

**2025 H.F. Helmholtz Jr. Award**  
**Minnesota Respiratory Care Foundation**  
**Student Paper Competition**

The Minnesota Respiratory Care Foundation (MRCF) and the Minnesota Society for Respiratory Care (MSRC) Student Affairs Committee are pleased to announce the Helmholtz Award to recognize superior student work in writing and research in Respiratory Care.

**Rules and Guidelines:**

1. Prize of cash award and certificate will be given as follows: 1st place \$1000.00
2. Each of the following schools that instruct Respiratory Care will be allowed to submit two student papers for consideration.
3. Each Program Director may choose papers for submission based on the manuscript criteria that is established for their program (ex. APA).
4. Submissions will be evaluated on the following criteria: originality of research or study design, manuscript readability, relevance to current practice, citations are current, a credible resource and relevant to the topic, clear conclusion/summary.

The awards will be announced and presented at the lunch business meeting of the North Region Respiratory Conference in April.

The following schools are eligible:

- St. Catherine University
- Mayo Clinic College of Medicine School/University of MN
- Saint Paul College
- Northland Community & Technical College
- Lake Superior College

Please email papers to: [breeannalong3@gmail.com](mailto:breeannalong3@gmail.com) by Monday, March 31, 2025.

Winners will be notified and will be recognized and presented with the award during the lunch business meeting at the NRRCC meeting in May.

Please Note Application will only be accepted in Word format (no PDFs)