



Girl Scouts®

Going for the Gold



Girl Scout Gold Award Workbook

Serving girls in seven counties throughout the Hudson Valley
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ORGANIZE

Build a Framework

- Read the insert *Go For It: Girl Scout Gold Award*.
- Your framework is the supporting structure that you need to build so that you can complete steps two through seven successfully.
- Consider when you would like to begin your Girl Scout Gold project.
- Create an agreement with your adult advisor.

Road to Gold Agreement

My Advisor is _____

We met on _____

I agreed to _____

My advisor will help me with the following:

Advisor's Signature _____

My Signature _____

LEAD

Earn the Girl Scout Gold Leadership Award

Set the Spark: Earn three Interest Project Patches related to parts of the Girl Scout Law.

IPP that helps you practice one of the following four sets of values:
Honest and fair; friendly and helpful; considerate and caring; courageous and strong.

IPP I chose _____

How did you put the Girl Scout law into practice? _____

How did it help you become a better leader? _____

IPP that helps you practice one of the following three sets of values:
Responsible for what I say and do; respect for myself and others; respect authority.

IPP I chose _____

How did you put the Girl Scout law into practice? _____

How did it help you become a better leader? _____

IPP that helps you practice one of the following three sets of values:
Use resources wisely (don't waste what you have, make the most of your abilities, keep learning new things); make the world a better place (preserve the world of nature, be a friend to animals, plants and the earth); be a sister to every Girl Scout.

IPP I chose _____

How did you put the Girl Scout law into practice? _____

How did it help you become a better leader? _____

Do it Yourself Leaders need to learn to set and achieve their own goals. Choose a book from the Studio 2B focus series, set your goals and earn the charm.

Reaching and Setting Goals: Be SMART!

- Specific** - What will you do? Your goal should be focused.
- Measurable** - You should be able to check your progress towards your goal.
- Achievable** - You can do it given your talent, situation and resources. Your goal should be set by you rather than by someone else because you know your strengths and weaknesses. What will you do to achieve it?
- Realistic** - Goals should be based on what actually can be done. Can you really achieve it or is it too hard?
- Timeframe** - Each goal should have a start date/time and a finish date/time.

Specific	
Measurable	
Achievable	
Realistic	
Timeframe	

What did you learn about setting goals? _____

How will that make you a better leader? _____

Put it Together

Consider what you have learned in earning your Girl Scout Gold Leadership Award by completing the following statements.

I demonstrated a real understanding of the Girl Scout Law by applying it to this situation in my life:

I learned that a leader needs to be:

In earning this award as a leader, I am very proud of accomplishing:

I have shown my personal integrity and honor by:

NETWORK

Earn the Girl Scout Gold Award Career Award

To earn the Girl Scout Gold Career Award Charm, do a combination of the following for a total of 40 hours:

Activity	Description	Date	# of hours
Career shadow one or more people			
Get an internship or apprenticeship			
Visit colleges or trade schools			
Organize a career fair			
Publish a newsletter or create a webpage about careers for your school			
Partner with one or more Girl Scout Council staff			

OR

Fast Track

If you currently have a paying job or have started your own business and have worked 40 hours, congratulations! Your fast track career moves have allowed you to be promoted. You can use your experience in place of the above step.

Job: _____

or

Business: _____

EXPLORE

Earn the Girl Scout Gold 4B's Challenge

1. Become: Figure out what you need to do to become your best self in the future.

Skill	I'm Great at This	I Could Improve
Listening to others		
Talking to people		
Making decisions		
Planning and organizing		
Time management		
Budgeting/money management		
Creating ideas		
Mediation		
Solving problems		
Dreaming up great ideas		
Keeping people enthusiastic		
Teaching others		

Pick two skills from the "I Could Improve" column and set self improvement goals:

My first goal is: _____

Did you achieve this goal? Explain _____

My second goal is: _____

Did you achieve this goal? Explain _____

2. Belong

You belong to a community. Who else lives in your community? Find out more about your community and its members.

How will this information help you plan your Girl Scout Gold Award?

3. Believe

Create a vision for change. Using the information you gathered in step 2 “Belong,” answer the following questions.

What are the top needs, issues or concerns in your community?

How do you know that these really are a priority?

What is causing them to exist?

What project would address the cause of one of these concerns or issues?

Where do you fit in? What can you do to address it?

4. Build You can build a network of people in your community who can help you make your vision for change come true. Review what you discovered in Step 3, “Believe” about the people in your community and answer the following questions:

Who are the other people in your community who care about this issue?

Who is affected?

Who has the power to help solve this issue?

Who supports young people and community service?

Who are the political community leaders?

Who are the community leaders who are not elected officials?

How can you gain the support of the people you need?

ACT

Earn the Girl Scout Gold Award

Everything you've done so far has led you to this moment!
It's time for you to use your voice and make your mark in the community.

Plan It: Figure out what the community problem is and what you want to do about it.
My issue is: _____

Know More About It: Collect as much information as you can. Use the internet, read the paper, do some research, talk to people.

Choose It: Choose what you specifically want to do about your issue.

A Girl Scout Gold Award Project is meant to benefit the community and should be of a magnitude that is worthy of the highest award in Girl Scouting. Girls will design, develop, and execute a project that reflects their very best work and requires a minimum of 65 hours. The project may be accomplished with a community service organization or the community as a whole. It should make a positive lasting change in the community.

The Girl Scout Gold Award is truly the culmination of a girl's years and experiences in the Girl Scout movement. As girls begin to consider various possible projects, they should consider the following criteria:

- The project should be a new idea (if at all possible) and not a carbon copy of something that has already been done or is being offered by another community organization.
- The project should have a lasting effect and a plan should be in place for it's continuation after the initial project is completed.
- The project should be important to the girl, one that she believes in, and capitalizes on her strengths, skills, knowledge and experience.
- Identifying a need in the community, planning a means to fulfill this need, organizing the implementation, and building that project into an ongoing service program for the community is what the Girl Scout Gold Award is all about.

Activities for troops/units may help girls fulfill requirements for Gold Leadership or Interest Project Awards, however, they do not meet the criteria for a Girl Scout Gold Award Project.

Girls may coordinate Girl Scout Gold Award projects, but each girl must have clearly a defined leadership role. The Girl Scout Gold Award committee will check this point carefully before allowing girls to work together.

Girl Scout Gold Award applicants must have an Adult Advisor from the group or Organization they are working with. It should not be their parent or troop leader.

The Girl Scouts Heart of the Hudson Regional Gold Award Committees are comprised of adult volunteers who care about the success of our girls and would like to support them. They are entrusted with maintaining the standards of GSUSA and the Girl Scouts Heart of the Hudson for project quality. This means they review the projects to ensure they meet the criteria set by both of these organizations. Girl Scout Gold Awards are not only community service projects, they are leadership projects. Girls are required to obtain an advisor from the agency or organization they plan to work with. Guidelines to help determine how to develop your community service project ideas into a leadership project and an advisor agreement can be found on our website or attend a Project Gold Workshop. Leadership includes coordinating and supervising others, managing a specific aspect of the project, giving guidance to others, being the primary contact for media, local officials, etc. Part of earning the award is gaining new skills that develop a girl's strengths and abilities to lead others.

To apply for your Girl Scout Gold Award, submit the Girl Scout Gold Award Project Proposal form to your Regional office prior to the start of your project. Your Regional Gold Award Committee will schedule an appointment with you to review your proposal. If you do not receive an appointment letter within three weeks, contact the Regional office where you submitted your paperwork to ensure they are in receipt of your proposal. The committee may make suggestions based on safety, timeline, or project standards. (Please note that it is not unusual for projects to be revised.) You cannot begin your project without approval from Girl Scouts Heart of the Hudson. You will leave your project proposal meeting with suggestions and the name of a committee mentor who can approve modifications to your project without you resubmitting paperwork.

Money Earning:

You should prepare a timeline, budget and plan for your Girl Scout Gold Award Project. Remember that you cannot raise funds for another organization as a Girl Scout. Guidelines require that you utilize an adult contact for donation requests; file an application for money earning projects and submit donation requests for approval to your Regional Fund Development Manager if value and/or amounts will exceed \$500.00.

As you work on your project, label all flyers, letters and press releases as a Girl Scout Gold Award project and include your name. Remember that you need to document 65 hours to complete a Girl Scout Gold Award project.

Benefits of Earning a Girl Scout Gold Award:

- * Be recognized as a community leader—your accomplishments reflect leadership and citizenship skills that set you apart.
- * Sense of accomplishment—YOU can do it!
- * It feels good when you help others.
- * Looks good on your resume and college applications!
- * Projects solve community issues and improve lives.
- * Projects create assets and community programs for the future.
- * Many state and local organizations acknowledge the recipients of Girl Scout Gold Awards.
- * An increasing number of colleges and universities are recognizing the achievements and leadership skills of Girl Scout Award recipients.
- * Gold Award recipients often enter the four branches of the United States Armed Services at an advanced level and salary.

OUTLINE YOUR PROJECT

Complete this form and bring to your initial Girl Scout Gold Award Committee meeting.

Leadership

Describe the leadership component of your project

Timeline

Detail an approximate time frame for your project.

Resources

People _____

Facilities _____

Equipment _____

Evaluation

How are you planning to evaluate the success of your project?

How will your project make a difference in your community?

Continuity

What steps can you take to assure your project will be continued?

Suggestions/changes from the committee

GUIDELINES

Name: _____

Get and maintain a three ring binder.

All paperwork relating to your project (such as correspondence, flyers, information sheets, names, addresses, pictures, news articles, etc.) should be kept in this binder.

A Time Log should be kept. Record all work done and time spent—you must spend a minimum of 65 hours. You can show other people's work and time spent, but their time does not count towards your required 65 hours. Bring it with you to your final Girl Scout Gold Award review meeting. Note: You may count up to ten hours of the time you spent on your 4Bs Challenge towards your 65 hours. Be sure to detail it on the time log.

Take pictures of preparation steps and the actual project. Photos are the best form of proof.

Changes in the project need to be reported to your Girl Scout Gold Award Committee mentor for approval immediately before proceeding on the project. You need approval if:

- Any part or element of the project needs to be changed
- Any part of the project cannot be continued
- You cannot complete a planned activity as presented to the committee
- You do not receive the support you anticipated

Projects should be carried out and completed as approved with any changes or additions. If this cannot be accomplished, contact your Girl Scout Gold Award Committee mentor.

Bring this form with you to your final approval meeting.

Project:

Changes:

Approval Date: _____

Girl Signature: _____

Girl Scout Gold Award committee mentor name: _____

email: _____ Telephone: _____



Girl Scouts Heart of the Hudson

Girl Scout Gold Award Application

Please fill out using a word processing program, type or print in black ink. Make copies for your Girl Scout Gold Award Project advisor, your troop/group advisor and for you to keep. Submit original to a Regional Girl Scout office prior to starting your project. Do not begin project until you have received approval. You will receive notification of an appointment time where you can discuss your project concept with the Girl Scout Gold Award committee.

Name		Phone	
Address	Town	Zip	
Community #	Troop #	Email	
School		Age	Grade
Name of Troop Advisor		Troop Advisor's Phone #	
Address	Town	Zip	
Today's Date		Anticipated Start Date	

STEP 1: GET READY

Girl Scout Gold Award Project Advisor:

Project Advisor's Phone: ()

Project Advisor's E-Mail:

Attach copy of timeline developed by you and your advisor.

STEP 2: GIRL SCOUT GOLD LEADERSHIP AWARD

Activities	Date Completed	Advisor* Signature
1. Earn It: IP:		
IP:		
IP:		
2. Believe It: Studio 2B Focus Book chosen:		
3. Lead It: (30 hours) Describe:		

STEP 3: GIRL SCOUT GOLD CAREER AWARD

Describe 40 hour career related activity:

	Date Completed	Advisor* Signature

*Can be signature of your troop/group advisor or Girl Scout Gold Award project advisor.

STEP 4: GIRL SCOUT GOLD 4 B'S AWARD

Activity	Date Completed	Project Advisor Signature
Become		
Belong:		
Believe:		
Build:		

STEP 5: GIRL SCOUT GOLD AWARD PROJECT

Title of Project:

Proposed start date:

Proposed completion date:

- A. Describe the issue your project will address, what you hope to achieve, and who will benefit.

- B. Discuss the reasons for selecting this project.

- C. Outline your strengths, talents, and skills that will be put into action.

- D. Describe the steps involved you for putting your plan into action, including facilities and/or equipment needed. (You can attach project plan.)

- E. Indicate methods and/or tools you will utilize to evaluate the effectiveness of your project?

- F. List the names of advisors and resources you plan to use.

- G. Estimate overall project expenses and how you plan to meet these costs (attach copy of budget sheet from your record book).

Your signature: _____ Date: _____

Project Advisor's signature: _____

ACTIONS:	DATE:
Received by Council on:	
Coaching given:	
Girl response:	

Council Representative Approval: _____ Date: _____

REFLECT

Think about it Reflecting on what you did is important.
Use these answers to fill out your final report form.

Ask yourself:
What was the goal of the project? How did you evaluate its' success?

Did you have any difficulties? How could you have avoided them?

What did you learn about yourself and others?

Describe the leadership component of your project:

How will your project make a difference?

What resources (people, facilities, equipment) did you use?

What steps have you taken to ensure the continuity of your project?



Girl Scouts Heart of the Hudson

Girl Scout Gold Award Final Report

Please fill out using a word processing program, type or print in black ink. Make copies for your Girl Scout Gold Award Project advisor, your troop/group advisor and for you to keep. Submit original to a Regional Girl Scout Gold Award Committee within 30 days of completing your project. You will receive notification of an appointment time where you can present your completed project to the Girl Scout Gold Award Committee.

Name _____ Phone _____
Address _____ Town _____ Zip _____
Community # _____ Troop # _____ Email _____
School _____ Age _____ Grade _____
Name of Project Advisor _____ Project Advisor's Phone # _____
Address _____ Town _____ Zip _____ Email _____
Troop/Group Advisor: _____ Troop/Group Number: _____
Troop/Group Advisor's Phone: () _____ E-Mail: _____
Girl Scout Gold Award Project Advisor: _____
Project Advisor's Phone: () _____ Project Advisor's E-Mail: _____

Title of Project:

Please describe your project using one or two sentences:

STEP 6: Tracking Project Hours

Date started: _____ Date completed: _____

STEP 7: Reflection and Evaluation

H. Briefly summarize your project. Include the issue your project addressed and the methods you used for meeting project objectives.

I. Discuss the benefits your project provided to others in the community.

J. Detail the method used for evaluating the impact of your project.

K. What did you learn about yourself as a result of this project?

L. What aspects of your project would you change or do differently?

M. What was the most successful aspect of your project?

Your signature: _____ Date: .

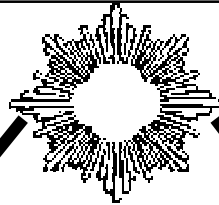
Gold Award Project Advisor's signature: _____

ACTIONS:	DATE:
Received by Council on:	
Final approval given:	

Approved: _____
Council Representative

Date:

Go For IT: the Girl Scout GOLD Award



All steps must be completed by Sept. 30 after the completion of 12th grade.
 (Young women who are developmentally delayed may have until the completion of their 21st year to finish their Girl Scout Gold Award.)

Remember that the focus of the project should be the community as a whole
 Go beyond the Girl Scout community.

STEP 7 - Think About It

- Reflect & evaluate with your advisor
- Submit your Final Report to council

Submit your Girl Scout Gold Award Application to the council.
 Meet with the council's Girl Scout Gold Award Committee.

(Your project must be approved before you begin Step 6.)

STEP 6 - Take Action

Do It! After you receive council approval, put your plans into action. Be flexible and adjust plans if necessary.
 Work closely with your adult advisor.

STEP 5 - Girl Scout Gold Award Project

Your Gold Award Project must take a minimum of 65 hours.
 The time you spend working on the 4B Challenge may be applied towards the 65 hours.

- Plan It
- Choose It
- Map It
- Know More About It
- Budget It

You must be 15-18 or in grades 10-12 to start work on Steps 5-7.

STEP 4 - Girl Scout Gold 4 B's Challenge

- **Become** - Assess your set of skills. Set and achieve two goals related to self-improvement
- **Belong** - Create a community profile to find out more about the community needs and assets
- **Believe** - Come up with an actual vision statement for your Girl Scout Gold Award project
- **Build** - Focus on developing a specific network of people who might help with your GS Gold Award Project
 (Use the *STUDIO 2B Write Now Focus* to help you write your vision statement & support your issue's position.)

STEP 2 Girl Scout Gold Leadership Award

- Earn 3 s related to parts of the GS Law
- Earn a charm from the STUDIO 2B Focus series
- Take action: spend 30 hours in a leadership role

Use *Go For It GS Gold Award STUDIO 2B Basics* insert to keep records and journal Steps 2-6. Good record keeping will help you in Step 7.

STEP 3 - Girl Scout Gold Career Award

- Do one or a combination of the following for a total of 40 hours:
 - Career-shadow one or more people
 - Get an apprenticeship or internship
 - Visit colleges or trade schools
 - Organize a career fair
 - Publish a newsletter or create a Web page about careers for school
 - Partner with one or more Girl Scout council staff members
- **OR** Have a paying job or started you own business & put in at least 40 hours on it

STEP 1 Build a Framework

- Read *STUDIO 2B Go For It Girl Scout Gold Award* insert **OR** attend a council sponsored Girl Scout Gold Award Workshop
- Meet with your adult advisor and develop a timeline for Steps 2-4; include some thinking about where Step 5 might fit on your timeline
- Create an agreement with your adult advisor.

Accomplishments prior to age 14 or entering 9th grade cannot be used towards the Girl Scout Gold Award.
 A girl must be ages 14-18 or in grades 9-12 to work on steps 1-4 of the Girl Scout Gold Award.