



NIGHT @ THE LAB



2023 Event Guidelines

Competition Schedule

This year's **regional** competition (due by Oct 24) will be held virtually. The **statewide** competition (Dec 5 & 6) will be in person at KU Medical Center. All teams will submit their presentations on the same schedule and will be divided into six regions across the state, according to their school's location. See the submission section for more information. A winner will be selected from each region and will move on to give a live presentation at KU Medical Center at the statewide competition.

The schedule for the competitions is as follows:

Aug 14 - Sept 8	Registration
Sept 12	Topics assigned to all teams
Sept 12 – Oct 24	Project work time
Oct 24	Project Submission Deadline
Oct 25 – Nov 3	Judging - online
Nov 3-6	Regional Winners Announced
Dec 5-6	Statewide Competition at KU Medical Center – in person with display board

Investigation and Design

Night @ The Lab projects will be completed in teams of 2-3 students. Schools may register more than one team at the regional competition. Projects must be completed with full participation from all team members. Teams will receive a topic over a broad health related topic that students can hone to suit their research. Topics will be assigned on September 12, 2023, via email to the sponsor/teacher listed on the registration form. Findings must reflect valid evidence, thoughts and experiences of team members, and knowledge gained from the participation in this project.

Acceptable Resources

Information for reports and displays must come from trusted sources. It is very important when conducting research that information is correct. Students must document each source used during their presentation and provide resource information. This should be a slide in the presentation and a paper copy included at the state level.

Visual Presentation

The display will be in the form of a visual presentation. For regionals, students should have a physical board created (edits can be made for those who advance to state). Presentations should include the physical board. If a digital presentation (Powerpoint, Prezi, Google Slides, etc.) is used, please make sure the students and the slides are visible in the video. For those who advance to Statewide Competition, competitors **MUST** have a physical board. Visual presentations should attract and inform as well as make the most use of space with clear and concise information. Remember to be **CREATIVE!** Props and display items are allowed, but again, creativity is the key!

Please make sure videos are reviewed before submission for audio quality, visibility, etc. to allow for the best judging situation possible.



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Video Presentation for Regionals

Students **must** prepare and record an oral presentation **at least 4 minutes**, but no longer than 6 minutes, to share with judges. This time limit will be strictly followed in selecting winners from regional. Remember to begin each presentation with introductions. Additionally, while speaking, each team member should do a hand-off such as, "Next, Amelia will talk about the effects of this issue."

Team members must:

- Have a speaking role and be visible in the recording
- Dress professionally
 - For males (slacks, khakis, polo)
 - For females (dress pants, dress shirt, sweater)
 - **No jeans or excessive jewelry**
- Speak clearly – enunciate each word clearly, pause between thoughts, project your voice

At the statewide competition, competitors will give their presentation to live judges at KU Medical Center. Presentations must remain under the same time guidelines; however, an additional 5 minutes will be allowed for the judges to ask follow-up questions.

Presentation Submission

Teams will submit their video to **Dropbox**. A link will be sent to teachers approximately one week before the submission deadline. **Submission files MUST be labeled with the school name and then the student names. Files not named in this manner will not be judged.**

Example: Schoolname.student1.student2.student3

Judging

For the regional competition, submissions will be judged by a panel of KU Medical Center representatives. Each presentation will be judged on content of presentation, professionalism, creativity, and group participation. The top team from each regional competition will advance to the statewide competition and give their presentation at KU Medical center to a panel of medical professionals on December 6, 2023.

For More Information

Contact Tina Goosz at (620) 235-4040 or tgoosz@kumc.edu.



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Tips for Effective Presentations

When building a presentation, we recommend a few strategies to boost the effectiveness of the visual aid.

- Keep in mind the audience is there to learn from you, not read the slides or have the slides read to them.
 - Slides are not for the presenter; they are for the audience. They are a visual aid, not a cue card.
 - Each slide should contain visual cues such as: charts, photos, art, etc.
 - Words or bullet points should be limited to just a few per slide. If you have many words on the slide, your audience will read them and not listen to you.
- Using Backgrounds: When choosing a background for a presentation, we recommend following a few guidelines to ensure minimal distractions for the participants.
 - Avoid using gray as a background color or text color.
 - Avoid using photos, designs, or watermarks behind text.
 - Avoid using bright/bold colors as a background color.
 - Avoid using text with shadows.
- Video Recording/Web Conferencing Guidelines
 - Create a background free of visual distractions (doors, floors, ceilings out of view, etc.). Ensure clear space around your head and torso, nothing that looks like it is emerging from your body!
 - Schedule the recording at a time that does not include the bell or principal's announcement.
 - Practice with a "dry run" first to ensure the audio, video, etc. is working well, then record.
 - Record in a bright room free from shadows; poor lighting creates a grainy picture.
 - If you mess up too many times, stop recording, and then start over again.
 - When your classmate is presenting, look at your classmate like you are interested in what they are saying. (Looking elsewhere makes the audience wonder what you are looking at which is distracting.)
- Practice! Practice! Practice!
 - Practice several times so that you do not need to read the notecards, but only periodically glance at them. Your presentation will look more genuine if it appears you are speaking to the audience rather than reading from cards.
 - Practice "handing-off" your speaking role to your classmate.