

# Photo Illustration

submit here: [2016 KSPA Regional Contest :: Contest O](#)

## THE ASSIGNMENT

**The image submitted here cannot have been submitted in the Regional contest or other categories of the State Contest.**

For this contest, please create a photo illustration for a feature story about how stress can create strain on the body that cannot be seen. The writer is interviewing physicians, school counselors, psychologists, parents, teachers and students to discover how student stress often results in physical symptoms. In some extreme examples these physical symptoms can result in students missing time from school or even being hospitalized.

Please use photography techniques, software manipulation, typography, lighting and posing to create an artful image that communicates the story above. Please be sure that the image is manipulated in an way that makes the image obviously fake to any reasonable reader.

## SUBMISSION

The image must be uploaded to the KSPA online submission according to these specifications:

- An image file saved as a jpg.
- The jpg can be no larger than 2 MB . . . please use Photoshop or the instructions below:
  - [Navigate to this website](#)
  - for **Compress Image**: "75" for Compression Level 0-100
  - for **Resize Photo**: "1200" for New Photo Width in Pixels
  - for **Photo to Optimize**: "Choose File" from your computer or desktop
  - Click **Optimize Photo**
  - When the optimized photo appears, right-click (or control-click) on the photo and save it to your computer
  - You will upload that optimized photo under question #5.
- When you submit your photo, you will provide your name and school name on the submission form
- When you submit your photo, you will provide a caption written in AP style and complete sentence(s)
- The image may be black and white or color.
- The image must be uploaded by 11:59 p.m. on Thursday, Feb. 18.
- [The image must be uploaded here.](#)

**Failure to follow these requirements will result in disqualification.**

## DESCRIPTION

You are a member of Sunflower High School's journalism staff. Your editor has asked you to create a photo illustration.

## SCHOOL INFO

**Name:** Sunflower High School

**Location:** Clinton, Kansas

**Mascot:** Mighty Buffalo

**Enrollment:** 800 (grades 9-12)

**School colors:** yellow and brown

**Yearbook:** The Sunflower

**Newspaper:** Sunflower News

## Contest Info

This is a digital submission contest.

Students must not request help or advice from any person other than the KSPA staff at [staff@kspaonline.org](mailto:staff@kspaonline.org).

All work must be solely that of the contestant.

