



girlscouts
of central illinois

Seniors At a Glance

For more information about any of the additional awards within this packet, please reach out to your local program coordinator!

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 as 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 clothes 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 leader to determine which of the skills described will best support her safe Mariner experience.

Girl 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,



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



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 Torch Award This award is earned while you serve in an elected or volunteer leadership position, such as being a team captain, club officer, youth leader, Girl Scout advisory board member, or any kind of leader at a community organization:



1. Explore your strengths– set a personal leadership goal
2. Set your direction– make an action plan
3. Lead your team– Bring out the best in your group
4. Look ahead together– Strengthen your impact
5. Make your mark– Leave a lasting legacy

Once you've earned this award, you'll know how to lead a successful team.

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. 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.
These are NOT Gold Award prerequisites.**

Community Service Bar Approval Form

Applicant Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Troop #: _____ Service Unit/County: _____

Leader's Name: _____

Leader's Email: _____

PLEASE CHECK ONE:

- ☐ I am seeking approval to work with GSCI to earn my Service to Girl Scouting Bar.
- ☐ I am seeking approval to work with the following organization to earn my Community Service Bar.

Name of GSCI contact (staff, troop leader, etc.): _____

Phone Number: _____

Email: _____

OR

Organization's address: _____

City: _____ State: _____ Zip: _____

Contact Person: _____ Phone Number: _____

Email: _____

Description of Service (minimum of 20 hours): _____

Signature of Contact Person: _____ Date: _____

Signature of Applicant: _____ Date: _____

Signature of Troop Leader: _____ Date: _____

Community Service Bar Time Log

Girl Scout Name: _____

Troop #: _____ Service Unit/County: _____

Leader's Name: _____

GSCI Contact: _____

OR

Name of Organization: _____

Organization Contact: _____

DATE	TYPE OF ACTIVITY OR RESPONSIBILITY	TIME SPENT

_____ has completed service of at least 20 hours with GSCI or their chosen organization and is now eligible for the Service to Girl Scouting bar or the Community Service Bar.

Troop Leader Signature Approving Award: _____

Teaching Leadership 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:



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 challenges you to think strategically and lead in ways that matter to you. You'll create experiences that open minds and build confidence in younger kids while making sure everyone is included. These aren't just leadership skills— they're life skill that will take you far, whether you're organizing projects, leading teams, planning your future, or taking on new challenges



1. Explore how you'd like to lead– Learn how a leader inspires others and find techniques that work for you.
2. Lead an activity– Create an adventure for your group.
3. Lead your first meeting– Try it together, discover together.
4. Reflect and prepare– Use what you've learned to adjust your approach.
5. Lead your second meeting– Put your group in charge.

Once you've earned this award, you will have developed skills in creating supportive environments for younger kids.

Take Action and Global Action Awards



**You have the power to
make a real difference!**



With friends or fellow Girl Scouts, design a project that addresses a community issue/ Take Action projects focus on local challenges, while Global Action projects explore how communities worldwide have approached similar issues.

Steps

1. Identify a community issue– Reflect on badges you’ve earned to explore what your community– and the world– really needs.
2. Explore the issue’s root cause– Identify community barriers and resources to address the issue.
3. Brainstorm solutions–Come up with sustainable project ideas.
4. Make a plan– Create your goal and a plan to reach it.
5. Take Action and celebrate!– Turn your plan into community change that keeps growing.

Your project should be fun and achievable within a couple of weeks or a month. You get to decide how big your project will be and remember you don’t have to plan a BIG project to make a BIG impact!

Once you’ve earned this award, you’ll know how to address a community or global issue with a sustainable and measurable solution.

Personal Leadership Award



True North Award



As a Girl Scout, you've probably taken part in awards, badges, or projects that help other people– and that's so important! But this award is just for you. You're going to think about who you are, what matters most to you right now, and what kind of courageous actions (big or small) you'd like to take. Maybe you want to have an important or difficult conversation, start a project that could make a difference, or take a bold step toward your future.

Steps:

1. Explore your values– think about how you use your values as guideposts when making decisions.
2. Choose a goal that matters to you– look at your values and think about how to emphasize them.
3. Make a plan– Plan to act, build meaningful connections, and take care of yourself.
4. Act with courage, confidence, and character– make a move toward your future.

Once you've earned this award, you'll know how to stay true to yourself while pursuing your goals.

To learn more about the new and updated leadership awards, visit: <https://www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/leadership-awards.html> or scan the QR code.



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 one Senior or Ambassador prerequisite.

How to earn the Girl Scout Gold Award:

- Attend a Gold Award Chat with GSCI.
- Create an account on GoGold.girlscouts.org.
- 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 on GoGold for approval.
- Lead your team and carry out your plan.
- Submit your final report on GoGold for approval.
- Reflect on the change you've created in your community and the world, share your story, and inspire others to make a difference, too.
- Celebrate!

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 coordinator.

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're 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.