

SENIOR GRADE LEVEL 2014-2015









Self-Study

Girl Scout Senior Program Level Training

Welcome to the Girl Scout Senior Program Level training for the Girl Scouts of Black Diamond Council. This training is for adult volunteers working with Girl Scout Seniors or for Seniors themselves who want to know more about the Girl Scout program.

How to Complete the Self-Study:

- 1) Read and complete the Self-Study Guide.
- 2) Return the completed self-study quiz and evaluation form to:

Girl Scouts of Black Diamond Council

PO Box 507

Charleston, WV 25322-0507

You may also return the completed materials to your local MSM.

Questions during the self-study, contact:

Becky Pack, Director of Volunteer Development 304-345-7722 ext. 1102

Becky.pack@bdgsc.org

By the end of this tutorial, you will be able to:

- Describe WHAT Girl Scout Seniors do
- Describe how Girl Scout Seniors learn leadership skills,
- Determine how you can help your Girl Scout Seniors follow their interests
- Apply 3 important components of the teen program regarding financing, inclusion and sensitive issues
- Identify 5 resources essential for Girl Scout leaders



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Who is a Girl Scout Senior?



Girl Scout Seniors are girls in 9th and 10th grades.

They may be bridging up from Seniors or joining Girl Scouts for the first time.

Girls this age typically have good communication skills and are interested in exploring the world around them.

They enjoy leadership activities, direct service, and travel - a perfect time for Girl Scouts.

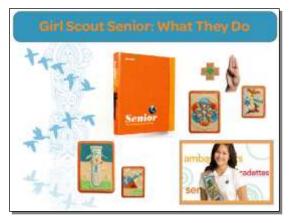




Girls say - that a leader is not only defined by the qualities and skills one has, but also by how those qualities and skills are used to make a difference in the world. This definition led to the development of the Girl Scout Leadership Experience.

The Girl Scout Leadership Experience is made up of two main sets of resources: "The Girl's Guide to Girl Scouting" and leadership "Journeys".



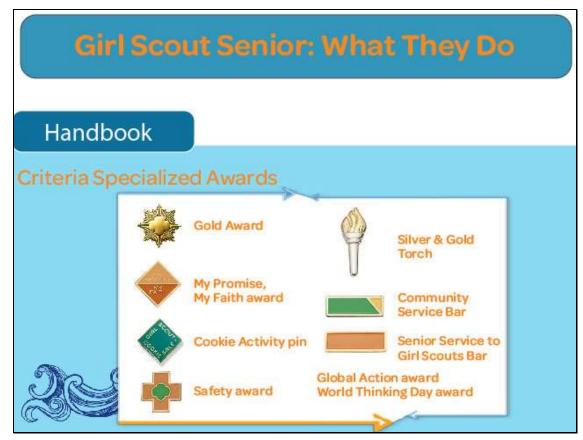


The Girl's Guide to Girl Scouting is a binder full of general information and specific badge requirements. There are three tabs in The Girls' Guide, which indicate the "Handbook" section, the section on "badges" and the "My Girl Scouts" section. We'll cover each in detail.





Behind the Handbook tab, you will find Girl Scout traditions, history and ceremony ideas There are Uniform details including the exact placement of earned awards on girls' sash or vest. There are overviews of each Journey series. We'll explore these in a few pages, but for now - know that the Girl's Guide "handbook" section is a great resource for your Seniors when they are selecting a Journey.



Seniors have a number of specialized awards. The criteria for the following awards is included here: The Girl Scout Gold Award - the highest award for Girl Scouts My Promise, My Faith Award, the Cookie Sale Pin and Safety Award The Silver and Gold Torch, Community Service Bar, Service to Girl Scouting Bar, and yearly awards for Global Action and World Thinking Day.

If your Seniors like working with younger girls, they might want to earn their "Counselor in Training"

Earning the CIT gives them an opportunity to put their skills into action by helping younger girls in a camp setting.

Seniors who have completed the 9th grade might want to work on their "Volunteer in Training"; The VIT project will span three to six months of mentoring girls outside of the camp experience.



Next up is the "Badge" section. It contains an "awards log" for girls to track what they earn.

There is also an overview of the badges available at all levels. This is helpful for Seniors looking ahead and planning for future years.

Badge Category	Topic Area	Brownie	Junior	Cadette	Senior	Ambassador
Legacy	Cook	Snacks	Simple Meals	New Cuisine	Locavore	Dinner Party
Financial Literacy	Financial Literacy	Money Manager	Business Owner	Budgeting	Financing My Future	On My Own
Cookie Business	Cookie Business	Meet Your Customers	Cookie CEO	Business Plan	My Portfolio	R&D
Skill Building	Outdoors (It's Your Planet -Love It! Badge Set)	Hiker	Camper	Trail Blazer	Adventurer	*NA
Make Your Own	Girl's Interest	Whatever a girl is interested in!				

Behind this tab, you will find the requirements for earning 7 legacy badges. These are traditional categories such as First Aid, Athletics, Nature, the Girl Scout Way, etc.

The Girl's Guide to Girl Scouting contains the requirements for three financial literacy badges, three "Cookie Business" badges for the budding entrepreneur/philanthropist, and one "Make Your Own" badge which can be designed and earned one time each year. Girls cannot earn badges developed by other groups or troops. The design itself is half the learning!





The third section entitled "My Girls Scouts" contains Journal pages and a sheet for autographs A community service log to track her volunteer hours and a "letter to self" and "letter to future self" exercises.



The Girls' Guide to Girl Scouting guides Girl Scout Seniors to...

Give Service



Build Skills



Have Fun!



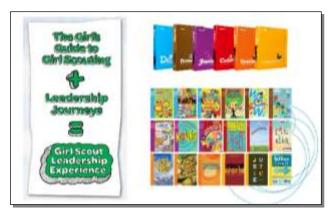
Take a moment to answer Questions 1—3 in your Learning Log.



In addition to the 20 plus badges and awards described in the Girls' Guide, your Seniors might want to check out the 3 "badge activity sets" which are sold separately. Each set contains the requirements for 5 more badges.

The 15 extra badges include topics such as woodworking, public speaking, babysitting and more! These supplemental badge sets are designed to tie in to each of the three Journey books, but they can be done on their own, as well



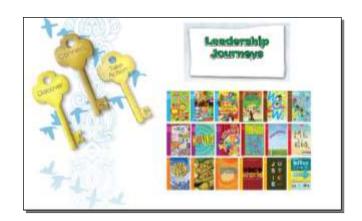


You've seen the Girl's Guide to Girl Scouting and the additional badge sets. Next we add in the Leadership Journeys. Together these program materials add up to become the Girl Scout Leadership Experience.



Journeys help girls discover who they are and what they stand for, how to connect with others and how to take action to make the world a better place. These three skills are the foundation for developing tomorrow's leaders. We'll talk about these "Three Keys to Leadership" more later.

There are eighteen Journeys in all - three for each program level. Girls can choose to complete ANY of their three journeys in ANY order.



For Seniors the three choices are:

- "GIRLtopia" where they consider the reality of life for girls throughout the world and envision an ideal world.
- "Sow What": where girls figure out what is best for people and plants when it comes to food.
- "Mission Sisterhood" where girls see how sisterhood starts with themselves and spirals out to change the world.



Each Journey has an Adult Guide that goes along with it. This "How To" Guide for adults offers information about journey awards and step-by-step ideas for journey sessions. Girl Scout Seniors should use these guide when making decisions for their troop. Each Journey has it's own set of awards For Girl Scout Seniors, the earned awards are three interlocking badges.

If they earn all three awards, and complete all three Journeys - they have earned the Journey Summit pin: the second highest award for Seniors.



How do you KNOW that a girl has completed a Journey? When she has earned all three of the Journey awards and completed the Take Action Project. t.

Seniors who have also earned their Silver Award as a Senior are now, if they so choose, in the perfect position to start on her Gold Award Project. Seniors who have not earned the Silver Award should complete a second Journey before starting on their Gold Award Project. More information about the Gold Award can be found in the Girl's Guide to Girl Scouting, as well as in the For Girls section of our website.



Learn More!

- · Read Journey Advisor Guide
- · Get "It's Your Journey Customize It!"
- Watch the online video "Beginning the Journey"
- Explore interactive maps



Take a moment now to answer Question 4—5 in your Learning Log.



The "Three Keys to Leadership" we mentioned earlier - Discover, Connect and Take Action, form the structural basis for the Journey series. The three keys were based on what girls defined as necessary skills for today's leader.

As a girl makes her way through a Journey, you should see her demonstrating the outcomes established under the three headings.

Girls "Discover" by gaining a stronger sense of self, positive values and practical life skills.

Discover

- 1 Girls develop a strong sense of self.
- 2 Girls develop positive values.
- 3 Girls gain practical life skills.
- 4 Girls seek challenges in the world.
- 5 Girls develop critical thinking.

Connect

- 1 Girls develop healthy relationships.
- 2 Girls promote cooperation and team building.
- 3 Girls can resolve conflicts.
- 4 Girls advance diversity in a multicultural world.
- 5 Girls feel connected to their communities, locally and globally.

When they "Connect" they develop healthy relationships, resolve conflicts and promote cooperation.

When girls
"Take Action"
to make the
world a better
place they
identify
community
needs, solve
problems and
advocate for

Take Action

- 1 Girls can identify community needs
- 2 Girls are resourceful problem solvers.
- 3 Girls advocate for themselves and others, locally and globally.
- 4 Girls educate and inspire others to act.
- 5 Girls feel empowered to make a difference in the world.

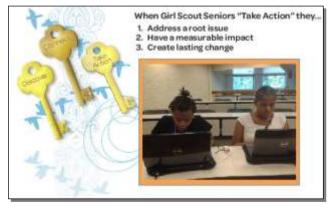
themselves and others.



For Seniors, "Discover" doesn't mean: Girls would use magazines to discover fashions, but rather they could use those same magazines to explore stereotypes and describe their impact on their self-esteem.

And "Connect" doesn't mean: "Girls connect at 8p.m. for an ice cream," but, rather, it could mean: "Girls get together for ice cream where they have fun, do some team building, and set guidelines for their troop."





And finally, when Girl Scout Seniors take action, they don't just complete a service project

But, rather, they address the root of an issue, have a measurable impact and create lasting change. "Take Action" doesn't mean - Caroling at a nursing home during the holiday season, but, rather working with local schools to provide monthly music services for a senior center.

The difference between a Service Project and a Take Action project is very important to note. Completing a strong take action project is a great "dress rehearsal" for a Girl Scout Gold Award project.

Let's practice distinguishing between the two by answering Questions 6—6 in your Learning Log.



What makes Girl Scouting really great - what makes us stand apart from all the rest is how our girls are engaged in their own leadership experience. Not just WHAT they do - but HOW they do it. Girl Scout activities must be "Girl Led" and include features where girls are "Learning by Doing" and participating in "Cooperative Learning."



Detailed information about what you as a Senior leader should be striving for is contained in "Transforming Leadership Continued" a free, online publication that describes what this looks like for Girl Scout Seniors. Down load this book:



http://www.girlscouts.org/research/pdf/transforming_leadership_continued.pdf.



means Seniors figure out the what, where, and how for their troop. They should be doing short and long-term planning for activities, consulting safety regulations, making plans to earn money and taking the lead on paperwork and scheduling.

Practice letting them lead, by encouraging them to decide where, when and how they will meet. You can recommend the Girl Scout "parts of a meeting" but your Seniors decide which components to use. Free socializing might be just what they need for a gathering activity, but a poem might serve as an opening.



Your girls may decide how to govern themselves, based on the size of the troop.

"Patrols" or subgroups are traditional for Girl Scouts, but become very important during the teen years. Patrols can be used for planning any trip, activity or event. Your girls might also have an executive board or discuss issues through a town meeting. Below is a detailed discussion of each type of troop governance.

Patrol System



The patrol system is a representative form of government in which the troop breaks into small groups called patrols. This allows every troop member to have a say and a chance to try out leadership roles. Each patrol has a leader, elected by the members, who conducts regular patrol meetings, leads discussion, delegates responsibilities, consults with advisors, and represents the patrol at Court of Honor meetings.

Executive Board



An executive board is a small group made of elected officers (for example, a president, vice-president, secretary and treasurer). Some troops also decide to have rotating executive boards and/or presidents. The executive board gathers ideas from the group, recommends activities and then assists the group in carrying out those plans. As the adult leader, you act as an advisor to the board.

Town Meeting



In the town meeting system, all troop members meet to discuss group business. This system is most effective with groups of less than 20. Moderators may be elected by the group, or members may take turns guiding discussions.



means that Seniors actively participate AND reflect on what they've experienced.

Getting out-of-doors is a perfect way to engage girls in hands on activities. Building skills by earning badges broadens their horizons and guides them into service. If the girls are trying new things then sitting down to talk about them - then they are developing their leadership potential.





is when Seniors work together toward a shared goal in an atmosphere of respect and collaboration. The group shares responsibility and credit.

Supporting your Seniors in the prevention of conflict and in the response to conflict when it inevitably arises is a big part of helping them grow as future leaders. Group guidelines and behavior contracts help in the prevention of conflict, while conflict mediation and group negotiations help girls manage conflicts once they arise.

The key to prevention being successful is to involve the girls in the prevention process. You should intervene only after girls have attempted to resolve a conflict. Talk to them about conflict resolution early in the year, before any problems arise. Read the four strategies below to learn more.

Group Guidelines

Girls should develop guidelines early in the year, before conflict arises.

Guide them to establish ground rules regarding cell phones, texting and social media. Have conversations about behavior, money earning, and what to do when things go wrong. The advisor helps, but they must hold each other accountable.

Behavior Contracts

Behavior Contracts are also an important tool for meetings, and necessary for outings & trips. Create contracts with the girls that include expectations & consequences. Have each girl sign a contract and be sure to follow through with any consequences when necessary.



Conflict Mediation

If two or three girls are in a conflict, encourage a third girl who is neutral to sit down with them to talk it out. She should help them:

- 1) Identify the problem
- 2) Listen to each side of the conflict
- 3) Identify possible solutions
- 4) Respond to suggestions
- 5) Reach a compromise for how they can move forward

Group Negotiation

When a conflict affects more than just a few girls, it is important to have the whole group sit down and talk through what happened. Use the same steps as in mediation, but allow more time for additional perspectives and suggestions. This might seem daunting, especially with strong feelings and complex issues, but problem solving in a large group is an invaluable skill for girls to practice.

Discover, Connect, Take Action Girl-led, Learning by Doing and Cooperative learning That's the Girl Scout Leadership Experience!!

Take a moment now to answer Questions 9 – 10 in your learning log.

With all these choices and important outcomes to achieve, let's go over how you can help your Girl Scout Seniors make decisions and follow their interests.

It is important to remember that girls in this age group are beginning to have a lot of commitments. They join or stay in Girl Scouting through their teen years because they want to:

- Be a part a of a group THEY create
- Participate in activities THEY choose
- Talk about topics that interest THEM
- Work with adults to whom THEY relate

Seniors are capable of and should take on a lot more responsibility than younger girls.



Don't worry if all your girls want to do sometimes is talk, or hang out and be silly.

Relationships are important to girls in this age group. OK to dedicate some time or even whole meetings socializing.

It's

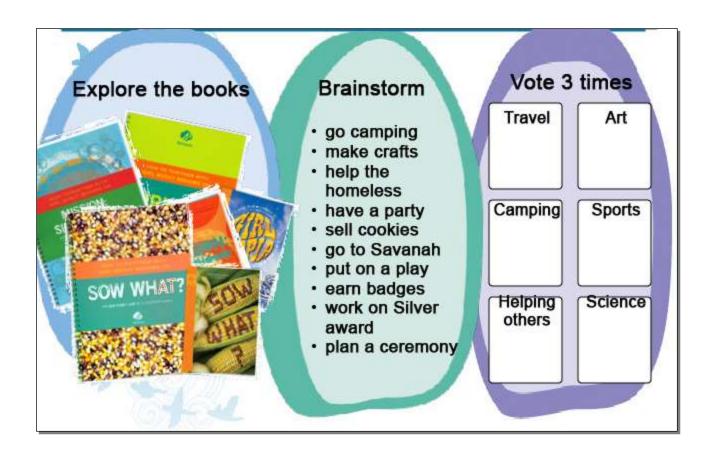
to

Girls in 9th and 10th grade have a lot of commitments. Not every girl needs to participate in every activity. Plan the meetings around everyone's schedule when possible, keeping in mind that not all girls will be able to attend regularly. A troop could include some "online chat" time to include all girls in planning and decision making



A great way to start your troop's Girl Scout year is to have your troop determine what kinds of things they want to do. Here are three ideas for gathering input:

- 1. You might borrow the Girl's Guide and Journeys from your Service Unit library or another troop, then let your girls explore the books and select one to start with.
- 2. Your girls could brainstorm a list of "fun things to do" and vote on their favorites,
- 3. You could pre-select a wide-variety of topics and let the girls vote with stickers or post-it notes.



Once you have an idea of what the girls want to do, you can go to the Girl Scout shop and match their interests to the existing Girl Scout program and materials. But HOW do you decide which book to start with?

Below, you will find a list of topics that might be of interest to your girls. Beside each topic, you will see which resources support that area of interest. These are great pages to come back to throughout the year as the girls' interests evolve, or let your troop look at these choices themselves. Members of a Senior troop can also form patrols with different goals and interests to pursue. We'll cover this idea in a few minutes.



The Girltopia supplement pack is a great resource for Seniors to go beneath the surface by developing a strong sense of self.

In the Women's Health badge, teens focus on techniques to stay emotionally healthy and take a look at a women's health

issue they are passionate about. In the Science of Style badge, teens jump into the chemistry of skin care and makeup and behind fabrics, accessories, hair products and perfume.



The "Girl's Guide to Girl Scouting" can help your girls prepare to camp by earning the Senior First Aid badge, then while camping, they can work on their Naturalist-Sky badge and interact with the wonder of the sunset, cloud formations and night stars.

Later on, girls can organize teams and events for an exciting multi-day high adventure challenge in the supplement pack for Sow What which contains the Adventurer badge.



"The Girl's Guide to Girl Scouting" contains two badges focused on financial literacy: Financing My Future and Buying Power.



The Mission Sisterhood Journey is all about the global sisterhood of Girl Scouting that began in 1912. Girls explore the types of friendships, inner and outer beauty, mentorship and the unity of women around the world.



If you have girls that are interested in leadership, ethics, teamwork and networking, GIRL topia invites girls to envision an ideal world—a society that consistently respects their needs, values and interests.

In the Social Innovator badge in the Mission Sisterhood supplemental badge set, girls look for ways to help others and make a difference and think like a social innovator.



While every Journey has a "take action" project, the Sow What Journey is a great place to get started.

The Counselor in Training and Gold Award (requirements in the Girl's Guide to Girl Scouting) are also great for girls interested in helping others.



The Mission Sisterhood Journey is a great resource for Seniors who love to role-play and perform.

In addition the GIRL topia supplemental badge pack helps girls find their inner performer, organize a team of people and put together a performance in Troupe Performer.



The "Girl's Guide to Girl Scouting" gives girls the opportunity to explore farm to table food sourcing in the Locavore badge. Teens explore the benefits and challenges of going local and try recipes with local ingredients.

The supplemental badge back for GIRLtopia includes the Website Design badge that encourages girls to design, build and promote their own website...



The "Girl's Guide to Girl Scouting" is a great resource for girls interested in sports. They can earn their Cross Training badge and learn about being a good team player.

The supplement pack for Mission Sisterhood contains a Game Visionary badge where girls learn from each other by leading a series

of fun, inventive and challenging games.



The Sow What Journey is a great resource for Seniors to connect with the food our Earth provides and the life, energy and resources involved to feed the planet.

In addition, the GIRL topia supplemental badge pack includes the Voice for Animals badge to better understand animal issues

worldwide and learn what they can do to help.



Use badges in the Girl's Guide to Girl Scouting to help your troop to prepare their future travel plans. The Traveler badge helps girls explore different cultures and exotic foods.

Make Your Own badge is a great way to design the skills needed for traveling...

The "Girl's Guide to Girl Scouting" gives girls the opportunity to



practice visual arts when earning the Collage Artist badge to create unique art using different materials and color themes.

In addition, the supplemental badge packet for Sow What has some great options like the Room Makeover and Textile

Artist.Woodworker.



Let's explore how different troops of girls can make their passions a reality through Girl Scouting.

This Seniors of this troop have widely varying interests and availability. During the first meeting, the leader guides the girls to identify their interests and upcoming schedules. Based on this, she helps them make a Girl Scout plan that works best for them. Click on any of the three girls above to hear their stories. Then click "continue" when you are ready to move on the next section.



This is Danielle. Danielle and a buddy in the troop are really interested in food. They start in on the Sow What Journey together, reading articles online, planning trips to farmers markets and preparing healthy, local snacks for the times when the whole troop gets together.



This is Taylor. Taylor and her group of three Seniors love the outdoors. After a summer as Counselors in Training, they help run a fall Core Camp. Then in the winter, they work online and meet in-person to earn their Naturalist Badge, Sky. In the spring, they will organize a white water rafting trip that the whole troop will attend.

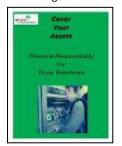


This is Hannah. Hannah is starting to work on her Gold Award proposal. By December she has made two revisions with the help of the Gold Award panel. By spring she's ready to start on her project. The white water rafting trip will provide her with some quality time to spend with her friends with in the rest of the troop.

Girl Scout Seniors: Finances

At this age - money management is primarily the responsibility of the girls. They develop their calendar and budget accordingly. If they are planning an extended trip, they may plan 2 years ahead. Trips can be financed by personal funds, dues, or through money earning activities. The council sponsored cookie program and fall product sale are great ways for girls to support their goals. Troops can also request approval for additional money earning activities that they come up with on their own.





There is still ONLY ONE troop bank account and the money cannot be "cashed-out" of Girl Scouting if a girl leaves.

More information on this can be found in Volunteer Essentials and in the Troop Money Management tutorial on the GSCNC website.



Girl Scout Seniors: Inclusion

Girl Scouts embraces girls of all abilities, backgrounds, and heritage regardless of socio-economic status, race, physical or cognitive ability, ethnicity, primary language, or religion.



Girl Scouts embraces girls of all abilities, backgrounds, and heritage, regardless of socioeconomic status, race, physical or cognitive ability, ethnicity, primary language, or religion. "Inclusion" is an approach and an attitude, rather than a set of guidelines. It is a core tenant of Girl Scouting at every level. Specifically for teens, the chance to welcome new girls into your troop is their opportunity to model this openness.

Teen troops often combine with other troops to maintain the group experience. The bigger the group means more diverse interests, more teamwork opportunities (and better group rates). Girls are great at figuring out ways to accommodate differences when given the chance. Learning to weigh the concerns, beliefs, and needs of others, makes them stronger leaders. Make a commitment to inclusion and diversity in your troop.



Take a moment now to answer Questions 11 – 13 of your learning log.

Girl Scout Seniors: Sensitive Issues

Girl Scouting creates a supportive environment - because of this, girls may feel comfortable discussing sensitive topics. This is very common in teen troops.

Advisors should host a parent meeting at the beginning of the year. Explain that you will seek their permission for any activities that are planned around sensitive issues, but they should be aware that these conversations may spontaneously occur among the girls.



Sensitive

Issues

The topics in the lefthand column fall

into this category. To notify parents about a planned program or speaker on a sensitive issue and to request their permission, use the Parent Permission form, found in the last section of Volunteer

Additionally, there may be a situation where the leader must take action to protect a girl's safety. If a girl discloses information regarding harm to herself or others, the leader must reach out immediately to helping professionals in the school or community. A Girl Scout leader has the unique advantage of access to the "girl world" of these teens. Bear that responsibility with great care.

Take a moment now to answer Questions 14 – 15 of your learning log.



We've reviewed the three components of Girl Scouting that are especially important at the teen level. Now, let's identify 5 resources essential for Girl Scout Leaders.



Number 1 - Print Resources

Remember that the Girl's Guide and the Journey adult guides will be important resources as you learn. Volunteer Essentials, a locally published book will be included in the "New Leader Packet" from your Service Unit. In it, you will find Girl Scout policies, guidelines and tips for safe practices.

Also, be sure to check out O.N.E. magazine for all the latest events and training opportunities for both girls and adults!





Number 2 - Your Local Area Volunteers

Be sure to attend your local area meetings where you can connect with members of the local leadership team and other troop leaders. These meetings can be a great place to make connections, have discussions and learn.



If you are unclear about the location of your service unit or who to contact, see the map on the council website to look up your city and state,

Number 3 - Websites

Girl Scouts of the USA, the national organization - has a website with lots of materials for both girls and leaders.





The GSBDC website also has a lot of material and should serve as a primary resource. In particular, check out the For Adults section. It has a section of Resources with information on ceremonies, Safety and Program. The For Girls section has links to information on other fun Girl Scout stuff. Under the publications link, found at the bottom of the website, you can find copies of: *On My Honor, O.N.E* and the *Annual Report*.

You can also stay connected to what is happening in the council through Black Diamond's Twitter feed, YouTube channel, and Facebook page.

Click the icons at the top of the website to check these out!



Number 4 - Ongoing Training and Support



Black Diamond offers several other trainings to help enrich your experience as a Girl Scout troop leader. On our website, Under "Volunteering-> Training and development," you will find a link to a listing of online enrichment videos on Journeys, the Girls Guide and the Three Processes. This selection of video trainings is constantly being updated, so check back often to see what is new!

In addition to online video trainings that you can view at your convenience, we also offer webinars on many different subjects. From the training and development page, go to the training schedule to register for a webinar that interests you!

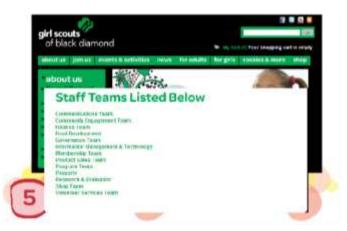




Finally, you might want to check out the "additional trainings" page to see what certifications are required for certain activities your girls might be interested in. Some certifications are available by self-study; others require more intensive, face-to-face training. There is a link on the additional trainings page to the training schedule, where you can find a listing of all upcoming in person certification trainings

Number 5 – Council Staff

Our entire staff is here to help you! Find a complete listing of all departments and staff in the about us section of our website.





Paper resources, service unit volunteers, websites, training/support and council staff. These are the five essential resources that can help you be successful with your teen troop.

Congratulations! You have completed the Girl Scout Senior Grade Level training! You are well on your way to leading Girl Scout Seniors. Thank you for your time, and your commitment to supporting the leaders of tomorrow

