



11th Annual Writing Contest Checklist

1. Learn How to Apply

- ☐ The Writing Contest opens on **November 28, 2025**. Carefully read the Contest terms & rules, eligibility requirements, submission guidelines, and judging criteria on our website: hawaiijournalhealth.org/contest.htm

2. Prepare Manuscript Content

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| ☐ Title Page | ☐ Discussion |
| ☐ Abstract | ☐ Acknowledgements, Disclosure Statement,
Conflicts of Interest |
| ☐ Introduction | ☐ References |
| ☐ Methods/Materials | ☐ Tables/Figures (if applicable) |
| ☐ Results | |

3. Gather Supporting Documents

- ☐ Cover Page
- ☐ Advisor Agreement Form
- ☐ Copyright Transfer / Publishing Agreement Form

4. Email Submission

- ☐ Submit *one* electronic copy of the manuscript and supporting documents via email to hjhswhawaii.edu with the subject line "HJHSW Writing Contest." Applicants will receive a confirmation email within 1-2 business days. The submission deadline is **February 28, 2026, at 5:00 p.m. Hawai'i Standard Time**. Winners will be notified no later than March 27, 2026, and selected articles will be published in a future issue after undergoing additional review and editing.

Note: Publication in HJH&SW is conditioned on the applicant's ability (and commitment) to fulfill all obligations for professional publication, which includes an extensive peer and editorial review process. Applicants who are unable to meet these standards forfeit their entry.

Please direct all questions and concerns to hjhswhawaii.edu