Each year, the President of the United State delivers the “State of the Union” speech to Congress, outlining priorities for the coming year.

Senator Sanders knows that real change and great ideas can come from everyone – not just those in power – which is why he created the State of the Union Essay Contest to encourage young people to become engaged in the political process. The contest is an opportunity for Vermont high school students to write a 250-500 word essay on a major challenge facing our country, and how they would solve it.

**THE DEADLINE TO SUBMIT AN ESSAY IS JANUARY 10, 2023.**

A volunteer panel of teachers will judge the essays and select ten finalists. Senator Sanders will enter the essays of the finalists into the Congressional Record – the official archive of the U.S. Congress.

For more information or to submit an essay, visit: [www.sanders.senate.gov/stateoftheunion](http://www.sanders.senate.gov/stateoftheunion)

or call Senator Sanders’ Burlington office at: (800) 339-9834.