

## CADETTE & SENIOR GIRL SCOUT INTEREST PROJECT PATCH PROGRESS CHART

**To earn an interest project patch, you must complete at least seven activities as follows:**

- Two Skill Builders activities.
- One Technology activity.
- One Service Project activity.
- One Career Exploration activity.
- Two activities from any category that you choose.

LIFE SKILLS INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED						
	SKILL BUILDERS								TECHNOLOGY								SERVICE PROJECTS									CAREER EXPLORATION					
Car Sense	1	2	3	4	5	6	7		1	2	3	4	5	6	1	2	3	4					1	2	3	4					
Child Care	1	2	3	4	5				1	2	3	4	5		1	2	3	4	5				1	2	3	4					
Conflict Resolution	1	2	3	4	5				1	2	3	4			1	2	3	4					1	2	3	4					
Cookies and Dough	1	2	3	4	5	6	7	8	1	2	3	4	5		1		3	4	5	6			1	2	3	4					
Dollars and Sense	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4	5				
Family Living	1	2	3	4	5	6	7		1	2	3	4	5		1	2	3	4	5				1	2	3	4					
From Fitness to Fashion	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4					
From Stress to Success	1	2	3	4	5	6			1	2	3	4			1	2	3	4					1	2	3	4					
Generations Hand in Hand	1	2	3	4	5	6	7	8	1	2	3	4			1	2	3	4					1	2	3	4					
Home Improvement	1	2	3	4	5	6			1	2	3	4	5	6	1	2	3	4					1	2	3	4	5				
Law and Order	1	2	3	4	5	6	7		1	2	3	4	5		1	2	3	4	5				1	2	3	4	5				
Leadership	1	2	3	4	5				1	2	3	4			1	2	3	4	5				1	2	3	4	5				
Travel	1	2	3	4	5	6	7		1	2	3	4	5		1	2	3	4	5				1	2	3	4	5				
Understanding Yourself and Others	1	2	3	4	5				1	2	3	4			1	2	3	4					1	2	3	4	5				
Your Best Defense	1	2	3	4	5				1	2	3	4	5		1	2	3	4					1	2	3	4					
Your Own Business	1	2	3	4	5				1	2	3	4			1	2	3	4					1	2	3	4	5				
All About Birds	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4	5				
Build a Better Future	1	2	3	4	5				1	2	3	4	5		1	2	3	4					1	2	3	4					
Creative Cooking	1	2	3	4	5	6	7		1	2	3	4			1	2	3	4	5	6			1	2	3	4	5				
Digging Through the Past	1	2	3	4	5				1	2	3	4			1	2	3	4	5				1	2	3	4					
Eco-Action	1	2	3	4	5				1	2	3	4	5		1	2	3	4	5				1	2	3	4	5				
The Food Connection	1	2	3	4	5				1	2	3	4			1	2	3	4	5				1	2	3	4	5				
From Shore to Sea	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4					1	2	3	4	5				

LIFE SKILLS INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED					
	SKILL BUILDERS						TECHNOLOGY					SERVICE PROJECTS						CAREER EXPLORATION												
Inventions and Inquiry	1	2	3	4	5				1	2	3	4	5		1	2	3	4					1	2	3	4				
It's About Time	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4					1	2	3	4	5			
Math, Maps, and More	1	2	3	4	5				1	2	3	4	5		1	2	3	4	5				1	2	3	4	5			
Pets	1	2	3	4	5				1	2	3	4	5		1	2	3	4	5	6			1	2	3	4	5			
Planet Power	1	2	3	4	5				1	2	3	4			1	2	3	4					1	2	3	4				
Plant Life	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4	5			
Space Exploration	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4				
Why in the World?	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4				
Wildlife	1	2	3	4	5	6			1	2	3	4			1	2	3	4	5				1	2	3	4				
Women's Health	1	2	3	4	5	6			1	2	3	4			1	2	3	4	5				1	2	3	4	5			
COMMUNICATIONS INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED					
	SKILL BUILDERS						TECHNOLOGY					SERVICE PROJECTS						CAREER EXPLORATION												
Computers in Everyday Life	1	2	3	4	5	6			1	2	3	4	5		1	2	3	4	5				1	2	3	4	5			
Desktop Publishing	1	2	3	4	5				1	2	3	4	5		1	2	3	4	5				1	2	3	4	5			
Do You Get the Message?	1	2	3	4	5	6	7		1	2	3	4			1	2	3	4					1	2	3	4	5			
Exploring the Net	1	2	3	4	5	6	7		1	2	3	4			1	2	3	4	5				1	2	3	4				
From A to V: Audiovisual Production	1	2	3	4	5				1	2	3	4	5	6	1	2	3	4	5				1	2	3	4	5			
Graphic Communications	1	2	3	4	5	6			1	2	3	4	5	6	1	2	3	4	5				1	2	3	4	5			
The Lure of Language	1	2	3	4					1	2	3	4			1	2	3	4	5				1	2	3	4				
Media Savvy	1	2	3	4	5				1	2	3				1	2	3	4	5	6			1	2	3	4				
Once Upon a Story	1	2	3	4	5				1	2	3	4			1	2	3	4					1	2	3	4	5			
Public Relations	1	2	3	4					1	2	3	4			1	2	3	4					1	2	3	4				
Reading	1	2	3	4	5	6	7		1	2	3	4	5	6	1	2	3	4	5	6	7	8	1	2	3	4	5			
A World of Understanding	1	2	3	4	5	6	7		1	2	3	4	5		1	2	3	4	5				1	2	3	4	5			
Writing for Real	1	2	3	4	5	6	7		1	2	3	4			1	2	3	4					1	2	3	4				
THE ARTS AND HISTORY INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED					
	SKILL BUILDERS						TECHNOLOGY					SERVICE PROJECTS						CAREER EXPLORATION												
Architecture and Environmental Design	1	2	3	4					1	2	3	4	5		1	2	3	4					1	2	3	4				
Artistic Crafts	1	2	3	4					1	2	3	4			1	2	3	4					1	2	3	4				
Collecting	1	2	3	4	5	6			1	2	3	4			1	2	3	4	5				1	2	3	4				
Fashion Design	1	2	3	4	5	6	7		1	2	3	4			1	2	3	4					1	2	3	4	5			
Folk Arts	1	2	3	4	5	6			1	2	3	4			1	2	3	4	5				1	2	3	4	5			
Heritage Hunt	1	2	3	4	5	6			1	2	3	4			1	2	3	4					1	2	3	4	5			

THE ARTS AND HISTORY INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED										
	SKILL BUILDERS						TECHNOLOGY					SERVICE PROJECTS						CAREER EXPLORATION																	
Invitation to the Dance	1	2	3	4	5	6				1	2	3	4	5			1	2	3	4	5					1	2	3	4	5					
Just Jewelry	1	2	3	4	5	6	7			1	2	3	4			1	2	3	4							1	2	3	4						
Museum Discovery	1	2	3	4	5					1	2	3	4	5			1	2	3	4						1	2	3	4	5					
On a High Note	1	2	3	4	5	6				1	2	3	4			1	2	3	4						1	2	3	4	5	6					
Paper Works	1	2	3	4	5					1	2	3	4			1	2	3	4						1	2	3	4							
The Performing Arts	1	2	3	4	5					1	2	3	4	5			1	2	3	4	5					1	2	3	4						
Photography	1	2	3	4	5					1	2	3	4	5	6	1	2	3	4	5					1	2	3	4	5	6	7				
The Play's the Thing	1	2	3	4	5					1	2	3	4			1	2	3	4						1	2	3	4							
Textile Arts	1	2	3	4	5					1	2	3	4			1	2	3	4						1	2	3	4							
Visual Arts	1	2	3	4	5	6				1	2	3	4			1	2	3	4						1	2	3	4	5	6					
Women Through Time	1	2	3	4	5	6				1	2	3	4			1	2	3	4	5					1	2	3	4	5						
SPORTS AND RECREATION INTEREST PROJECT PATCH	REQUIREMENTS																								DATE COMPLETED										
	SKILL BUILDERS						TECHNOLOGY					SERVICE PROJECTS						CAREER EXPLORATION																	
Backpacking	1	2	3	4	5					1	2	3	4	5	6	1	2	3	4						1	2	3	4	5						
Camping	1	2	3	4	5					1	2	3	4	5			1	2	3	4						1	2	3	4						
Emergency Preparedness	1	2	3	4	5					1	2	3	4	5	6	1	2	3	4						1	2	3	4	5						
Games for Life	1	2	3	4	5	6	7			1	2	3	4	5			1	2	3	4	5	6				1	2	3							
High Adventure	1	2	3	4	5	6				1	2	3	4	5			1	2	3	4	5					1	2	3	4						
Horse Sense	1	2	3	4	5	6				1	2	3	4	5			1	2	3	4						1	2	3	4	5	6				
On the Court	1	2	3	4	5	6				1	2	3	4			1	2	3	4	5	6					1	2	3	4	5	6				
On the Playing Field	1	2	3	4	5	6				1	2	3	4	5			1	2	3	4	5					1	2	3	4						
Orienteering	1	2	3	4	5					1	2	3	4	5			1	2	3	4						1	2	3	4						
Outdoor Survival	1	2	3	4	5					1	2	3	4	5			1	2	3	4						1	2	3	4						
Paddle, Pole, and Roll	1	2	3	4	5	6	7			1	2	3	4			1	2	3	4						1	2	3	4							
Rolling Along	1	2	3	4	5	6	7			1	2	3				1	2	3	4	5						1	2	3	4	5					
Smooth Sailing	1	2	3	4	5					1	2	3	4			1	2	3	4	5						1	2	3	4						
Sports for Life	1	2	3	4	5					1	2	3	4	5			1	2	3	4	5					1	2	3	4	5					
Water Sports	1	2	3	4	5	6				1	2	3	4	5			1	2	3	4	5	6				1	2	3	4	5					

## ADDITIONAL CADETTE PROJECTS (PG. 1)

<b>FROM DREAMS TO REALITY INTEREST PROJECT PATCH (pg. 127) Select five activities from the list below:</b>	<b>DATE COMPLETED</b>
1. Complete any two Career Exploration activities in any interest patch(es) provided you did not already do those activities to complete the patch.	
2. Find out about at least five careers. Identify the types of training required and salary range.	
3. Spend a day at work with someone who has a job in which you are interested. Discuss job responsibilities and note how time on the job is spent.	
4. Research two fields in which women are not the majority.	
5. Interview three mothers with salaried positions. Find out how they balance their jobs and families, how they came to be in their current positions, and what their future dreams are.	
6. Collect several advertisements for at least three different positions that interest you. Compare the ads to get a general profile of each position.	

<b>CADETTE GIRL SCOUT PROGRAM AIDE (pgs. 39-40, 131)</b>	<b>DATE COMPLETED</b>
Training completed	
Pin received	
Patch received	

<b>OTHER AWARDS (pgs. 139-141)</b>	<b>DATE COMPLETED</b>

## ADDITIONAL CADETTE PROJECTS (PG. 2)

<p><b>CADETTE GIRL SCOUT LEADERSHIP AWARD (pg. 131)</b>                  The Leadership Award requires you to participate in experiences that strengthen leadership skills. Earning this recognition is a two-step process.</p>	
<b>First, you must:</b>	<b>DATE COMPLETED</b>
Read about leadership in Chapter 2 of the Cadette Girl Scout Handbook.	
Complete any activity in the Leadership interest project patch.	
<b>Second, you must put your knowledge of leadership to work:</b>	<b>DATE COMPLETED</b>
After you complete the above requirements, you must demonstrate leadership skills in two or more settings. These leadership activities must total at least 25 hours with a minimum of 3 hours on any given project.	
Finally, keep a log of your leadership experience and evaluate your own leadership abilities.	
<p><b>CADETTE GIRL SCOUT CHALLENGE (pgs. 132-134)</b>                  The Challenge consists of five sections which can be done in any order (following in sequence is recommended). Choose one activity from each area:</p>	
1. Knowing myself better.	<b>DATE COMPLETED</b>
2. Relating to others better.	
3. Developing values for living.	
4. Contributing to my community.	
5. Knowing about Girl Scouting.	
Then complete the Challenge by discussing and answering the "Wrap-Up" questions on page 134.	

### ADDITIONAL CADETTE PROJECTS (PG. 3)

GIRL SCOUT SILVER AWARD (pgs. 137-138) Steps 1-4 can be done in any order but must be completed prior to beginning step 5:	DATE COMPLETED
1. Earn three interest project patches.	
2. Earn the From Dreams to Reality patch or complete any five Career Exploration activities in ay interest patches provided you did not already do those activities to complete the patch.	
3. Earn either the Cadette Girl Scout Leadership Award or the Leadership interest project patch.	
4. Complete the Cadette Girl Scout Challenge.	
5. Complete the Silver Award Project. It should take a minimum of 30 hours. Actual implementation of the project should take 7-10 hours.	
BRIDGE TO SENIOR GIRL SCOUTS PATCH (pg. 142) To earn the Bridge to Senior Girl Scouts patch, complete the following 8 steps in your last year of Cadette Girl Scouting:	DATE COMPLETED
1. Find out about Senior Girl Scouting. Interview at least two former or current Senior Girl Scouts.	
2. Page through A Resource Book for Senior Girl Scouts. Read two sections from two different chapters in that book.	
3. Do something with a Senior Girl Scout.	
4. Help others learn about Cadette and/or Senior Girl Scouting.	
5. Find out more about Apprentice Trainer, Leader-In-Training (LIT) and Counselor-In-Training (CIT) opportunities in your area. Review a Wider Ops magazine to see which opportunities are open to Senior Girl Scouts only.	
6. Conduct a leadership activity with a group of younger Girl Scouts.	
7. Design your own bridging ceremony.	
8. Plan and participate in a summer Girl Scout activity.	

## ADDITIONAL SENIOR PROJECTS (PG. 1)

<b>SENIOR GIRL SCOUT COMMUNITY SERVICE BAR (pg. 149)</b>	<b>DATE COMPLETED</b>
Select an organization with which to work.	
Receive four hours of training.	
Give 25 hours of service.	

<b>SENIOR GIRL SCOUT LEADERSHIP AWARD (pg. 151)</b>	<b>DATE COMPLETED</b>
Read chapter 3 on leadership.	
Log 30 hours on two or more leadership activities.	
Evaluation.	
Completed.	

<b>CAREER EXPLORATION PIN (pgs. 152-157)</b>	<b>DATE COMPLETED</b>
Read chapter 4 on careers.	
Write your own resume. (For help, go to pgs. 101-103.)	
Do Option 1, 2, 3, 4, or 5.	
Completed.	

<b>APPRENTICE TRAINER'S PIN (pg. 74)</b>	<b>DATE COMPLETED</b>
Complete LIT project.	
Be 15 years old or entering the 10 <sup>th</sup> grade.	
Complete the Train-The-Trainer course.	
Complete Content Training and Train courses.	

## ADDITIONAL SENIOR PROJECTS (PG. 2)

<b>SENIOR GIRL SCOUT CHALLENGE (pgs. 158-161)</b>	<b>DATE COMPLETED</b>
Section 1.	
Section 2.	
Section 3.	
Section 4.	
Section 5.	
Evaluation.	
Completed.	

<b>GIRL SCOUT GOLD AWARD (pg. 167)</b>	<b>DATE COMPLETED</b>
Earn four interest project patches.	
Earn Career Exploration pin.	
Earn the Senior Girl Scout Leadership award.	
Earn the Senior Girl Scout Challenge.	
Submit project plan to council.	
Complete a Girl Scout Gold Award project (min. 50 hours).	
Submit final report to council.	
Completed.	