

Home Study Training Test – Answer Key

The Basics

1. What is the Frontier Girl Promise?

I promise to love God, be loyal to my country and love my neighbor as myself.

2. What is the Frontier Girl Motto?

If you see a need, take the lead!

3. What are the 9 parts of the Frontier Girls Creed?

***Love Joy Peace Patience Kindness Goodness Faithfulness
Gentleness Self Control***

4. What are the four program goals?

- 1. Develop Moral Character***
- 2. Develop Interpersonal Skills***
- 3. Foster a Love of Learning***
- 4. Develop Confidence and Strength***

Penguins

1. How old are Penguins? ***3-4 years old***

2. What grade are Penguins in? ***preschool***

3. List 3 common characteristics of a Penguin age Frontier Girl.

Short Attention Span Limited Motor Skills Can't Read

4. Why is this age level called Penguins?

Like the fairy penguin, Penguins are clumsy and awkward and tasks take time to master. By being part of a team and working together, they learn to rely on each other and support one and other.

Otters

1. How old are Otters? ***5-8***

2. What grades are Otters in? ***K-2***

3. List 3 common characteristics of an Otter age Frontier Girl.

Playful, lots of energy **Short Attention Span** **Outspoken**
Limited Hand/Eye coordination and fine motor skills **Willing to try new things**

4. Why is this age level called Otters?

To encourage girls to keep their playful attitude and enjoyment of life.

Dolphins

1. How old are Dolphins? **8-11**

2. What grades are Dolphins in? **3-5**

3. List 3 common characteristics of a Dolphin age Frontier Girl.

Alternately energetic and tired **Fidgety** **Ask a lot of questions** **Developing Independence**

4. Why is this age level called Dolphins?

To encourage girls to show compassion for those around them and to work together to support others in their troop.

Butterflies

1. How old are Butterflies? **11-14**

2. What grades are Butterflies in? **6-8**

3. List 3 common characteristics of a Butterfly age Frontier Girl.

Emotional Extremes **Clumsy** **Susceptible to Peer Pressure**

4. Why is this age level called Butterflies?

To encourage the girls to persevere and get through this difficult time of life.

Eagles

1. How old are Eagles? **14-18**

2. What grades are Eagles in? **9-12**

3. List 3 common characteristics of an Eagle age Frontier Girl.

Independent **Developing their own identity** **Rapid Growth**

4. Why is this age level called Eagles?

To encourage girls to keep an eye on their future goals and to meet challenges head on.

Working with Girls of Multiple Ages

Frontier Girls troops are designed to work with girls of varying ages, but every troop will be different. Some will consist of girls of all ages, from 3 up to 18, while others may be made up of nothing but 10 year olds. Regardless of how your troop is structured, we want you to be familiar with each age level. You never know when the dynamics of your troop may change and we want you to be prepared.

1. Are you required to have all five levels present in your troop? ____ yes no
2. The more involved the girls are in the planning, the more excited they will be about participating in the activities of the troop, even if this means that not everything goes smoothly. True ____ False
3. You have a troop made up of 10 girls, 2 are age 5 Otters, 5 are Dolphins, and 3 are Butterflies. While working on the beading badge you decide to make bracelets at your meeting. Explain how you might structure this activity so that all the girls could participate together and yet still be challenged according to their age level.

Give larger simple beads to the younger girls while the older girls work with smaller beads and more complicated designs.

4. Your troop consists of 15 girls, but 12 of them are Dolphins, 1 is a Butterfly, and 2 of them are Eagles. How would you make sure that everyone feels like a valuable part of your troop?

Make sure to give the older girls important leadership roles within the troop. If possible, you may even choose to have them lead certain parts of the meeting, or teach an activity. Give the Dolphins something to look forward to as they get older.

5. Your troop is made up of 3 Penguins, 6 Otters, 2 Dolphins and 4 Butterflies. How can you avoid turning your older girls into babysitters?

Make sure to have enough adult volunteers to help your younger members when necessary. Set up a "buddy" system where older girls can buddy up with younger girls during parts of the meeting, but allowing them to be on their own during others. Break into age appropriate activities when necessary. Have extra meetings, activities, or events, just for the older girls to ensure that they are adequately challenged and have social time away from the younger girls.

Character Building/Community Service

1. Give four examples of troop service projects:

**Picking up Trash
Tree Planting
Cards for Soldiers
(Answers may vary)**

**Singing/Performing for your community
Christmas Shoebox Project**

**Food Drives
Leaf Raking**

2. How many hours does it take to earn one Servant's Heart Award?

Penguin 5 Otter 5 Dolphin 10 Butterfly 15 Eagle 20

3. How many service projects must a troop perform each year and for whom?

Three: One for whoever hosts your troop, one for the community and one ongoing project of the girls choice.

4. Give 2 examples of service projects appropriate for an Otter Make a Difference Award:

Weed Church Parking Lot Pick Up Trash on a Hiking Trail Cards for Vets
(answers may vary)

5. How many hours should an Otter Make a Difference Project take? _____ **3-5 hours** _____

6. Give 2 examples of service projects appropriate for an Dolphin Make a Difference Award:

Story Time at the Library Organize a Canned Food Drive
Collect Winter Coats for a Homeless Shelter
(answers may vary)

7. How many hours should an Dolphin Make a Difference Project take? _____ **10-15** _____

8. Give 2 examples of service projects appropriate for a Butterfly Make a Difference Award:

Child Care Center for Walk for Life Organize a Volunteer Day at an Animal Shelter
Tutor Center for Younger Girls
(Answers may vary)

9. How many hours should an Butterfly Make a Difference Project take? _____ **20-25** _____

10. Give 2 examples of service projects appropriate for an Eagle Make a Difference Award:

Create a Fire Safety Program with the Local Fire Dept.
Organize a Bike Rodeo Program with the Local Police Dept.
Establish a Valentine's for Vets Program with your Local American Legion
(Answers my vary)

11. How many hours should an Eagle Make a Difference Project take? _____ **40-50** _____

12. Which badges must be earned for a Fruit of the Spirit Award?

Love, Joy, Peace, Patience, Kindness, Goodness, Faith, Gentleness, Self Control

Badges & Other Awards

1. For most badges how many requirements must be completed for a

Penguin 3 Otter 4 Dolphin 5 Butterfly 6 Eagle 7

2. List the 9 Areas of Discovery:

Agriculture, Art, Character, Health & Fitness, Home, Knowledge, Outdoors, Science & Technology, World

3. List the 3 merit badges troops are required to earn at least once every 3 years:

Etiquette, Patriotism or Our Flag, Emergency Preparedness

4. Why does Frontier Girls require these badges to be earned so often?

We want all girls who go through our program to be polite, well prepared and patriotic young ladies.

5. List 5 areas that should be covered when writing your own badges:

Skills, Knowledge, History, Careers, Technology, Field Trips, Geography, Arts/Crafts (answers may vary)

6. What are the 3 requirements to Major in an Area of Discovery?

**Earn 6 badges in your Area of Discovery
Perform at least 6 hours of community service within this Area
Shadow a person with a career in this Area for at least 6 hours.**

7. Why should you stress earning the Life Skills Achievement award to all of your girls?

Many children graduate high school and enter the "real world" completely unprepared to take on the simplest tasks. The Life Skills Award ensures that girls at each level can perform skills that they will need later in life.

8. What badges are required to earn a Liberty Award?

**U.S. Constitution
Elections
Government
American History
Patriotism**

9. What are the requirements for a Leadership award?

**Earn the Make A Difference Award at your level.
Memorize the Frontier Girls Motto, Promise, and Creed.
Earn the Take the Lead badge at your level.
Earn at least 3 character badges that relate to leadership such as responsibility, diligence, honesty, or patience. (Dolphins and above) Hold a leadership position either within the troop or within another group in your community (through school, church, etc.).**

10. How many badges must you earn at a single level for a WOW! Award? 100

11. What are the 7 requirements for earning a Gem Award?

Earn one badge from each area of discovery at your level.

Earn at least one Servant's heart Award for each year of membership at your level.

Earn the Make a Difference Award at your level. (Does not apply to Penguins)

Earn the Life Skills Achievement Award at your level

Earn the Liberty Award at your level

Earn the Fruit of the Spirit Award at your level

Earn the Leadership Award at your level (Does not apply to Penguins)

12. Where can you find information on Religious Emblem Awards?

Through the P.R.A.Y. program at at <http://www.praypub.org>

Financial Information

1. The suggested amount of troop dues is around \$ 2.00 per meeting, per girl, and money goes directly to the troop funds.

2. Registration fees are \$ 25.00 per girl or \$50.00 per family per year and is payable to Frontier Girls.

3. Troops are allowed to keep 100% of funds raised in any fundraisers they participate in.

4. When choosing a fundraising activity you may sell anything you want without getting prior approval from Frontier Girls Headquarters. True X False

Health and Safety Standards

1. What is the required girl to adult ratios?

There should to be a minimum of 1 adult present for every 8 children under the age of 12 and 1 adult for every 10 children over the age of 12, with a minimum of 2 adults present for every meeting or activity

2. Men may not serve as the sole troop Leader, but may serve as troop volunteers. X True
 False

3. Which of the following is grounds for dismissal as a Leader or volunteer?

- A. Smoking at a Frontier Girls activity
- B. Drinking alcohol or being under the influence of alcohol at a Frontier Girls activity
- C. Carrying Firearms at a Frontier Girls activity
- D. Sexual Activity outside of marriage
- E. Child abuse
- F. Having a sexual offender of any variety living in their household
- G. All of the above**

4. What is the buddy system and when and how should it be used?

Whenever you are away from your general meeting place, girls should never go anywhere without a "buddy". Do buddy check frequently where everyone has to know where their buddy is.

Field Trips

1. Before leaving on a field trip, leaders should:
 - A. Have a signed permission slip for every girl attending.
 - B. Give each driver a sealed, labeled packet of the Health History forms for all girls and adults traveling in their vehicle.
 - C. Designate an Emergency Contact person.
 - D. Have a copy of all driver's insurance and driver's licenses on file.
 - E. All of the Above.**
2. All cars must have a working _____ **seatbelts** _____ for each girl and adult.

Troop Meetings

1. Before meeting with your troop for the first time it is highly recommended that:
 - A. You hold a parent meeting.
 - B. Have at least the first 6-8 meetings planned.
 - C. Have troop financial backing in place.
 - D. All of the above.**
2. Write the 8 parts of a meeting and an example of what can be done for each part.

Premeeting

Flag Ceremony

Promise with optional opening prayer

Songs and Games

Troop business

Badge work

Snack time

Announcements and closing

3. Explain how to set up and use a kaper chart:

Make a chart of necessary chores (snack, clean up, choosing songs, flag ceremony, set up, etc.) divide the girls into patrols and rotate each meeting so that all girls eventually do all chores. Charts can be anything from a simple white board, to a hook/tag system, Velcro, spinner, etc.

4. What is the "quiet sign" and what is it used for?

If things are getting a little loud or out of control, teach your girls the "quiet sign." Raise your hand and tell the girls that, "when the hand goes, up the mouth goes shut." Whenever they see your hand in the air, they should immediately raise their own hand and stop talking.

Leadership

1. What are the 8 leadership roles for girls within the troop?

Scribe, Treasurer, Leader in Training, Snack Coordinator, Patrol Leader, Reporter, Photographer, Care Coordinator

2. What are patrols and how are they used?

Patrols are used to divide girls in a large troop into groups for activities and kapers.

3. What does the phrase "girl/adult planning" mean to you as a troop leader/volunteer?

Girls should have every opportunity to have their voice heard. While adults can direct and lead, the girls themselves should be behind the major decisions about what the troop does. The adult/leader role is to make sure that the details are taken care of to carry out the girls' plans. (Answers may vary)

2. What steps would you follow to involve the girls in planning a service project?

(Answers may vary)

Brainstorm service that is needed in your community.

Have the girls vote on which project they would like to do.

Have them brainstorm how to meet the need they have identified.

Vote on a specific project.

Have older girls make up a committee to work out the details of the project.

Help the girls to complete their project.

3. What things will you do in your troop to help the girls develop leadership skills?

(Answers may vary)

Have older girls mentor younger girls by helping them with projects

Have older girls lead and teach a specific activity

Make sure girls have an opportunity to serve in troop leadership positions

Give girls a chance to organize and lead service projects

Uniforms/Recognitions

1. Uniforms are required to be worn at all Frontier Girls meetings and events. True False

2. Frontier Girl t-shirts may be worn in place of complete uniforms for any event or meeting the troop votes appropriate, with the exception of presentations by the Flag Corp. True False

3. List the three components of a basic Frontier Girl uniform.

White shirt, red vest, navy bottoms

4. List the 5 components of the Frontier Girls Flag Corps uniform.

White polo shirt, navy skirt, red vest, white ankle socks, white tennis shoes

5. List the 3 components of the Leader's uniform.

White shirt, navy vest, navy bottoms

6. Where do Badges go on a Frontier Girl uniform? _____ **under the level ribbons.** _____

7. Where does the Membership and Level pins belong? _____ **on the level tab** _____

8. List three awards other than badges that a Frontier Girl can wear on her uniform.

(any three)

Fruit of the Spirit, Religious Awards, Liberty Award, Gem Award, Leadership Award, Make a Difference Award, Servant's Heart Award, Area Major Awards, Life Skills Achievement Award

9. Badges stay on the vest when girls graduate to the next level. _____ True False

10. Servant's Hearts, Leadership pins, Life Skills Achievement Awards, Make A Difference Awards, Area Majors, Liberty Award, Fruit of the Spirit Award, Leadership Award and Gem Awards remain on the girl's uniform regardless of whether she has changed levels. True _____ False

11. What color ribbon and tab stand for each level:

Penguin: **Pink** Otter: **yellow** Dolphin: **blue** Butterfly: **green** Eagle: **white**

Leaders/Volunteers: **red**

12. Where are Servant's Hearts placed on the uniform? _____ **on the level ribbon** _____

13. Where are Higher Awards placed on the uniform? _____ **above level ribbons on either side** _____

14. Where do you wear a Leadership pin while you hold the position? _____ **on the level tab** _____

Where do you wear it when you retire from the position? **On the level ribbon you were when you held the position.**

15. Where do you wear your level pins when you advance to the next level? **On the level ribbon they represent**

16. Can you make your own vests, tabs, ribbons, etc.? Yes _____ No

Ceremonies

1. List three ceremonies that a troop could plan and carry out:

(answers may vary)

Investiture ceremony

Flag ceremony

Advancement ceremony

Rededication ceremony

Award ceremony

Resources

1. Your Frontier Girl Troop can benefit greatly by drawing in other people in your community as a source of information, guest speakers, consultants, role models, etc. Name 10 community people you might be able to use as a resource person. (You may name professions instead of names if you prefer.)

(Answers may vary)

Florists

Police Officers

Firemen

Veterans

Veterinarians

Doctors

Gardeners

Financial Advisors

Wood worker

Artist

2. What should you do if your girls express a desire to learn about something you have absolutely no experience in?

(Answers may vary) Either find someone who can teach the skill to the girls, or research and learn to do it yourself. Videos, books, and field trips can cover a lot of information you may not readily have on hand. Sometimes its fun to learn right along with the girls.

I, _____ have read the complete Frontier Girls Leader Handbook and understand and agree to abide by all policies and procedures found therein.

Signature

Date

HOME STUDY LEADER/VOLUNTEER TRAINING PART II

Evaluation Sheet

Date _____ Name (optional) _____

Please check: New Scouting Leader/Volunteer (0-1 year) _____ Experienced (1 year or more) _____

In order to evaluate this method of training, we are asking you to please take a few moments to answer the following questions on the course you have just completed.

Excellent	Satisfactory	Average	Unsatisfactory	Poor
5	4	3	2	1

1. Your overall reaction to the Home Study 5 4 3 2 1

2. Rate the Home Study content:

Information 5 4 3 2 1

Application 5 4 3 2 1

Accompanying materials 5 4 3 2 1

3. What do you consider the strengths of this Home Study?

4. What do you consider the weaknesses of this Home Study?

5. Rate the amount of guidance or help you received from Frontier GirlsHeadquarters?

not applicable 5 4 3 2 1

6. What further training do you need?

7. What could we do to improve this training experience?

Thank you for your cooperation.
Please complete and return to:
Kerry Cordy
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Cottonwood, CA 96022