History Day has five different categories - or ways that you can share your information. Your teacher may let you choose from all of them - or may limit your choices. Use this page to figure out which category is best for you!

- **PAPER**
- **EXHIBIT**
- **DOCUMENTARY**
- **PERFORMANCE**
- **WEBSITE**

> **https://www.mnhs.org/historyday/categories**
> Go here to see more details
> about each project type!

Choosing a Category

There are several important questions you need to think about before picking a presentation category:

- Which category best fits your interests and skills (or the talents of group members)?
- Will you have access to the equipment or materials you need to present your project? This is especially important for Documentaries and Websites!
- Does your research fit one category better than another? For example, do you have enough pictures and illustrations for a Documentary?

To help you choose a category, try to look at examples created by other students. Go to https://www.mnhs.org/historyday and click on "Categories and sample projects." Keep in mind that these samples are finished products and have gone through many revisions.

The *National History Day Contest Rule Book*

Be sure to read the the *National History Day Contest Rule Book* for all of the rules for your presentation category. The *Contest Rule Book* also describes the judging criteria for competitions. Download it from our website - https://www.mnhs.org/historyday. Click on "Categories and sample projects."

WORKSHEET: PICKING A CATEGORY
Use this worksheet to explain your choices about which category you are choosing for your project

1. Which category do you want to select?

2. How does this category fit your interests and skills?

3. Explain how you will access the necessary equipment or resources to complete your project:

4. Why is this the best category to present information on your specific topic?

5. What is the biggest challenge you think you may face with this category?