted the last week of January.

**\*\*Please see the follow page for Application instructions\*\***



**Torch Writing Contest Submission Form**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mailing Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Self-Bio: (please include a short bio 2-6 sentences about yourself including your year in school and your future goals for nursing)**

**I pledge that my attached submission is my own work, was not previously used as a class assignment, and I give permission for my writing to be published in the 2020 Spring Torch Newsletter.**

**Signature:**

**Date:**