



## Girl Scout Cadette/Senior/Ambassador Essentials

Resources needed to complete the Cadette/Senior/Ambassador Essentials self-paced home study are:

### Cadette Resources

- *GUIDE FOR ADVISORS*
- *Interest Projects for Girls 11-17*
- *Safety-Wise*
- *Cadette Girl Scout Handbook*
- *How to Guide Girl Scout Cadettes Through amaze!*
- *aMaze! The Twists and Turns of Getting Along*

### Senior Resources

- *GUIDE FOR ADVISORS*
- *Interest Projects for Girls 11-17*
- *Safety-Wise*
- *A RESOURCE BOOK FOR SENIOR GIRL SCOUTS*
- *How to Partner with Girl Scout Seniors on GIRLtopia*
- *GIRLtopia*

### Ambassador Resources

- *GUIDE FOR ADVISORS*
- *Interest Projects for Girls 11-17*
- *Safety-Wise*
- *A RESOURCE BOOK FOR SENIOR GIRL SCOUTS*
- *How to Partner with Girl Scout Ambassadors on Your Voice*
- *Your Voice Your World*

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## Girl Scout Cadettes/Seniors/Ambassadors

### Membership

A Girl Scout Cadette troop is comprised of girls who are in grades 6, 7, & 8. A Girl Scout Senior troop is comprised of girls who are in grades 9 & 10, and a Girl Scout Ambassador troop is comprised of girls who are in grades 11 & 12. Girls with developmental challenges should be registered as closely as possible with girls of their chronological age.

### Characteristics of Girl Scout Cadettes/Seniors/Ambassadors

General characteristics of Girl Scout Cadettes/Seniors/Ambassadors are in: *Guide for Advisors* on pages 16-18; *How to Guide Girl Scout Cadettes Through aMaze!* Page 14; *How to Partner with Girl Scout Seniors on GIRLtopia* page 18; *How to Partner with Girl Scout Ambassadors on Your Voice Your World* on pages 18 & 10.

## **Reflections**

Think of ways you might describe girls in a typical Girl Scout Cadette, Senior, or Ambassador troop. List 3 or 4 characteristics typical of this age Girl Scout. What qualities in girls do you most value and which qualities in girls do you least value?

List characteristics you need to know more about – or those which could be problematic. Do you think you consistently reward the behavior you value most? How must you need to change your reaction to some behaviors in girls? You may discover that your values about girls' behaviors and qualities differ from theirs. How will you respond to those differences as your work with girls and their adult partners?

## Girl Scout Cadette/Senior/Ambassador Meetings

Look at the sample sessions in the *aMAZE!*, *GIRLtopia*, or *Your Voice Your World adult guide* and other Girl Scout resources and make some tentative plans. Balance your year's program with the following suggestions:

- Involve girls in using their Journey books and other resources to complete activities about themselves, others, safety and skill.
- Include service projects.
- Plan field trips that enhance program activities.
- Help the girls plan bridging activities.
- Participate in Neighborhood activities.
- Include some activities at a Council camp.
- Participate in Council activities – see *Program at a Glance*.
- Participate in a summer activity.

The most important thing to remember is GIRL/adult planning.

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## Earned Grade-Level Awards

1. Interest Project Awards – Interest projects are designed to help girls learn new skills or improve on the skills they already have and are found in the *Girl Scout Interest Projects for Girls 11 – 17*. The publication also contains information on designing the girl's own interest project award. You can find additional Interest Project and requirements on the GSUSA web site. [www.girlscouts.org](http://www.girlscouts.org).
2. Safety Award for Cadette & Senior Girl Scouts – requirements may be found in *Safety-Wise* pages 12 & 13.
3. Silver Award – Girl Scout Silver Award requirements are in *Go For IT!*
4. Gold Award – Girl Scout Gold Award requirements are in – *Go For IT!*
5. aMAZE! Award – Adult guide page 8 & 9 – Girl book page 9.
6. GIRLtopia Award – Adult guide pages 6 & 7 – Girl book page 8
7. Your Voice Your World Award – Adult guide page 7.

The requirements for the following awards may be found on line at [www.girlscouts.org](http://www.girlscouts.org).

8. Community Service recognitions
9. Cadette & Senior Girl Scout Program Aide Pin and Patch
10. Apprentice trainer's Pin
11. Bridge to Senior & Adult
12. Cadette & Senior Challenge
13. Cadette & Senior Leadership Award
14. Senior Girl Scout Troop Assistant Award
15. Career Exploration Award
16. CIT (Counselor-in-Training) and CIT II Awards
17. LIT (Leader-in-Training) Award

## Reflections

What are the most important things to remember in planning the Girl Scout year? How will you help the Girls balance the need to succeed and the need of parents for their daughters to succeed?

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## Self Check

Where can the requirements for the Safety Award be found and what are they?

What is the highest award that a Girl Scout Cadette can earn?

What is the highest award that a Girl Scout Ambassador can earn?

List several supplementary insignia focusing on participation and not requirements?

# CONGRATULATIONS!

Signature \_\_\_\_\_ Date \_\_\_\_\_

Name (printed) \_\_\_\_\_

Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Email \_\_\_\_\_

Neighborhood \_\_\_\_\_ Troop # \_\_\_\_\_

Did the course content answer your questions?

Did you get enough information to begin your troop meetings?

What other information would you find useful?

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## Mail

Part I – Program Essentials - Self-paced Home Study AND  
Part II – Girl Scout Cadette/Senior/Ambassador Self-Paced Home Study

### Leadership Essentials/Program for Adults

119 East Coronado Road  
Phoenix, AZ 85044-1512

## Questions?

Contact the Leadership Essentials/Program for Adults Department at (602) 452-7048 OR  
the Membership Resource Center (MRC) at (602) 452-7196.