



Justice Centre
for Constitutional Freedoms

The 2026 Brandon Langhjelm Essay Contest

Essay Contest Checklist

Please review this checklist before submitting your essay. Essays that do not meet all of these requirements may be disqualified. Please note: this checklist does not need to be submitted as part of your application.

- My essay is between 1,200 and 1,500 words (not including footnotes and sources)
- My essay contains a title page that includes (1) the essay title, (2) word count, and (3) submission date
- My essay does **not** contain any personal or identifying information (e.g., my name, email address, or gender)
- My Essay contains a clearly marked introduction, body (and/or body subheadings), conclusion, and bibliography
- My essay is double-spaced
- My essay has one-inch margins (at a minimum)
- I have cited at least three primary sources
- I have followed a citation style consistently and properly
- My essay is original and not plagiarized
- My essay was not produced with AI
- My essay addresses one of the question topics and does not include irrelevant information