

Seniors and Ambassadors

(Grades 9-12)

Grade Level Essentials

Tips for working with Senior Girl Scouts

- Senior troop members are at an age when they are beginning to understand what it means to be a teenager. Many of them are dealing with the existing pressures that society places on people who are socialized as girls, and they may be dealing with new pressures as they begin high school, start to prepare for college, and go through rites of passage such as their Quinceañera or Bat Mitzvah. You can support your Seniors by allowing them to personalize their Girl Scouts experience, express themselves freely, and by assisting them in exploring the things that are important to them.
- Sometimes your troop may want to spend a meeting just chatting, relaxing, and hanging out with one another. It may appear that they are not doing anything “meaningful” at these times, but it is important to remember that teenagers are under a plethora of stress and pressure, and a scheduled time to just relax and hang out with their fellow troop members may be exactly what they need. Sometimes Senior troops may need a few meetings of relaxation between Girl Scouting activities, and that’s okay!
- When necessary, it is okay to jump in and plan activities to get the members of your troop re-motivated after they decide to take some time for relaxation. Girl Scouts is girl-led, so it is important to ask the members of your troop what their interests and goals are when you assist in the selection of new activities.

Tips for working with Ambassador Girl Scouts

- Ambassador Girl Scout members are at an age where independence is huge for them. Many of them are beginning to take on more adult roles and a lot of them are beginning to think about what they hope to accomplish after high school. You can optimize your role in your Ambassadors’ lives by acting as a support person for them as they navigate these tricky times. You can also help by identifying activities and programs for meeting times that will help them in their journey to find the next step.
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The Senior - Ambassador/Adult Partnership

As a troop leader, your goal is to serve in an advisory role for your Girl Scouts and provide help to them when needed. Girl Scouts should decide what they want to do and how to do it. Girl Scouts will rotate leadership tasks, activity planning, budgeting, and goal setting. Some tips:

- Encourage the members in your troop to come together and identify what activities they are interested in having at their troop meetings
- Jump in and assist in conflict management when need be
- Help your Seniors/Ambassadors set specific, measurable, attainable, relevant, time-based (S.M.A.R.T) goals
- Let each of your Girl Scouts set their own pace. Everyone works through activities, projects, and goals differently and that’s a great thing!



The Gold Award

The Girl Scout Gold Award is the mark of the truly remarkable—proof that not only can she make a difference, but that she already has. 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.

- Gold Award recipients must be in 9th, 10th, 11th, or 12th grade and a registered Girl Scout Senior or Ambassador
- Girl Scout Seniors or Ambassadors interested in earning the Girl Scouts Gold Award must first complete two journeys (Senior or Ambassadors) OR earn the Silver Award and complete one Senior or Ambassador journey and complete the Gold Award Training
- Girl Scouts must work individually
- The Girl Scout Senior or Ambassador must identify and take action on a community issue that they feel passionately about
- The Project Advisor provides guidance and assistance to the Girl Scout undertaking the project
- Council Approval is needed for any money earning activities

Learn more about Highest Awards like the [Gold Award on our website](#).

Resources for Senior and Ambassador Troop Leaders

Badges and journey awards

On the [Award and Badge Explorer](#), find a list of the badges and Journey awards girls can earn.

Service projects and activities

Explore ideas for your troop's next adventure in the [Girl Scout Activity Zone](#) full of Girl Scout tested and approved activities and service projects.

Fieldtrips and the Outdoors

Check out our GSWNY website for more information on [getting outdoors](#) or attending [Council Programs and Events](#).

Cookies and Money Earning

[Cookies+](#) is your go-to page on our website to learn about funding your troop (and having fun doing it!)

Girl Scout Ceremonies and Traditions

Learn all about [Girl Scout traditions](#) like friendship circles, flag ceremonies, bridging, the [Girl Scout uniform](#) and more!

Safety, Guidelines, and Procedures

You'll find Volunteer Essentials, Safety Activity Checkpoints, info on First Aid training, and more on the [Volunteer Resources](#) page on our website.

Volunteer Toolkit (VTK)

The VTK is a digital planning tool that includes year plans and detailed troop meeting plans as you work on petals, badges, and more. Access the VTK through your [myGS](#) account on our website, [gswny.org](#).

gsLearn

Ready to learn even more about Girl Scouts? Take short, fun, and informative online courses through gsLearn. To access, log on to your [myGS account](#) on our website, [gswny.org](#).

Stay Connected!

Join our Volunteers Facebook Group read our monthly Volunteer Resources email, full of timely information for Troop Leaders.

