

# Senior and Ambassador Grade Level Essentials

## (Grades 9-12) | Characteristics of Senior and Ambassador Girl Scouts

At this level, Girl Scouts...	This means...
Are beginning to understand what it is to be a teenager and may be dealing with existing pressure that society places on those socialized as girls, starting high school, and going through rites of passage like quinceañera or bat mitzvah	Support your Seniors by allowing them to personalize their Girl Scout experience, express themselves freely, and encourage them to explore the things important to them.
Might find lots of value in unstructured time to chat and relax together	Some Senior troops might need a few meetings to relax between Girl Scout activities, and that's okay! There is great value in the sisterhood that Girl Scouts provides.
Might feel overwhelmed and appear unmotivated	As a leader, it's okay to jump in and help plan activities to get Seniors re-motivated. Ensure that Seniors take the lead once their motivation begins to return.
Are at an age where independence is huge for them. They're starting to take on more adult roles and consider their hopes for after high school.	Leaders can act as support person as they navigate these tricky times by helping to identify activities or programs that will help them reach their goals.

### Tips for working with Seniors and Ambassadors:

- Your role as a leader is to serve as an advisor and provide help when needed
- Encourage troop members to rotate leadership tasks, planning, budgeting, and goal setting
- Help your troop set specific, measurable attainable, relevant, time-based (S.M.A.R.T.) goals.
- Let each Girl Scout work at their own pace – everyone works on things differently, and that's a good thing!

### The Gold Award

Seniors and Ambassadors who earn the Gold Award tackle issues that are dear to them and drive lasting change in their communities and beyond. Think of the Gold Award as a key that can open doors to scholarships, preferred admission tracks for college, and amazing career opportunities.

#### Steps you'll take to earn the Girl Scouts Gold Award:

1. First complete two journeys (Seniors and Ambassadors) OR earn the Silver Award and complete one Senior or Ambassador journey and complete the Gold Award Training
2. Girl Scouts must work individually
3. Identify and take action on a community issue they feel passionately about
4. The Project Advisor provides guidance and assistance to the Girl Scout undertaking the project
5. Council Approval is needed for any money earning activities

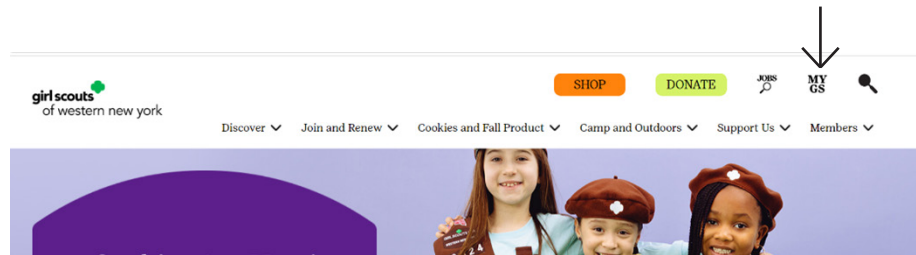


Learn more about the Gold Award here - [www.gswny.org/gold](http://www.gswny.org/gold)

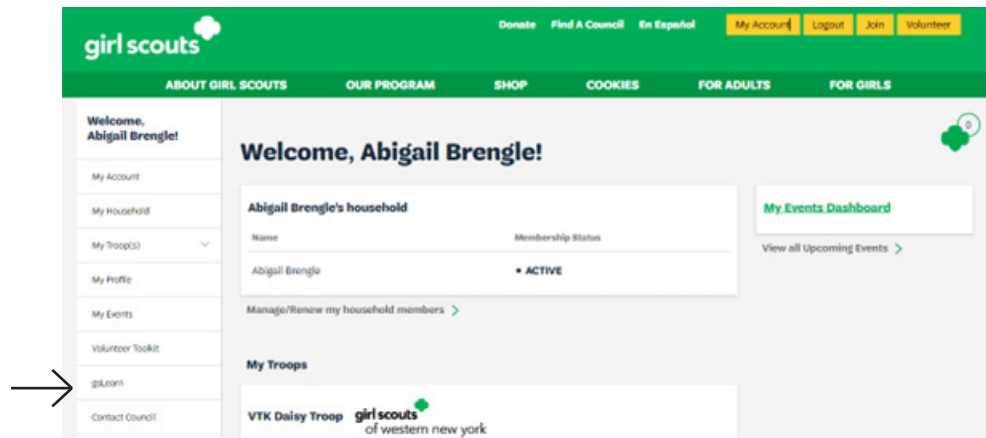
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