

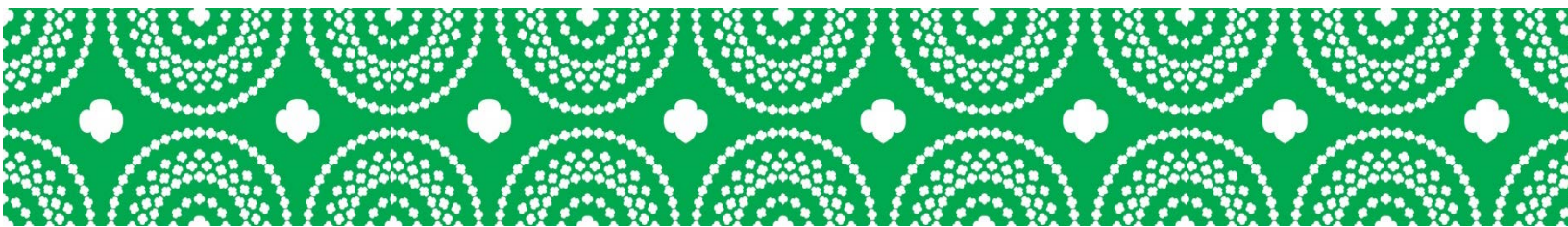
# Texas A&M University-San Antonio Embracing Patriotism



## Girl Scout Cadettes

Girl Scouts of Southwest Texas  
811 North Coker Loop  
San Antonio, Texas 78216  
(210) 349- 2404 or 1-800-580-7247  
[www.girlscouts-swtx.org](http://www.girlscouts-swtx.org)

To learn more about Texas A&M University-  
San Antonio and their mission,  
visit <http://www.tamusa.edu/>





TEXAS A&M UNIVERSITY  
**SAN ANTONIO**

About

As the fastest-growing university in the distinguished Texas A&M University System, TEXAS A&M UNIVERSITY-SAN ANTONIO (A&M-SA) is on a mission to build the future. It is also the only campus in the A&M System located in a major metropolitan area, where faculty and staff equip students with the skills, knowledge and experiences to pursue rewarding careers, responsible global citizenship and lifelong learning.

With the lowest tuition rates among four-year San Antonio universities, A&M-SA offers a quality education at an affordable price. Scholarships and financial aid are designed to minimize the amount of debt students graduate with, so they can focus on building successful careers after graduation. Nearly 70 percent of our students take advantage of available financial aid programs.

Like our student population, the university's academic offerings are rapidly expanding, with more than 40 undergraduate and graduate degrees. The College of Education and Human Development partners with a number of local school districts to produce highly sought-after teachers and administrators who are ready from day one to meet the challenges of the modern classroom. The College of Business features the flexible and highly marketable MBA and MPA degrees alongside exciting undergraduate programs in international business, information technology and cyber security. The College of Arts and Sciences provides high-impact research opportunities for undergraduate and graduate students to gain practical experience in fields such as political science, criminology, medicine and sociology. A&M-SA graduates are pursuing careers in local government, law enforcement, education, business, cyber security, human service agencies and more.

A&M-SA is a Military Embracing™ university, where nearly one in six students is military connected (veteran, active-duty, military spouse or dependent). All faculty and staff are required to take military cultural competency training, so they can better support military-connected students pursuing undergraduate or graduate education.

A&M-SA is committed to serving as an economic, research and social catalyst throughout San Antonio and South Texas, embracing all students, especially those from underrepresented communities.

The university opened the new 140,000-square-foot Science and Technology Building in fall 2018.

Girl Scouts of Southwest Texas & Texas A&M University-  
San Antonio are proud to bring to you the...  
Texas A&M University-San Antonio's  
Embracing Patriotism Initiative



Texas A&M University-San Antonio is a contemporary university reflective of the diverse and heritage-rich community it serves. Texas A&M University-San Antonio is a Military Embracing™ higher learning institution that is committed to serving those individuals and their families who serve and have served in the armed services.

Promoting their 5 core values of commitment, respect, honor, courage and excellence.

**Commitment** - An agreement or pledge to do something in the future. Making a commitment involves dedicating yourself to something, like a person or a cause. Before you make a commitment, think carefully. A commitment obligates you to do something.

**Respect** - A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

**Honor** - High respect, esteem, regard with great respect

**Courage** - Ability to do something that frightens one. "She called on all her courage to face the ordeal" - strength in the face of pain or grief.

**Excellence** - Greatness, the very best. Achieving excellence is never easy to do. Always strive for excellence.

Girls who earn the Texas A&M University-San Antonio Embracing Patriotism patch can proudly state they have pledged to honor and dedicate themselves to their country. Patriotism or national pride is the ideology of love and devotion to a homeland, and a sense of alliance with other citizens who share the same values.

# Steps to Earn the Texas A&M University-San Antonio's Embracing Patriotism Patch

Girl Scouts is the premier girl leadership development program - girls have fun with a purpose! All activities are girl-led and girls should decide what activities to complete when earning a Business Patch Initiative (BPI) patch. In the spirit of Girl Scouting, girls may choose to participate in activities that are not listed in the booklets and/or supplements. If girls complete the minimum required number of activities based on the theme of the BPI, they have earned the BPI patch. For more information, contact Larissa Deremiah at [lderemiah@girlscouts-swtx.org](mailto:lderemiah@girlscouts-swtx.org).

## Step One:

1. Read through the Activities
2. Think about what you would like to do
3. Choose 3 out of the 4 Units
4. Complete 2 Activities from the 3 Units you chose

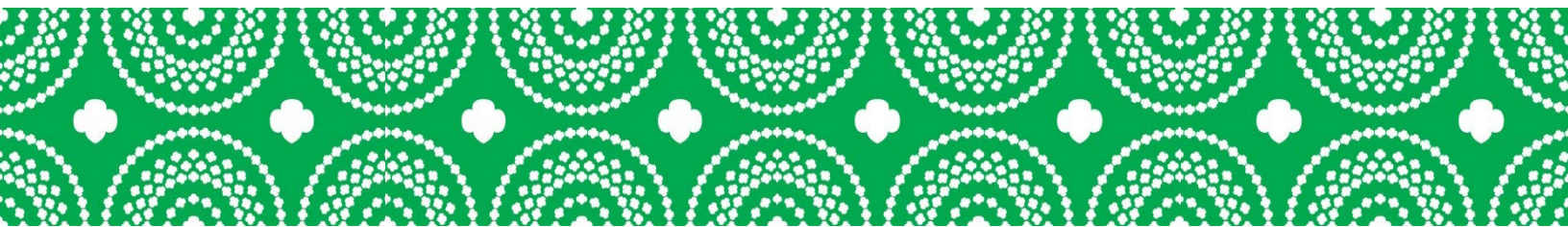
## Step Two:

1. Complete the [Business Patch Initiative \(BPI\) Evaluation](#)
2. For more information, contact:  
Girl Scouts of Southwest Texas  
ATTENTION: Program  
Phone: (210) 319- 5775  
Toll Free: 1-800-580-7247  
Fax: (210) 349- 2666  
[lderemiah@girlscouts-swtx.org](mailto:lderemiah@girlscouts-swtx.org)



## Step Three:

Receive your Texas A&M University-San Antonio Embracing Patriotism Patch!



## The Girl Scout Leadership Experience

Girls at every level of Girl Scouting participate in the “*leadership experience*.” A *leadership experience* is an exciting way of working with girls in a series of themed activities focused on building leadership skills. By enlisting the three keys to leadership (*Discover, Connect, and Take Action*) girls learn that they can take the lead to make a difference in their community and the world. The three keys are at the heart of the Girl Scout philosophy of leadership:

### Discover

Girls understand themselves and their values and use their knowledge and skills to explore the world.

### Connect

Girls care about, inspire, and team with others locally and globally.

### Take Action

Girls act to make the world a better place.

It’s not just “what” girls do, but “how.” When girls are engaged that creates a high-quality Girl Scout leadership experience. All Girl Scout experiences are built on three processes (*Girl-Led, Cooperative Learning, and Learning by Doing*) that make Girl Scouting different from school and other extra-curricular activities. When used together, these processes ensure the quality and promote the fun and friendship so integral to Girl Scouting.

### Girl-Led

Girls play an active role in the planning and implementation of activities while adults provide age-appropriate facilitation, ensuring that planning, organization, set-up, and evaluation of all activities are done jointly with the girls.

### Cooperative Learning

All members of a group work together towards a common goal that can only be accomplished with the help of others.

### Learn by Doing

A “hands-on” learning process that engages girls in cycles of action and reflection resulting in deeper understanding of concepts and mastery of practical skills.

When Discover, Connect, and Take Action activities are girl-led and involve learning by doing and cooperative learning, girls achieve the desired and expected leadership outcomes ultimately resulting in Girl Scouting achieving its mission: **Building girls of courage, confidence and character, who make the world a better place.**



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## **Commitment**

An agreement or pledge to do something in the future. Making a commitment involves dedicating yourself to something, like a person or a cause. Before you make a commitment, think carefully. A commitment obligates you to do something.



## Organize a Blood Drive

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood.

### **Who does donated blood help?**

**Cancer Patients** need platelet donations, because certain cancers and cancer treatments prevent Trauma Patients because red cells carry oxygen throughout the body and are frequently given to trauma and surgery patients.

**Sickle Cell Patients** need whole blood, especially from African-American donors, because sickle cell patients require multiple transfusions and must be very closely matched to the donor's blood type, usually from the same racial and ethnic group.

**Burn Patients** need plasma helps maintain blood pressure and other vital functions.

**Patients with Chronic Diseases.** A single whole blood donation can help more than one person.

- Approximately 36,000 units of red blood cells are needed every day in the U.S.
- Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.
- Nearly 21 million blood components are transfused each year in the U.S.
- The average red blood cell transfusion is approximately 3 units.
- The blood type most often requested by hospitals is type O.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their lives.
- According to the American Cancer Society, about 1.7 million people are expected to be diagnosed with cancer in 2017. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 pints of blood.

For This Activity: Work with your local Red Cross and host a blood drive.

[Apply to Host a Blood Drive](#)

### What a Host Does What the Host Provides

- Location: A large open room with enough space to ensure donor privacy.
- Volunteers: For recruiting scheduling and supporting donors.
- Donors: You'll need to recruit and schedule donors for your drive.



## What the Red Cross Provides

- Planning Assistance — Your Red Cross representative will work with you to plan and organize the blood drive.
- Recruitment Tools — We'll help you determine how many donors you need and how to recruit them, including an online scheduling tools for your donors.
- Equipment & Supplies — We'll bring everything we need to your location, set it up and take it down at the end, including snacks and drinks.
- Trained Staff — Our staff will confidentially screen donors and collect donations, safely and professionally.

The Red Cross has a unique program for high school and college students who want to help save lives with the American Red Cross. By hosting a blood drive, while school is out of session, you'll get the opportunity to win a scholarship, a meaningful leadership experience, a gift card award and the accomplishment of helping ensure a reliable blood supply.

Additional Activity:

Watch the following YouTube video: [The Gift of Love](#)

### Working Together - All Tied Up

This is an excellent activity to do at a Girl Scout camp or if you want to help your troop learn to work as a group.

Watch: [Motivating People to Excellence | Cheryl Ferguson | TEDx Winnipeg](#)

Material Needed: Bandanas or cloth strips, depending on the number of girls participating.

Time Required: 15-30 minutes, depending on the goal and number of group members

Suggested Group Size: 2-15

Purpose: Work together as team to complete a common goal

1. Arrange participants into a circle, facing each other. Ask them to hold out their arms.
2. Tie the group together so that each person is tied to both neighbor's wrists.
3. Now that the group is "all tied up", give them a task to do together.

Some ideas are:

- Make root beer floats for everyone
- Wrap packages with gift wrap, bows, and a card
- Eat lunch
- Make a snack
- Create an art project
- Pour a cup of water for each person in the group
- Anything else that is fun and crazy

Note: To make the task more difficult give the group a time limit.

After you are all done. Discuss some of the following question.

1. Why were you successful (or unsuccessful) at completing the task?
2. How did the time restrictions aid or hinder your group from completing the task?
3. Did everyone in the group help to get the task done?
4. What happened when someone didn't help?
5. Do you ever feel like you are "tied up" with someone else when you are working with them and trying to get a job done? If so, why, and how do you deal with this feeling?

Source: Jones, A. (1999). Team-Building Activities for Every Group. Richland, WA: Rec Room Publishing. P. 56-57.

## How Well Do YOU Communicate and Listen?

This activity is focused on communicating and listening. It is a twenty-minute activity. Afterwards you discuss the activity. Each girl will have a number whispered into their ear. The goal is for the group to arrange itself in numerical order without speaking and without the use of sight.

Materials Needed: Enough bandannas or cloth strips for all girls

### Rules:

- No talking.
- Keep blindfolds on at all times.
- Blindfold all the participants. Whisper a number to each of them. (Do not allow other participants to hear.) The number should be RANDOM (not just 1-12, etc.).
- After whispering the number, move the participant to a random location.
- Once every participant has a number, they should begin.
- Make sure all participants are safe throughout the exercise.

### After the Exercise:

1. What was the hardest part?
2. Did you have a sense of working together? Why/why not?
3. How frustrating was it when you could not talk?
4. What was necessary in order for you to be successful?
5. Did you assume that the assigned numbers would be in order (like 1-12)?
6. How important is good communication in groups?

### Additional Activity:

Watch: [5 Ways to Listen Better](#)

## **Respect**

A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.



## Clean Water- Global Action

### The Water Project

[https://thewaterproject.org/about\\_us](https://thewaterproject.org/about_us)

Water connects every aspect of life. Access to safe water and sanitation can quickly turn problems into potential – unlocking education, work opportunities, and improved health for women, children and families across the world.

Today, 1 in 9 people lack access to safe water; 1 in 3 people lack access to a toilet. More people have a mobile phone than a toilet. We can change this. Let's work together to make the power of water available to all

Women are disproportionately affected by the water crisis, as they are often responsible for collecting water. This takes time away from work, school and caring for family. Lack of water and sanitation lock women in a cycle of poverty.

When women have access to safe water, they can pursue skills outside of their traditional roles and experience greater autonomy and independence.

For this activity: This can be a troop or individual activity. How can you help with the lack of clean water around the world?

1. Take the Water Challenge - <https://thewaterproject.org/thewaterchallenge>
2. Organize a fundraiser - <https://thewaterproject.org/start-a-fundraiser>
3. Educate people - Challenge others to take the water challenge or join in your fundraiser.

## Thank You to First Responders

First responders' duties bring them into harm's way every day. Police officers, firefighters and paramedics put themselves on the front lines of dangerous and traumatic events, and it's common to wonder how you can thank these individuals and perhaps lessen the emotional burden of their work.

For this activity either on your own or as a troop activity you will write a thank you letter or make a card.

Many people don't take the time to write letters. Emails and text messages have replaced paper. This means that sending a physical letter thanking first responders for their service may take on greater importance and feel more personal, permanent and heartfelt than email.

Decide where you want to take the letters or cards (Suggestions: police station, firehouse or hospital emergency room).

Materials Needed: Depends on the interest of the girls.

- Colored paper or lined paper
- Cardstock
- Pens
- Markers

*For girls that want to do more:* Gather multiple letters from the community and deliver them all at once. You could ask girls at camp to write a letter or people in your family.

Imagine the surprise! The impression on the recipients could be significant.



## Veteran's Appreciation

Tie a yellow ribbon around an old oak tree, on your mailbox, on your front door. Yellow ribbons were particularly popular during the Gulf War and was a way to show support for the troops as well as 'bring our troops home'. Communities across the US can still be found with neighborhoods of yellow ribbons placed in the yard or on the home as a symbol of respect and awareness for those that are deployed.

For this activity you can make yellow ribbons to show appreciation for veterans. You can display your ribbon on your door at your home or you can ask to display it at the Patriots' Casa at Texas A&M University-San Antonio, Fisher house, Veteran's Hospital, school or church. There are many possibilities. You can even ask to have your ribbon on a float in the Veteran's Day parade.

Materials Needed: Quantities will be contingent on the desires of the girls

- Wide wired ribbon
- Florist wire or pipe cleaners

Instructions:

1. Cut a 12" to 14" piece of 2" to 4" wide wired yellow ribbon from the spool. Set it aside on the work table.
2. Unroll 3 to 4 feet of ribbon from the spool. Pinch the ribbon between your thumb and forefinger 12 to 14 inches from the end of the ribbon.
3. Make a loop with the ribbon using your free hand. The loop should be about 6 to 8 inches long. Twist the ribbon to keep the right side out. Form a loop on the opposite side of the first loop.
4. Make four more loops by twisting the ribbon and forming loops one after the other on both sides of the bow. You now have a total of six loops. Pull the ribbon from the spool as you work with it.
5. Wrap the piece of ribbon that you have set aside around the center of the bow. The center of the ribbon strip should lie on top of the fingers that are holding the bow in place.
6. Tie a tight knot at the back of the bow. Pull the ends tightly to pull the center of the bow firmly together. Cut a long strip of wire or ribbon to allow you to secure the large decorative yellow bow on to an item such as a wedding arbor, tree or porch railing. Thread the ribbon or wire through the area at the back of the bow, just under the knot.



7. Fluff out the bow loops by placing your fingers in the center and push the ribbon outward.
8. Cut V-notches or a slant on each of the two tail ends of the ribbon bow.

Instructions from [How to Make Decorative Big Yellow Ribbon Bows](#) by Suzie Faloon

Video Instructions

[Big Yellow Bow for Military Deployment - Tie A Yellow Ribbon Around a Tree](#)



## Honor

High respect, esteem,  
regard with great respect

## Heroes Documentary

As part of your Cadette Digital Movie Maker badge, create a documentary about or video tribute to someone in your community that has made a difference. It can be a person or people that you believe has made your community a better place. Heroes are often do their good work in silence and do not seek to be famous.

This activity can be done as an individual project or with your troop. After you complete your video project show it to your troop, family and friends. You might be able to show it at a Girl Scout Camp or at school or upload the video on YouTube or other social media.

Materials: Depends on the desires of the girls

- Video recorder on telephone or camera
- Props (if needed or wanted)
- Computer (to upload it social media)

The video does not have to be long. Research the time length for YouTube videos.

Online Resources:

- [Basic Instructions for Making a Video](#)
- [How To: make a short documentary](#)
- [How to Write & Produce a Documentary: Indy News](#)



## Fallen Heroes Rock Garden

On September 11, 2001, three planes were used as weapons hitting both twin towers in New York City, and the Pentagon. Flight 93, headed for Washington D.C., crashed in a field in Somerset County because of heroes on the plane. As a country we remember and honor the men and women that died on that day.

At Texas A&M University-San Antonio, there is the Patriots' Casa. This building is dedicated to all the veteran and military students at the school.

For this activity, you will need to contact the [Patriots' Casa](#) and get permission to create the rock garden. If they cannot accommodate this project you can do it anywhere: your church, your school or a community center. Always get permission before you start building the garden.

Watch: [The Survivor Tree](#). It is a beautiful story about a pear tree that survived the 9/11 attacks and is now a symbol for everyone.

Materials: Number of materials depends on the desires and number of girls participating.

1. Rocks at least 3 inches wide: At least one per girl.
  - a. Rocks can be purchased at any Gardening store.
  - b. You can go on a nature walk and look for rocks.
2. Acrylic Paint. Red, white, blue (any colors the girls want to use or have available)
3. Paint brushes.

Paint a rock in honor of 9/11. (Make sure you clean the rocks, so the paint will stick.)

Painting the rocks and creating a garden is a way of not forgetting. If you know someone that died in 9/11 you can paint it for them. Decorate the rock any way you want to.

Take the rocks outside and as a group decide how you want to lay them out. Any shape is good: circle, heart, star or line. You can make it into a statute. There is no one way to create the garden.

Additional Activity:

Visit the Survivor Tree sapling located at the Texas A&M University-San Antonio Healing Garden located adjacent to the University's Patriots' Casa.

## Party for Veterans

Veterans are people who have served in the military branches. They may have served in the Coast Guard, Army, Air Force, Marines or Navy. They may have served for 3-4 years or they have served for 20 or more years.

Veterans have all sacrificed by serving. They have had to spend time away from family for extended periods, many times as long or longer than a year. Many have seen combat, and some were wounded. All of them chose to serve their country. Some veterans have no family or spend many months in the hospital.

For this activity plan a party for a veteran's group. You can have a party in honor of Valentine's Day (or any other holiday).

- Make appreciation cards
- Play music
- Serve snacks
- Spend time with the veterans.

Local organization contacts:

Audie L. Murphy Memorial VA Hospital  
7400 Merton Minter, San Antonio, TX 78229  
(210) 617-5300  
<https://www.southtexas.va.gov/>

Patriots' Casa at Texas A&M-San Antonio  
One, University Way, San Antonio, TX 78224  
(210) 784-1000  
<http://www.tamusa.edu/tamusacampuses/maincampus/patriotscasa.html>

Fisher House – Brooke Army Medical Center  
3623 George C. Beach Road, Fort Sam Houston, TX 78234  
(210) 916-6000  
<https://bit.ly/2CO9TwF>

Contact veterans through veterans' organizations:

[American Legion](#)  
San Antonio Posts: <https://bit.ly/1t9BHA6>

[Veterans of Foreign Wars \(VFW\)](#)  
Find San Antonio Posts: <https://www.vfw.org/find-a-post>

[Disabled American Veterans \(DAV\)](#)

San Antonio Area Chapters: <https://bit.ly/2CkgWw5>

[Japanese American Veterans Association](#)

Contact: <https://java.wildapricot.org/Contact/>

[Vietnam Veterans of America War](#)

Outreach Programs: <https://vva.org/what-we-do/outreach-programs/>

[Military Chaplains Association](#)

Local Chapters: <https://www.mca-usa.org/local-chapters/>

[The Retired Enlisted Association](#)

Local Chapter: **Texas Chapter 80**

Phone: 210-658-2344

Email: [redleg.csm@hotmail.com](mailto:redleg.csm@hotmail.com)

[Women Airforce Service Pilots of WWII](#)

<http://www.wingsacrossamerica.org/index.html>



\*\* These organizations might have an event planned that you could participate in.

## **Courage**

The ability to do something that frightens one. "She called on all her courage to face the ordeal" - strength in the face of pain or grief.



## Citizen Heroes Among Us

Every day in this country, ordinary Americans become extraordinary. It can happen in a single instance of bravery - or through service to others. These acts of courage and self-sacrifice symbolize the American spirit and are recognized every year on National Medal of Honor Day by our nation's greatest heroes.

Each year a nationwide search is organized by The Congressional Medal of Honor Foundation, which selects four United States citizens and one organization to receive the Citizen Honors awards. The honorees receive this award from a group of Americans whose actions have defined the words courage and selfless service - the living members of the Congressional Medal of Honor Society. These brave Americans have received the Medal of Honor for their acts of valor performed during wartime.

For this activity nominate a person or organization in your community for the Citizen Hero award: <http://themedalofhonor.com/citizen-honors>

The nomination application: <https://bit.ly/2yN49i8>

Before you nominate a person or an organization, you will have to do some research to find the person or organization that is worthy of the award.

- Review online stories.
- Read the newspapers.
- Interview journalists, the police or firefighters to see if they know a person or organization that is worthy.

There are four categories:

- **Single Act** - Recognizes Americans who accomplish extraordinary feats of heroism by risking their lives for the benefit of others in a grave situation.
- **Young Hero Award** - Recognizes young Americans age 8-18 for their leadership, courage, character, integrity and service.
- **Service Act** - Recognizes Americans who consistently place others before themselves through volunteer service.
- **Community Organization** - Recognizes a community-based organization for its exceptional impact or mission in supporting our nation's military service members and families.

Recognizing someone for their self-less acts of courage is rewarding and inspiring.



## Oral History Project

Veteran's History Project: How to participate <http://www.loc.gov/vets/kit.html>

There are over 20 million veterans in American today, but with over 1,100 war veterans dying each day, there is an urgent need to collect their personal accounts of their war time experiences while they are still among us. There are valuable lessons to be learned and these should be collected by the nation's library, [The Library of Congress](#). You can help create this historical record by contributing a story or interviewing someone yourself. Capture the oral history of a veteran in your family or community!

[The Library of Congress's Veterans History Project](#) has provided this tip sheet on how to capture veterans' oral histories on video and audiotape and submitting them to the Project.

This activity can be done as a troop or alone. Interview a veteran. It can be someone you know, or you can find a veteran that is interested in telling their story. Your video or audio interview can become part of the Library of Congress, which is Washington D.C. Here are some suggestions on how to conduct the interview, but you must go to the web site <http://www.loc.gov/vets/kit.html> and download the up-to-date instructions.

### **Five Steps for Capturing Veterans' Oral Histories on Video or Audio tape:**

#### **1. FIND a veteran or someone who served in support of veterans to INTERVIEW**

Talk to family and friends or contact veterans of all wars through veterans' organizations. [American Legion](#), [Veterans of Foreign Wars \(VFW\)](#), [AMVETS](#), [Disabled American Veterans \(DAV\)](#), [Japanese American Veterans Association](#), [Vietnam Veterans of America War](#), [Military Chaplains Association](#), [The Retired Enlisted Association](#), the [Women Airforce Service Pilots of WWII](#).

#### **2. Prepare INTERVIEW QUESTIONS before the interview.**

Conduct background research into the war(s) in which interviewee participated. Have the interviewee complete the Biographical Data Form before the interview; it may help you in asking pertinent questions.

Let the interviewee tell his or her own story.

#### **3. Record an INTRODUCTORY STATEMENT before the interview.**

Include the date and place of the interview; the name of the person being interviewed; his/her birth date and current address; and the names of the people attending the interview, including the interviewer and his/her institutional affiliation or relationship to the interviewee and the name of the camera or recording operator if different than the interviewer.

If interviewing a civilian who served in support of the armed forces, ask what type of work he/she performed, where he/she served, and during what war.



#### **4. CONDUCT the INTERVIEW.**

Use a quiet, well-lit room for the interview. Avoid rooms with fluorescent lights, chiming clocks, or heating and cooling systems that are noisy. Both the interviewer's questions and the interviewee's responses should be heard.

##### *Interviewing tips:*

- Keep questions short. Avoid complicated, multipart questions.
- Don't ask questions that can be answered with a simple "yes" or "no," but ask "how, when, and why" questions.
- Keep your opinions out of the interview; don't ask leading questions.
- Encourage the interviewee with nods of the head rather than audible responses such as "yes" or "uh huh" that will be recorded.
- Be patient and give the interviewee time to reflect before going on to a new question.
- Use follow-up questions to elicit more details from the interviewee. Examples of good follow-up questions include: When did that happen? Did that happen to you? What did you think about that? What are the steps in doing that?
- Ask the interviewee to show photographs, commendations, and personal letters as a way of enhancing the interview and jogging their memory.

**Note:** If you are planning to submit the oral history you recorded to the Library of Congress' Veterans History Project, only one recording can be accepted for each veteran or civilian interviewed and it is NOT to exceed 90 minutes.

#### **5. SUBMIT to the Library of Congress.**

## Courage is Determination

If it was easy, everyone would do it. That is what courage is. Persistence.

For this activity, you will challenge yourself to do something you are afraid to do, that you really want to do. You want to act in the school play, or maybe you want to compete in the spelling bee. It might be doing a speech at school or making announcements at church. It could be running a 5k, 10k or a marathon!

Once you decide what your challenge is, find someone to help hold you accountable. It could be a family member, a girl from your troop or a friend. Their job is to encourage you when you doubt yourself.

The rules of the challenge are up to you. For example, if you decide you want to run a 5k. You decide what the goal is. Is it to run in a certain time or is it to finish? You are only competing against yourself.

Watch the videos listed below while you are deciding what your challenge will be.

- [Amazing-story-of-Courage-Determination "Nothing is Impossible" Unified-Gprs-Ups](#)
- [A Life Lesson from A Volunteer Fire Fighter](#)
- [Teach Girls Bravery, Not Perfection](#)
- [The Power of Passion and Perseverance](#)



## Excellence

Excellence means greatness — the very best. Achieving *excellence* is never easy to do. Always strive for excellence.

## No Bullies Allowed

You hear about bullying in your school. You know someone who has or is being bullied or maybe you have been bullied.

- Between 1 in 4 and 1 in 3 U.S. students say they have been bullied at school.
- Most bullying happens in middle school. The most common types are verbal and social bullying.
- Risk Factors:
  - Young people who are perceived as different from their peers are often at risk for being bullied.
- Effects:
  - Bullying affects all youth, including those who are bullied, those who bully others, and those who see bullying going on. Some effects may last into adulthood.

For this activity, you can work on the Cadette Screen Writer's and/or Digital Movie Maker badge and write a screen play or film a video about bullying.

Resources:

- <https://www.stopbullying.gov/>
- [How-to format your screenplay](#)

You probably won't need to go into the specific detail and format that is described on this web site but if this is an area that you want to excel in, learning the process and requirements is good. Who knows, maybe, you can get your screenplay published and developed by a movie company!

For girls that want to take this project further: After you write the screenplay, find friends and family to play the characters and film it. Have a showing for family, friends, your troop or at camp. Upload the film to YouTube.

Your film could make a difference in someone's life!

BONUS: Dig a little deeper and complete your Cadette It's Your Story Tell It-aMaze Journey!



## Be Prepared!

As a Girl Scout, you know how important it is to be prepared for emergencies. Knowing what to do in an emergency can save a life or keep someone safe.

For this activity, you have some choices. Do two from the following list.

- Take a CPR class or a first aid class. (This can be done through Girl Scouts of Southwest Texas. Simply check the [Event Calendar](#).)
- Interview an emergency room doctor, nurse or paramedic about what people can do at the scene of an accident.
- Invite a medical professional to your troop to show you how to use everything in your first aid kit.
- Learn the signs of shock.
- Invite a wilderness expert to talk to your troop about how to be safe when hiking or camping.
- Make a first aid kit for your family.
- Take a babysitting class so you are prepared when watching or working with younger children.

### Resources:

- [What should I keep in my first aid kit?](#)
- [First Aid and Kids Medical Course](#)

BONUS: These steps are also steps towards earning your Cadette First Aid Badge and Cadette Safety Award!

## Change the World Through Words

Communication is the backbone of our society. It allows us to form connections, influence decisions, and motivate change. Without communication skills, the ability to progress in the working world and in life, itself, would be nearly impossible. Public speaking is one of the most important and most dreaded forms of communication.

Glossophobia or speech anxiety, is the most common fear people have across the globe. Throughout primary school, it is easy to be the student who sits in the back of the classroom and avoids raising his or her hand to dodge such situations. But in the working world, public speaking is a vital skill to have and to hone. It affects simple, everyday interactions between coworkers, bosses and employees, marketing professionals and clients and it can have an enormous impact on your career path and your level of success in your industry.

As a Cadette Girl Scout you are developing your leadership skills and public speaking. These are important skills to have to be successful.

There are three reasons why public speaking skills are important: to inform, to persuade or to inspire people.

For this activity you can work on your Cadette Public Speaker badge by writing and giving a speech about a topic that is important to you. Your speech can be about Girl Scouts and try to convince people to buy cookies to help the Girl Scouts or you can convince people to invest in your business, join your cause or inspire them to volunteer to improve something.

The ONLY way to get better at public speaking is to PRACTICE and give speeches.

For girls that want more instructions:

Contact [Toastmasters International](#) or [Toastmasters District 55](#) (Serving Central and South Texas) and ask them about the Youth Leadership Program. This is a program of four to eight sessions of one to two hours each.

Videos:

- [Five Basic Public Speaking Tips](#)
- [TED's secret to great public speaking | Chris Anderson](#)

**YOU DID IT!**



**CONGRATULATIONS!**



For More Information

 **TEXAS A&M UNIVERSITY-SAN ANTONIO**

**2009**  
Established

**6,500**  
Enrollment

**73%**  
First-generation

**70%**  
Hispanic

**18:1**  
Student-to-faculty ratio

**24**  
Average class size

**40+**  
Clubs and organizations



**42%**  
Enrollment growth at A&M-SA since 2015



**Lowest Tuition**  
Among four-year universities in San Antonio



**30+**  
Majors and programs offered at A&M-SA



**18%**  
Students are veterans, currently serving, spouses of veterans or dependents



**10,000+**  
University alumni



**700**  
Acres the campus is situated on



**20**  
Minutes away from downtown San Antonio

Texas A&M University-San Antonio (A&M-SA) was founded at a specific time and place for a specific purpose: to provide high-quality education to all people, particularly residents of the historically under-represented South Side of San Antonio. We are committed to equipping our students with the skills, knowledge and experiences that prepare them for rewarding careers, responsible global citizenship and lifelong learning.

A&M-SA has experienced remarkable growth since we became a standalone university in 2009. In fall 2018, more than 6,500 students will be enrolled in our undergraduate and graduate programs.

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# End of Booklet

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To learn more about Texas A&M  
University-San Antonio and their  
mission, visit <http://www.tamusa.edu/>

