



## ON YOUR MIND?

### GIRLS WANT TO KNOW!

Your questions are answered here about the Girl Scout Gold Award.

#### *Who can earn the Girl Scout Gold Award?*

You must be a registered Girl Scout and be 14–18 or in grades 9–12 to work on the awards leading up to the Girl Scout Gold Award Project. You must be 15–18, or in grades 10–12, when you work on your actual Girl Scout Gold Award Project. Remember, the project must be completed by September 30 following your senior year in high school.

*Is the Girl Scout Gold Award Project an individual project, or can it be worked on by teams of girls?*

You may work with other girls, but you must keep track of your specific work and hours.

### CASE STUDY:

#### **A Sample Individual Girl Scout Gold Award Project**

Tracy became interested in using the arts as therapy after she suffered a painful illness. She developed a project to help senior citizens deal with chronic pain through music, dance, painting, and pottery activities. She visited a number of nursing homes to see what was being offered and came back with a number of issues. Not only did the residents need activities that could relieve chronic pain, but they also needed activities that offered mental and social stimulation. Tracy investigated art therapy projects, interviewing instructors at a local college that offered this major, and local practitioners in the field. After gathering information and creating a budget and project timeline, Tracy organized and trained a group of volunteers to offer art therapy activities, secured a mini-grant to purchase supplies, implemented the project at two nursing homes, and created a model that could be replicated by other community groups.

#### *How could this project be expanded into a group project?*

For more than one girl to earn her Girl Scout Gold Award doing a similar project, the girls would need to:

- ★ Meet with and form collaborations with other community organizations that focus on serving senior citizens.
- ★ Expand the number of nursing homes served.
- ★ Secure a larger grant for the project.
- ★ Design a way for the activities to continue even after the girls have earned their awards: for example, working with the local colleges and the nursing homes to set up internships for college credit for students who participate in the project.
- ★ Offer a greater menu of art therapy activities.
- ★ Train a wider pool of volunteers.
- ★ Create a tool kit or packet for nursing homes and residents that defines the project, lists available activities, and provides community contacts.