



Girl Scouts Heart of Central California Rose Award Requirements

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

PURPOSE: To enable girls to achieve competence in a wide variety of areas while heightening awareness of themselves, their community and the world around them.

REQUIREMENTS:

1. **Eligibility:** Registered as a Girl Scout in 9th-12th grade, at least fourteen years of age. All the requirements for this award must be completed after registering as a Girl Scout in 9th-12th grade. Activities may be used to fulfill only one requirement for this award. Attach three letters of endorsement from the following: family, troop, Girl Scout adult, community adult, school staff or employer.
2. **Notice of Intent:** Eligible Girl Scouts can begin work on the award at anytime. For planning and personal responsibility purposes, the Notice of Intent form must be submitted no later than 3 months before the intended completion of the award. Final reports must be turned in by March 20th in order to be recognized at that year's awards ceremony.
3. **Service:** (Complete a, b & c)
 - a. Complete *Prepare 2B Ready* training.
 - b. Be the director for two Girl Scout events. The events may be either single or multi-age level. These events can be done with a single troop, a group of troops, a service unit, or on a council-wide basis. Event Planning guidelines must be followed. Events could be Thinking Day, a camporee, a recruitment event.
 - c. Participate in a community service project for an organization other than of Girl Scouts.
4. **Out-of-Doors:** (Complete one activity from a and one activity from b)
 - a. Spend six days (cumulative) with your troop or other high school aged Girl Scouts doing outdoors activities. Examples could be: biking, canoeing, skiing, snowboarding, backpacking, camping, or hiking. (The days do not have to be consecutive.)

or

Attend at least one session of a resident or short term resident camp.

or

Attend Counselor-In-Training, a leadership program offered in the GSHCC resident camp brochure.
 - b. Participate on a team or in an individual sport for at least one season.

or

Participate in a school spirit organization supporting athletics in your school or community.

or

Attend at least five sporting events for at least two different sports.
5. **Independent Living Skills:** (Complete one of the following.)

Earn one Financial Literacy-Cookie Business Badge from *Girls Guide to Girl Scouting*

or

Earn one Legacy Badge from *Girls Guide to Girl Scouting*
6. **Creative Activities:** (Complete one of the following)

Take performing arts lessons for a minimum of one school term culminating in a recital or public performance.

or

Create and exhibit three finished pieces of artwork at a fair, community art show or with your troop members.

or

Take a course in a visual art and share your knowledge with others.

or

Visit or attend a performance of at least three of the following:

Symphony	Music Production	Dance Production	Independent Film Festival
Art Gallery	Opera	Theater Production	
7. **Well Being:** (Complete a, b, & c.)
 - a. Complete Girl Scout Level I first aid training.
 - b. Earn the *Cross-Training* or *Coaching Legacy Badges* from *Girls Guide to Girl Scouting*

or

Earn the *Locavore* or *Dinner Party Legacy Badges* from *Girls Guide to Girl Scouting*

 - c. Write your definition of good mental and physical health.

8. International Friendship: (Complete one activity from **a** and all of **b**)

- a. Be involved in an international event at a troop, service unit, or council level.

or

Apply for and go on an International destination.

or

Correspond with a pen pal from a foreign country.

or

Become acquainted with an exchange student or a visitor from another country and learn about their culture.

- b. Explain the location of the World Centers, the purpose of the Juliette Gordon Low World Friendship Fund, and what the World Association of Girl Guides and Girl Scouts is and who belongs.

9. Promise and Law: (Complete all of the following)

- a. Re-examine each part of the Promise and Law and state what they mean to you.
- b. How are the Girl Scout Promise and Law relevant to you and your life?
- c. How have the ideals of the Promise and Law, and their suggested code of behavior, helped you to make difficult decisions?
- d. Represent how Girl Scouts has influenced your understanding of yourself and others. (You may write a paragraph, a poem, a song, create a painting, drawing, sculpture or movie.)

10. Career Exploration: Explore through personal interview or research four jobs that require different levels of training. (Complete both of the following)

- a. Explore two careers that require an associate, bachelor or graduate degree. (You might visit www.bls.gov and navigate to the "Occupational Outlook Handbook" for ideas.)
- b. Explore two careers that require training given at a vocational school, apprentice program, or other specific skill-related training. (You might visit www.bls.gov and navigate to the "Occupational Outlook Handbook" for ideas.)

During your interview or research, answer the following questions:

What are the qualifications necessary for the position?

What is the required education or training?

What phase of the work is the most time consuming?

What part is the most enjoyable?

What are the major advantages and disadvantages?

What is the employment potential?

What is the work schedule?

What is the salary range?

Are there any personal expenses required, i.e., tools, equipment, car, or clothing?

Are there any fringe benefits?

Explain what you have learned about each of the occupations you explored. Include your findings with the award report. (You may write summaries, poems, songs, create paintings, drawings, sculptures or movies for each occupation.)

11. Adult Roles in Girl Scouting: (Complete all of the following)

- a. Interview a professional in Girl Scouting (other than a family member) and learn about their job in more detail.
- b. Interview a volunteer in Girl Scouting (other than a family member) and learn about their responsibilities in more detail.
- c. Attend a meeting of one of the following: service unit leaders, service unit team, council delegate assembly, council board of directors, or council board committee.
- d. Plan a recruitment event or an event focused on Juliettes (Individually Registered Girls) for your Service Unit.

12. Submit three letters of character endorsement.