

Emotional Well-Being Challenge – Judge Feedback

Cal-HOSA SLC 2026

■ What Judges Noticed

- Presentations were great overall
- Unique topics and creative approaches
- Well-rehearsed groups
- Everyone spoke audibly

■ Tips for Success

- Maintain consistent eye contact
- Work together as a group (not scattered or uneven)
- Practice timing to ensure full presentation
- Make sure all parts of the plan are clearly explained
- Rehearse as a team for smooth delivery

✓ Before You Compete – Checklist

- Our group is well-rehearsed and confident
- We maintain eye contact with judges
- We are positioned and coordinated as a team
- Our timing allows us to finish fully
- Our plan is clear, complete, and interesting
- Each member contributes effectively

■ Areas to Improve

- Eye contact was inconsistent
- Group positioning and coordination varied (too close/far/scattered)
- Timing issues—some groups did not finish
- Some groups were not fully prepared

■ What Made Top Competitors Stand Out

- Clear and easy-to-follow topic delivery
- Confidence throughout presentation
- Strong practice and preparation
- Interesting and well-developed plans
- Use of pre- and post-survey strategies
- Cohesive and coordinated group effort

Confidence + teamwork + clear delivery = standout presentations.