

Senior - Gold Award



Spend at least 80 hours on a community-focused permanent project, such as building a structure, providing education, or advocating for an issue, that includes research, planning, taking action, and sharing the impact the project had.

1. Complete a Senior or Ambassador Journey. (Do 2 journeys if you did not earn Silver Award)
2. Pick an idea and get council approval.
3. Figure out who you need to help.
4. Look for community resources to help.
5. Think of projects for your idea.
6. Plan a project.
7. Execute the project.
8. Review the project after it's done, share what you did, and Celebrate!

Senior - Silver and Gold Torch Award



Serve a leadership role in an approved organization.

1. Pick any Senior Journey to complete.
2. Find an organization to be part of the leadership team, or join a Girl Planning Board and serve a leadership role in GSUSA. The time commitment varies, but should be no less than four months of regular duties.

Senior - VIT – Volunteer in Training



Take a leadership course and mentor younger Girl Scouts outside of camp, completing a long-term service project.

1. Find a mentor to help you through your training and internship (three-to-six-months).
2. Complete the council-designed leadership course.
3. Plan and run a program based on a Journey or badge that lasts over four or more sessions.

Senior - CIT – Counselor in Training



Take a leadership course and help plan, prep, and run a campout or help with a service unit/community or council run campout.

1. Contact your council to find out what leadership course they do.
2. Find a younger troop to mentor and help plan, prep, and run a campout or help with a service unit/community or council run campout.

Senior - Service to Girl Scouting Bar



Provide 20 hours of service to girl scouts.

Provide 20 hours of helping younger troops, council work, or camp help.

Senior - Community Service Bar



Give 20 hours of service to an approved organization.

1. Check with your council to make sure the organization you want to help is approved.
2. Complete 20 hours of service.