

# 2023 ABMF

*Past is Prologue*

## Essay Contest Submission Checklist



**APRIL 17 - 23**

Have essay topic selected  
and begin research.

**APRIL 24 - 30**

Continue research,  
outline essay,  
save references



**MAY 1 - 7**

Write draft of your essay and  
have it checked for grammar,  
punctuation, and spelling  
by your adult editor



**MAY 8 - 14**

Make final edits to your essay  
and have your adult editor  
review it one more time



Submit application and essay to  
**essaycontest@abmf.org**  
no later than Midnight MDT on  
**May 31st**