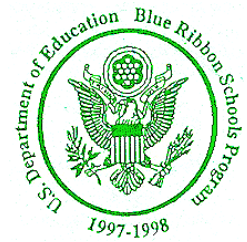




MAINLAND REGIONAL HIGH SCHOOL

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2019 GRADUATION SPEAKERS SELECTION PROCESS

Mainland Regional High School has moved beyond Class Rank and changed the way in which graduation speakers are chosen. We are excited to invite all seniors interested in speaking at graduation to submit a speech to be considered for inclusion in the 2019 Commencement Exercise.

Requirements:

- Speeches should be approximately 3-5 minutes in length
- Speeches should be original and carefully proofread; typed and submitted electronically or printed
- Speeches should be inspired by one of the topics/quotes below (the quote does not have to be included in your speech, but is provided to offer inspiration)

1. Do Not Let Others Define Who You Are

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. – Steve Jobs

2. Change

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. – Barack Obama

3. Courage

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. – Winston Churchill

Submission Deadline:

A typed hard copy of your proposed graduation speech must be submitted by 3:00 PM on **Friday, May 17, 2019** to the Main Office.

Eligibility:

All students from the Class of 2019 are invited to submit a graduation speech for consideration by the selection committee.

Selection Process:

A committee will be formed to select **two speeches** from the pool of submissions for inclusion in the Graduation Ceremony. Students will be notified of the decision by June 7th and will receive support in preparing their speech for presentation during the graduation ceremony. This will include extra time outside of graduation practices.

Please email all questions to the Director of Guidance, Nathan Lichtenwalner at nlichtenwalner@mainlandregional.net