



# Seniors At a Glance



Earn your **Journey Summit Pin** by completing any three journeys. The journeys for Seniors are *GIRLtopia*, *Sow What?*, *Mission: Sisterhood*, *Think Like a Citizen Scientist*, *Think Like an Engineer*, *Outdoor Senior Journey*, and *Think Like a Programmer*.

**Girl Scout Mariner**- Earn this pin by completing the following requirements within the first year of becoming a Girl Scout Mariner:



- Know and recite the Girl Scout Promise
- Know and recite the Girl Scout Law
- Complete option A or B described below
  - A. Mariners ON or IN water
    1. Acquire basic swimming skills by swimming fifty (50) yards using any stroke, and treading water fully clothed for three (3) minutes.
    2. Select a watercraft or water sport.
  - B. Mariners NEAR water
    1. Learn basic skills to prevent drowning.
    2. Select a focus area, such as marine or aquatic ecology.
    3. Study and learn the safety protocol required for the focus area

Although most girls will pursue option A, option B exists for girls who want to become Mariners but are unable to access the traditional Mariner experience. Girls who choose Option B should work with their troop leader to determine which of the skills described will best support her safe Mariner experience. Girls who choose Option A should start by earning the pin, then complete water safety, and finally choose path one or path two to continue her Mariner experience.

**Trailblazer**- Is adventure your true north? Earn this pin by completing the following requirements within the first year of becoming a Trailblazer:



- Know and recite the Girl Scout Promise
- Know and recite the Girl Scout Law
- Complete the first level of three (3) concentrations including: hiking, camping, stewardship, survivorship, and adventure sports.



Earn your **Cookie Entrepreneur Family pins** each year by completing the worksheet found here: [https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/cookie/cef-req/GSUSA\\_CEF\\_Requirements-Senior.pdf](https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/cookie/cef-req/GSUSA_CEF_Requirements-Senior.pdf)



### Earn your Safety Pin by completing these five steps:

1. Pick a safety issue important to you, and organize a forum where other teens can discuss the issue. (Can't meet in person? Hold an online forum or pose questions on social media to start conversation.)
2. Talk to younger Girl Scouts about Internet Safety and safe use of social media. (Can't meet in person? Make a video you can share with younger girls.)
3. List your duties as a counselor-in-training, volunteer-in-training, or in other leadership roles you hold. Carry the list with you, and use it to make sure you've covered all your bases when making a safety plan for trips and events.
4. Talk to a counselor, social worker, or someone who works at a local women's shelter to find out more about how to stay safe while dating. (Can't meet in person? Try e-mail, phone, or search online for resources.)
5. Pick a sport or outdoor activity you enjoy. Find out how rules, training, and safety equipment are designed to protect players.



The Girl Scouts *My Promise, My Faith* pin invites girls in grades K-12 to experience a faith journey through exploration of the Girl Scout Law and teachings from their faith. Girls can earn this national pin each year. Earn your *My Promise, My Faith* pins by completing these steps:

1. **Choose one line from the Girl Scout Law.** Find a story, song, or poem from your faith with the same ideas. Talk with your family or friends about what that line of the Law and the story, song, or poem have in common.
2. **Find a woman in your own or another faith community.** Ask her how she tries to use that line of the Law in her life.
3. **Gather three inspirational quotes** by women that fit with that line of the Girl Scout Law. Put them where you can see them every day!
4. **Make something to remind you of what you've learned.** It might be a drawing, painting, or poster. You could also make up a story or a skit.
5. **Keep the connection strong.** Find out if your faith community offers a recognition program for Girl Scouts. Talk with your friends, family, or a group in your faith community about what you've learned about your faith and Girl Scouting. Ask them to help you live the Law and your faith. Maybe you can show them what you just made or perform your skit!

### Adult volunteers from faith organizations partner with girls by:

- ◆ Linking the national pin into their faith's religious recognitions
- ◆ Guiding girls through their personal faith journey
- ◆ Helping girls strengthen their understanding of their faith

# National Leadership Awards

***The Gold/Silver Torch Award*** This award recognizes a Senior who acts as a leader in her community. To earn the award, do these two things:



1. Complete one Senior Leadership Journey
2. Serve for one full term in a leadership position at your schools, place of worship, library, town, council, community center, after-school club, or similar organization. For example, you might serve on a planning committee for graduation, co-teach a youth class at your place of worship, or serve on a Girl Scout board of directors. The length of your service will depend on the term specified by the organization or the particular position you hold.

***Senior Community Service Bar*** When you earn the Senior Community Service bar, you are making a difference in your community– and practicing the values of the Girl Scout Promise and Law. It’s also a great way to get involved with a cause you are about.



To earn the bar, first choose an organization you’d like to volunteer with. The organization will need to agree to give you instructions about the work you’ll be doing. Your council needs to approve your service, so check with it before you begin. Once you’ve chosen your organization, complete at least 20 hours of service to earn the bar.



***Senior Service to Girl Scouting Bar*** If you choose to volunteer at least 20 hours to the Girl Scout organization, you can receive the Senior Service to Girl Scouting bar. For example, you might volunteer your time at a special event for younger girls, be an office assistant for your council or service unit, or help with special projects.

**Your Service hours for these bars need to be separate from those you use towards other awards, Each bar represents a new project, and can only be earned once.**

# Mentoring Awards

When you guide people or teach them something you know, you're acting as a mentor. As a Senior, you have some exciting opportunities to help younger Girl Scouts by sharing your skills, passions, and experience.

**Counselor-in-Training (CIT)** 1 Mentor younger girls in a camp setting as you build skills toward becoming a camp counselor. To earn this award, complete these steps:

CIT

1. Take a leadership course designed by your council on outdoor experiences.
2. Work with younger girls over the course of a camp session

**Volunteer-in-Training (VIT)** This award is for girls who'd like to mentor a Girl Scout Daisy, Brownie, Junior, or Cadette group outside of the camp experience. If you've completed ninth grade, you're eligible to earn this award. Your VIT project should span a three-to-six-month period.

VIT

1. Find a mentor volunteer who is currently the adult volunteer for a group of girls at the level you'd like to work with. This volunteer will help you through your training and internship, and you'll help the volunteer with her group of girls for the three-to-six-month period.
2. Complete a council-designed leadership course.
3. Create and implement a thoughtful program based on a Journey or badge that lasts over four or more sessions. Be responsible for designing, planning, and evaluating the activities. If you're passionate about a topic like art or technology, you could design the activities around the area you love or in which you have expertise.

# Girl Scout Gold Award



You can become a Gold Award Girl Scout if you:

- are in ninth, tenth, eleventh, or twelfth grade
- are a registered Girl Scout Senior or Ambassador
- have completed two Senior or Ambassador Journeys, or have earned the Girl Scout Silver Award and completed one Senior or Ambassador Journey

How to earn the Girl Scout Gold Award:

- Let your council know you want to earn it.
- Find an issue in your community or the world that you care about.
- Learn everything you can about that issue through research and trusted sources.
- Form a team by identifying experts and people in your community who could help you.
- Think about the root cause of an issue, then make a plan of how you could tackle it.
- Submit your project proposal to your Girl Scout council for approval.
- Lead your team and carry out your plan.
- Reflect on the change you've created in your community and the world, share your story, and inspire others to make a difference, too.

For more information, please visit <https://www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/highest-awards/gold-award.html> or email your local program specialist.

# Bridging to Girl Scout Ambassador

To earn the *Bridge to Girl Scout Ambassador Award*, complete two bridging steps:



## Step 1: Pass it on!

Share your talents and skills by teaching younger Girl Scouts one thing you learned to do as a Senior.

This list has a few ideas to get started. You only have to do one of these– or something like it– to complete the step:

- **Share favorite things you did on a National Leadership Journey.** Did you add a trip? Meet local experts? Do something special when you earned your awards? Put a little kit together and give to Cadettes to help them start charting their course after they bridge up.
- **Invite a group of Cadettes** on a campout, overnight trip, or other fun event, and talk about your experiences as a Senior
- **If you've earned your Gold Award**, talk to Cadettes who want to do their own Gild Award projects. Share what you learned, and offer them tips based on your own experience.

## Step 2: Look Ahead!

Explore what it's like to be an Ambassador. What's the best way to do that? Connect with girls who are already there.

This list has a few ideas to get started. You only have to do one of these– or something like it– to complete the step.

- **Invite Ambassadors to around table.** Start with some tasty snacks and a few “getting to know you” games. As your Ambassador sisters about their achievements and challenges. Find out about their most surprising , funny, or moving moments as Girl Scouts. Get their tips on how to make the most of your Ambassador experience.
- **Connect with Girl Scout Ambassadors through social media.** Tap the widest network you can to find out how others chose their Gold Award projects, how they connected with mentors, what outdoor adventures and trips they went on, or anything else that interests you.
- **Join a council event, camping trip, overnight, or Take Action project that involves Ambassadors.** See what you can learn about expanding your current interests as you move into your next step in Girl Scouting. For example, if you were excited by a project you did on a Senior Journey, find out how you could continue to develop it for an Ambassador Take Acton or Gold Award project.