

GSHCC Rose Award Workbook

As you complete each requirement, fill in the details and complete the reflection in this workbook. Remember to write your answers in full sentences with personal details, descriptions and dates, if indicated.

Important Notes:

- Only registered Girl Scouts are eligible to earn this award.
- All requirements must be completed after graduating 8th grade and by September 30 after graduating high school.
- **Each activity or badge may be used to fulfil only one requirement.**
- You can complete requirements in any order.
- Submission must be received by **March 1** to be part of our Spring awards ceremony. If submitted after this date you will be invited to the following year's ceremony to receive your award.

Applicant information:

Full Name:

Troop #/Juliette

Email Address:

Mailing Address:

Current Grade:

Service Unit:

Phone Number:

1) Service

First, complete Prepare 2B Ready training *(this training could have been completed as a Cadette)*

Date Training Completed: _____

Serve as the director or a member of an event planning committee for two Girl Scout Events.*

Event 1: Recruitment or "Bring a Friend"

Event Date: _____

Your Role: _____

Describe the event, your responsibilities and what you learned.

Event 2: Event supporting Girl Scouts in your area

Event Date: _____

Your Role: _____

Describe the event, your responsibilities and what you learned.

Participate in a community service project for an organization other than Girl Scouts.*

List the Organization you Volunteered with: _____

Describe the project you supported and what you learned from the experience

**You may want to consider working towards your Volunteering in Training (VIT) Award in conjunction with your service step. If you volunteer for 20+ hours with the same organization you can earn your community service bar*

2) **Outdoors**

Complete ONE of the following:

- Spend six days (cumulative) with your troop or other high school aged group doing outdoors activities.
- Earn two Senior/Ambassador outdoor badges.
- Attend at least one session of sleep away camp, a GSHCC expedition program or a GSUSA outdoor focused destination.
- Earn the Counselor-In-Training leadership award.

Describe which activity you completed: (list dates and details and what you learned through the experience)

Complete ONE of the following:

- Participate in a team or in an individual sport for at least one season.
- Participate in a school spirit organization supporting athletics in your school or community.
- Attend at least five sporting events for at least two different sports.

Describe which activity you completed: (list dates and details and what you learned through the experience)

3) **Independence**

Earn one Senior or Ambassador Entrepreneurship Badge or Patch Program

Name of requirement completed:

Describe what you learned through this badge:

Earn one Senior or Ambassador Life Skills Badge

Name of badge completed:

Describe what you learned through this badge:

4) 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.
- Create and exhibit three finished pieces of artwork at a fair, community art show or with your troop members.
- Take a course in visual art and share your knowledge with others.
- Visit or attend a performance of at least three of the following: Symphony, Music Production, Dance Production, Theater Production, Independent Film Festival, Art Gallery or Opera.

Describe which activity you completed: (list dates and details and what you learned through the experience)

5) Well-Being

Complete ONE of the following:

- Participate in a first aid training course.
- Earn the Senior or Ambassador First Aid Badge.

Describe which activity you completed: (list dates and details and what you learned through the experience)

Complete ONE of the following:

- Earn the 'Showing Up for Me and You' Mental Wellness Patch.
- Earn the Senior or Ambassador Body Appreciation Badge.

Name of badge/patch completed:

Describe what you learned through this patch/badge:

6) International Friendship

Complete ONE of the following:

- Be involved in an international event at a troop, service unit, or council level.
- Apply for and go on an international GSUSA Destination.
- Become acquainted with an exchange student or a visitor from another country and learn about their culture.

Describe which activity you completed: (list dates and details and what you learned through the experience)

Research what the World Association of Girl Guides and Girl Scouts is and who belongs, the location of the 5 WAGGS World Centers, and the purpose of the Juliette Gordon Low World Friendship Fund.

Describe in your own words what WAGGGS is and why it is important to the Girl Scout movement. If you could visit one of the World Centers, which one would you choose and why?

7) Promise and Law

Re-examine each part of the Girl Scout Promise and Law and reflect on what they mean to you by answering the following questions or creating an artistic piece** reflecting your relationship with the Girl Scout Promise and Law

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

How are the Girl Scout Promise and Law relevant to you and your life?

Describe one example of how the Promise and Law, and their suggested code and behavior, helped you to make a difficult decision?

Describe how Girl Scouts has influenced your understanding of yourself and others:

***If you are completing an artistic piece, you can attach a photo or include a video link with your workbook submission. You can also bring your piece into, or mail it to, one of our offices (check girlscoutshcc.org for address & open hours). If your piece is submitted separately from your workbook be sure to include your full name and that it's a Rose Award Promise & Law art piece. If mailing your piece, mark it to the attention of the Girl Experience Department.*

8) **Career Exploration**

Explore, through personal interviews and/or research, four jobs that require different levels of training.

Explore two careers that require an associate, bachelor or graduate degree***

Career One:

Describe what you learned about this career:

Career Two:

Describe what you learned about this career:

****Questions to help your research: 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*

Explore two careers that require training given at a vocational school, apprentice program, or other specific skill-related training.****

Career One:

Describe what you learned about this career:

Career Two:

Describe what you learned about this career:

*****Consider 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?*

9) Adult Roles in Girl Scouting

Interview a professional in Girl Scouting (other than a family member) and learn about their job in more detail.*****

Individual Interviewed:

Job Title:

Describe what you learned through your interview:

Interview a volunteer in Girl Scouting (other than a family member) and learn about their responsibilities in more detail.*****

Individual Interviewed:

Volunteer Role:

Describe what you learned through your interview:

*****Here is an Interview Guide to help you get started:

1. Introduction (depending on role being interviewed, use ‘volunteering’ or ‘working’)

- Can you tell me your name and what your role is in the organization?
- How long have you been volunteering/working with Girl Scouts?

2. Choose at least four of these questions or write your own.

- What inspired you to start volunteering or working for Girl Scouts?
- Was there a specific moment or experience that made you want to give back in this way?
- Who or what motivates you to keep doing this work?
- What does a typical day or week look like for you as a volunteer/staff member?
- What are some of the main tasks or responsibilities you take on?
- Are there any special projects or events you’ve been part of?
- What’s the most challenging part of your volunteer work?
- And what’s the most rewarding part?
- Can you share a moment that really stuck with you or made you feel proud?
- How has volunteering changed you or helped you grow?
- What have you learned from the people you’ve worked with?
- How do you think your work has made a difference in the community?
- What advice would you give to someone who wants to start volunteering?
- What do you wish more people knew about volunteering or about working for Girl Scouts?

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.

Describe which meeting you attended: (list date and details and what you learned through the experience)

10) Character Endorsements

Ask three adults in your life to write a character reference letter for you

- Provide each person you have selected with the Rose Award Character Reference Information Page (the final page in this workbook).
- Collect the letters and attach them to your email submission with your completed workbook.

Submission Instructions:

- Email Awards@girlscoutshcc.org with your completed workbook and your three character reference letters as attachments.
- You will receive an automated email confirmation that your form has been received.
- Please allow two weeks for your submission to be reviewed.
- You will be notified via email if you have received the award or if you need to provide additional information for a decision to be made.

Rose Award Character Reference Information

Created by local Girl Scouts three decades ago, the Girl Scouts Heart of Central California Rose Award is earned by girls who demonstrate improvement and awareness of themselves, their community, and the world around them.

Girl Scouts seeking their Rose Award spend 12-24 months pursuing this achievement. They complete activities that fall under the following categories: service, outdoors, independent living skills, creative arts, well-being, international friendships, promise and law, career exploration, and adult roles in Girl Scouting.

Girl Scouts are also asked to provide three character reference letters from adults in their life. Thank you for agreeing to be a character reference for this applicant.

Please be sure to answer the following questions in your letter:

1. *How do you know the applicant?*
2. *What skills and values distinguish the applicant from their peers?*
3. *Why do you believe the applicant is a good representative of Girl Scout values (we have included our Girl Scout Promise and Law below for your reference)?*

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

**Members may substitute for the word God
in accordance with their own spiritual beliefs.*

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Once your letter is complete, please send it to the applicant to include with their award submission. Questions can be directed to awards@girlscoutshcc.org.