



Job Skill Demonstration A

State Championships 2021

Review Technical Standards

This contest will follow the "Standards and Competencies" outlined within the SkillsUSA Technical Standards (virtual). Review the contest's technical standards prior to competing.

Complete Professional Development Test

There will be a written test based on Career Essentials Foundations and the SkillsUSA Leadership Handbook. You will be required to take the exam, and the scores will be added to the total overall score. The number of points allowed will not exceed 5 percent of the total possible points.

Complete the Contest Submission

This contest will require a video to be submitted. You will submit a five- to seven-minute video demonstrating an occupational skill within your chosen career pathway that must be performed as opposed to an illustrated talk. The video must be submitted unedited and completed in a single take.

Time will be started when your demonstration begins. A local contest proctor can keep time and signal the speaker by holding up the provided cards at five minutes; six minutes; and six minutes, 30 seconds. Only you should speak during the contest; the proctor and other observers should be silent.

The demonstration is an individual performance; however, models or assistants may be used in the demonstration but will not say or do anything that assists the demonstration except serving as a model.

Any visual or auditory aids are to be prepared by you and cannot be professionally prepared. Notecards and other reference materials are not permitted. Do not mention your name, school, city or state. Basic safety practices related to the skill performed must be followed.

Submit Contest Submission

Submit the following:

- Contest video file.
- One-page typed resume.

**5
minutes**

**6
minutes**

**6:30
minutes**