

PREPARING FOR YOUR PRESENTATION

Congratulations for earning your Congressional Award Gold Medal! You have shown perseverance in goal setting, challenging yourself, and accomplishing new and unique activities. Please find below information about award presentations and what to expect when meeting your Member of Congress.

When will my presentation take place?

Your presentation will depend on what works for you and your Member. Refer to our Email Guide and/or our Phone Call Guide for instruction on how to reach out to your Member's office for a meeting. Do not forget that Members of Congress are incredibly busy people, a little patience can go a long way!

Should I bring my awards?

The primary award you should bring with you to the presentation is your Gold Medal. Some Members of Congress may award you with an additional form of recognition like their own certificate or plaque, but that will vary from Member to Member.

Can I take pictures?

Please do! Most offices will also take snapshots for social media and press releases, but you are more than welcome to take home your own memento. If you have a great picture, remember we're on social media (Twitter - @theaward, Facebook - The Congressional Award, Instagram - thecongressionalaward) and would love to highlight your presentation!

How should I dress for my presentation?

In most award presentations, awardees will dress in business casual attire for presentations. Feel free to dress in something comfortable, but appropriate for the event.

What will the presentation be like?

Each Congressional Office is different. While some invite all Medalists into their District Office for a meet and greet, others will hold individual events in the District Office. Some even add a medal presentation to an already established school visit or appearance at a community event (like a town hall or civic meeting). If you have a preferred venue or presentation style (maybe at your school's award ceremony or an Eagle Scout presentation), you may let your Congressional Office know when you reach out to them to schedule the presentation, but please note that they may not be able to accommodate every request.

What should I talk to my Member about?

Yourself! They want to meet the amazing constituents from their district who are accomplishing great things. Tell them about your activities in earning your Congressional Award, what you hope to accomplish next, what you plan to do in the future. Maybe you have a specific issue that's important to you, like the local community center budget or education policies - now is the time to broach the topic with a civic leader who may be able to provide guidance. Networking and talking to someone elected to represent you is a great learning experience. **If you disagree with your Member on an issue, please remember to always stay civil and still thank them for taking the time to meet with you.** Remember, Members of Congress have very busy schedules with legislative work in Washington, D.C. and constituent work in the District. We want to always thank them for their time and support.

How else can I contribute to the Congressional Award Program?

Join our family! We have our growing Alumni Network, which provides opportunities to connect with fellow awardees, hear from Congressional Award Board members, and participate in networking events with other alumni! If you're looking to contribute to the work at the Congressional Award National Office, consider applying for our Diversity Ambassadors, a group who provide Congressional Award outreach and support on a local level. Our ambassadors are our eyes and ears on the ground and act as liaisons and spokespersons for the program and our local partners.

[Alumni Network](#)

[Networking Sessions](#)

[Ambassadors](#)

If you have any specific questions about preparing for your presentation, please contact your Program Manager by phone or email. You may also direct your question by email to information@congressionalaward.org.