



# Helen Tronvold Norwegian Folk High School Scholarship

## Our Mission

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members, and make Sons of Norway communities a more vibrant place to live.

## Overview

Established in 2005, the Helen Tronvold Norwegian Folk High School Scholarship supports the Sons of Norway Foundation's objective of providing cross-cultural experiences for youth. Helen Tronvold remembered Sons of Norway youth with a special bequest in her will that is a major source of funding for this scholarship. Sons of Norway members also donate to the fund to help it grow.

## Award Amount

The monetary award for this scholarship is up to \$3,000.

## Eligibility

- Applicants who are current members of Sons of Norway or children or grandchildren of current members.\*
- Applicants who are between the ages of 17 – 26.
- Those with proof of enrollment in a folk high school in Norway.
- Those who need tuition assistance for the 2023-2024 school year.\*\*

## Criteria

- A short autobiography, 150 words or less.
- An essay of 500 words or less addressing each of the following key points:
  - Describe how this scholarship will help you further your career goals.
  - Explain why you have chosen your area of study and what you hope to achieve through your career.
  - Share any involvement in volunteer, school and/or community activities and what that involvement has taught you.
  - State how your program/course of study or future plans align with at least one of the following core values of the Foundation: (1) Building the heritage of the future, (2) Sustaining the link to contemporary Norway, (3) Committing to life-long learning and service, (4) Preserving compassion for those in need, (5) Funding innovative individuals and opportunities, (6) Fostering a cohesive community of generosity.
  - Describe your involvement in the Sons of Norway and how it has shaped who you are today.
  - Explain how you will share this experience with the Sons of Norway or wider audiences.
- Academic potential: Upload your latest completed term's transcripts.  
*Please note, "official" transcripts may be required once an applicant is tentatively selected.*
- Financial need: Be prepared to include the amount you are able to pay for post-secondary education in the application.
- Two letters of recommendation that address the applicant's character and abilities



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## Application Process

Applications are only accepted via our online portal at [www.sofn.com/scholarships](http://www.sofn.com/scholarships).

## Award Selection

Final selection of the scholarship winners will be made by a scholarship committee appointed by the Sons of Norway Foundation. Scoring is dependent on the use of complete sentences, proper grammar, and inclusion of information outlined in the essay requirements listed above.

## Scholarship Notification and Payment

Students attending folk high schools typically pay their tuition in full and then request reimbursement from the Sons of Norway Foundation. In this instance, we will need a copy of your tuition receipt. The alternative option is for the Sons of Norway Foundation to send payment directly to the folk high school for your account. If awarded, the recipient will be required to complete information including his or her student ID number for the institution and a current mailing address.

## Recipient Requirements

Scholarship recipients are asked to grant permission to use their photo and name in the Viking magazine, the Foundation's annual report and other scholarship promotional materials. They are also expected to give a presentation, including photos, at their Sons of Norway lodge or one close to them to explain how this scholarship is helping them achieve their educational dreams. We will provide you with a form for a lodge officer to sign after your presentation.

## Revision Policy

The Sons of Norway Foundation reserves the right to modify requirements. All participants are encouraged to check the Foundation website, [www.sofn.com/scholarships](http://www.sofn.com/scholarships) for the most current information.

## Questions

Questions may be directed to the Foundation at [scholarship@sofn.com](mailto:scholarship@sofn.com). Go to [www.folkhogskole.no](http://www.folkhogskole.no) to learn more about Norwegian Folk Schools. Text is available in English.

The deadline for submission of the completed application and all required elements is March 1.

\* Membership must be in effect at least one calendar year prior to application. Students may only apply under their parents' or grandparents' Sons of Norway membership if they are age 26 or younger.

\*\* The Sons of Norway Foundation does not provide financial assistance for current or previous academic years, travel, etc.

**Thank you for your interest in applying for a Sons of Norway Foundation scholarship.**