

ESSAY CONTEST INFORMATION AND GUIDELINES

We're soliciting writings on the subjects of *status* and *status anxiety*. **The winner will receive a cash prize of \$350 and the opportunity to have your work published in a forthcoming book on teens and status, written by authors Michael Y. Simon, M.F.T and Laura Konigsberg, Ph.D.**

Status is defined as the "amount and type of goodies *accorded or given over to you* by others: material goods and services, control over your own time, comfort and/or a lifting of physical, geographical and psychological burdens or barriers," and perhaps most importantly, responses from other people that help you feel cared about and just plain great to be you.

High status accords a sense of personal value conveyed through others' admiration and adulation of you. **Status anxiety** then describes the intense and pervasive worries about whether the world and those in it approve of, value and love you.

Self-esteem and **status** are related: the more self-esteem you possess, the more *you* value yourself and feel okay as you are; the more status you possess, the more the *world/others* give you the message that you're okay as you are. If your self-worth is based on others' esteem, then you had better be successful in ways that the culture prescribes or you're likely to feel pretty miserable. Your road to personal happiness had better be filled with great grades, the right clothes, a perfect body, bling, sexiness, media attention and approval, and a career path pointing towards a killer job that pays a ton.

We're looking for all kinds of teen voices and perspectives, for example:

- 1) From those who are fatigued or angry about trying to maintain one's status during the high school years; how do you understand status and anxiety over status?
- 2) From those who have alternative visions of how to succeed at life other than by "getting into the best college, wearing the coolest clothes or hooking up with the hottest guy/girl";
- 3) From those who value what the culture values and think the "goodies" of high status are worth the price of anxiety or;
- 4) From those who are very aware of how difficult it can be to be the kind of person they think others need them to be and don't see other alternatives.

Entries should be between 3-10 pages, typed (12 pt. typeface), with page numbering and the writer's name, address and contact information provided on a cover sheet at the beginning of the essay. The contest winner will receive a cash award of \$350 and the opportunity to have his or her writing published.

All entries for the essay contest should be received by October 31st, 2007 and sent by email to: Michael@practicalhelpforparents.com

Or via regular mail to: Michael Simon, 5665 College Avenue, Suite 340C, Oakland, CA 94605

IMPORTANT NOTE ABOUT PUBLISHING AND CONFIDENTIALITY: **Please note that by entering this contest, you are giving your permission for the authors to publish your writing in whole or in part.** If you are the contest winner, you will have the choice of having your writing published anonymously or you may receive attribution credit if you wish. All other submissions, if utilized, will be quoted or published anonymously, and your confidentiality maintained.

2007 Essay Contest

Teens & Status

Are you "in" or "out"?

We're soliciting writings on the subjects of *status* and *status anxiety* among teenagers. The winner will receive a cash prize of

\$350

and the opportunity to have your work published in a forthcoming book on teens and status, written by Bay Area authors Michael Y. Simon, M.F.T and Laura Konigsberg, Ph.D.

Entries must be received by October 31, 2007.

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Details for the contest are on the reverse side of this flyer.