Applicants must submit a typewritten, double-spaced essay based on the prompt: “Unions have been important to my family because…” The essay must be 500 to 750 words. The Scholarship Committee suggests that students contact their parents, grandparents, aunts, uncles, neighbors or friends to learn what labor union membership and participation may have meant to them. Union members are encouraged to discuss the essay with their children, grandchildren and others, in order to share their own experience as possible topics for the essay.