

## **HOME STUDY VOLUNTEER TRAINING**

Date \_\_\_\_\_ Troop Number: \_\_\_\_\_ Position: \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Welcome to the Frontier Girls Home Study Course for new leaders and volunteers. Read through the entire Leader Handbook and look over the instructions for both the Record Keeping Binder and the Financial Binder (located in the Forms section of our website).

When you have read through everything, complete the Home Study Test, be sure to complete the evaluation as well so that we can continue to improve our training process.

Return the completed Home Study Test to your troop leader and send the evaluation form to:

Frontier Girls  
17040 Austin Lane  
Cottonwood, CA 96022

# Home Study Training Test

## The Basics

1. What is the Frontier Girl Promise?

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2. What is the Frontier Girl Motto?

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

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4. What are the four program goals?

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## Penguins

1. How old are Penguins? \_\_\_\_\_

2. What grade are Penguins in? \_\_\_\_\_

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

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4. Why is this age level called Penguins?

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## Otters

1. How old are Otters? \_\_\_\_\_
2. What grades are Otters in? \_\_\_\_\_
3. List 3 common characteristics of an Otter age Frontier Girl.

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\_\_\_\_\_

4. Why is this age level called Otters?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Dolphins

1. How old are Dolphins? \_\_\_\_\_
2. What grades are Dolphins in? \_\_\_\_\_
3. List 3 common characteristics of a Dolphin age Frontier Girl.

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\_\_\_\_\_

4. Why is this age level called Dolphins?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Butterflies

1. How old are Butterflies? \_\_\_\_\_

2. What grades are Butterflies in? \_\_\_\_\_

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

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4. Why is this age level called Butterflies? \_\_\_\_\_

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## Eagles

1. How old are Eagles? \_\_\_\_\_

2. What grades are Eagles in? \_\_\_\_\_

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

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4. Why is this age level called Eagles? \_\_\_\_\_

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## 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.

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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?

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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?

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## Character Building/Community Service

1. Give four examples of troop service projects:

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

Penguin \_\_\_\_\_ Otter \_\_\_\_\_ Dolphin \_\_\_\_\_ Butterfly \_\_\_\_\_ Eagle \_\_\_\_\_

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

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

\_\_\_\_\_

5. How many hours should an Otter Make a Difference Project take? \_\_\_\_\_

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

\_\_\_\_\_

7. How many hours should an Dolphin Make a Difference Project take? \_\_\_\_\_

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

\_\_\_\_\_

9. How many hours should an Butterfly Make a Difference Project take? \_\_\_\_\_

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

\_\_\_\_\_

11. How many hours should an Eagle Make a Difference Project take? \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Badges & Other Awards

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

Penguin \_\_\_\_\_ Otter \_\_\_\_\_ Dolphin \_\_\_\_\_ Butterfly \_\_\_\_\_ Eagle \_\_\_\_\_

2. List the 9 Areas of Discovery:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

9. What are the requirements for a Leadership award?

\_\_\_\_\_

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

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

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

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### Financial Information

1. The suggested amount of troop dues is around \$\_\_\_\_\_ per meeting, per girl, and money goes directly to the troop funds.
2. Registration fees are \$ \_\_\_\_\_ per girl or \$ \_\_\_\_\_ per family per year and is payable to Frontier Girls.
3. Troops are allowed to keep \_\_\_\_\_% 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 \_\_\_\_\_False

### Health and Safety Standards

1. What is the required girl to adult ratios? \_\_\_\_\_
2. Men may not serve as a troop Leader, but may serve as troop volunteers. \_\_\_\_\_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?

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## 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 \_\_\_\_\_ 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.

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

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

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## Leadership

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

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2. What are patrols and how are they used?

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

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

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

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## 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.

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

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

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6. Where do Badges go on a Frontier Girl uniform? \_\_\_\_\_

7. Where does the Membership and Level pins belong? \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

- 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: \_\_\_\_\_ Otter: \_\_\_\_\_ Dolphin: \_\_\_\_\_ Butterfly: \_\_\_\_\_ Eagle: \_\_\_\_\_

Leaders/Volunteers: \_\_\_\_\_

12. Where are Servant's Hearts placed on the uniform? \_\_\_\_\_

13. Where are Higher Awards placed on the uniform? \_\_\_\_\_

14. Where do you wear a Leadership pin while you hold the position? \_\_\_\_\_

Where do you wear it when you retire from the position? \_\_\_\_\_

15. Where do you wear your level pins when you advance to the next level?  
\_\_\_\_\_

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:

\_\_\_\_\_  
\_\_\_\_\_

## 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.)

a. \_\_\_\_\_

f. \_\_\_\_\_

b. \_\_\_\_\_

g. \_\_\_\_\_

c. \_\_\_\_\_

h. \_\_\_\_\_

d. \_\_\_\_\_

i. \_\_\_\_\_

e. \_\_\_\_\_

j. \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Signature

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Date

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**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.

<b>Excellent</b>	<b>Satisfactory</b>	<b>Average</b>	<b>Unsatisfactory</b>	<b>Poor</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

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?

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

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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?

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

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Thank you for your cooperation.  
Please complete and return to:  
Kerry Cordy  
Frontier Girls  
17040 Austin Lane  
Cottonwood, CA 96022