

SSU Grad Slam COMPETITION RULES & REGULATIONS - 2026

Sonoma State will align the competition rules and regulations with those of the CSU Grad Slam event.

Eligibility

- Competitors must be enrolled in a Sonoma State graduate program.

Virtual Presentation

- Initial presentations will be made virtually, via Zoom
- Presentations are delivered in oral presentation style in English (i.e. no poems, rap, or songs or dance).
- Presentations are limited to 3 minutes maximum, and competitors exceeding 3 minutes will have points deducted. Presenters will have a three-second countdown to begin.
- Depending on the number of participants, presenters may have to give their presentation more than once during the competition with a possibility of preliminary (1pm) and final round (2:45pm) presentations.
- Presentations must be done from memory (no notes)
- Participants must include one PowerPoint slide in their presentation (see slide specifics below).
- Presentations will be recorded.
- Presenters may use hand gestures.
- Competitors should dress in business casual or business professional attire

PowerPoint Slide

- The **single competition slide** will have to be in a 16:9 aspect ratio. Other slides will not be accepted. No animations or 'movement' of any kind are allowed.
- It is strongly recommended to keep the slide simple. Do *not* use complex composites. Make the images as big as possible.
- Ideally, limit the use of text on the slide. The **images**, not the text or title should dominate the slide
- If a label is necessary, use of a large font is recommended.
- If photos, graphics, graphs, or illustrations included on the slide were not solely created by the presenter, a reference to the original source must be included at the bottom of the slide.
- A pointer may not be used; clear and descriptive language should make the slide self-explanatory.
- The focus is on the presenter's speech, which should be informative and comprehensible to a **lay audience** - even without a slide.

Grad Slam EXAMPLES & TIPS - 2026

You can find examples of Grad Slam presentations and tips about construction of a Grad Slam presentation below:

CSU Grad Slam 2025

Watch the finalists present their topics:

<https://www.youtube.com/watch?v=yg9eIKrbLOw&t=3s>

CSU Grad Slam 2024

Watch the finalists present their topics:

<https://youtu.be/2Mz0u5qWt3I>

CSU Grad Slam 2023 Winners

Watch the 10 finalists present their topics:

https://www.youtube.com/watch?v=5MYVr1Rg_08

CSU Grad Slam 2022 Winners

Watch the 8 finalists present their topics:

<https://www.youtube.com/watch?v=gDUeqT04LZ4>

CSU Grad Slam 2021 Finals

<https://www.youtube.com/watch?v=7DFLuGR8y8A>

Winning Tips for Grad Slam Presentation (Ohio University 2016)

https://www.youtube.com/watch?v=D_1MK3Ub9QM

San Jose State University 2019 winner (Nursing):

https://www.youtube.com/watch?v=StIPmJ_VUro&feature=emb_logo

University of Miami 2020 winner (Business):

<https://www.youtube.com/watch?v=JMuu1SB5PPA>

Laurier 2019 winner (Biology):

<https://www.youtube.com/watch?v=TVDt4zkduw0&t=13s>

Laurier 2019 Honorable Mention (Social Psychology):

<https://www.youtube.com/watch?v=gk1m45U9mrs>

McMaster 2019 winner (Engineering):

<https://www.youtube.com/watch?v=DF8t5f3WxgY>

University of Waterloo 2017 winner (Kinesiology):

https://www.youtube.com/watch?v=0SRbUb_U7PY

If there are any questions or if you need assistance with registration, please email Graduate Studies (graduate.studies@sonoma.edu) using **Grad Slam** in the subject line.