

PERSONAL GROWTH SHEET

STAR or LIFE RANK



Who fills this out: The Scout, before his SMC for Star or Life Rank.
Who receives it: The Scoutmaster, at the SMC.

(Today's Date)

A. ABOUT ME

Name: _____ Age: _____ Grade: _____

Patrol: _____ School: _____

Place of Worship (if any): _____

My current rank is: _____

B. BOY SCOUTS

While earning this Rank, I enjoyed the _____ requirement best because _____

I found the _____ requirement the most challenging because _____

The most important thing(s) that I have learned from Scouts thus far: _____

One piece of advice I would give to a new Scout joining the Troop would be: _____

The Scout skills I want to learn more about or improve are: _____

C. WORKING TOWARD MY NEXT RANK

I will continue to work towards _____ (fill in next rank) and will try to

reach this goal by: ____/____/____

If a Star Scout, for my Life rank necessary service hours, I propose to:

D. OVERALL RATINGS

Please fill in the ratings below on a scale of 1 (poor) to 5 (great). Feel free to add commentary to better explain your choice of ratings. Please write "NA" if you have not attended that activity.

	<u>Score</u>	<u>Comments</u>
Troop Meetings		
Patrol Corners		
Advancement and Merit Badge Classes		
Meeting Activity		
Tent Camping		
Cabin Camping		
Klondike		
Van/Bus Trip		
Troop Backpacking		
June River Trip		
Summer Camp		
Philmont		
Sea Base		
Jamboree		
Other HA		
Your PL		
Patrol Leader Name		
Your Patrol Members		
Overall Jr. Leaders		
Scouts in Other Patrols		

E. GOALS

One goal I have in Scouting for the next year is: _____

One goal I have outside of Scouting for the next year is: _____

F. RECOMMENDATIONS

I can help my Patrol be better by: _____

Some things Troop 542 should do: _____

Some things Troop 542 should not do: _____

I will try to help the Troop by: _____

Some trips the Troop should do: _____

Improvements that can be made by our Troop: _____

The best way for my Patrol Leader to communicate with me is: _____

G. SCOUT SPIRIT AND LEADERSHIP

Give a few examples of how you have been living up to the Scout Oath: _____

Tell how you have done your Duty to God recently:

My current leadership position is: _____

My most challenging leadership situation was: _____

After reading my job description and evaluating how I am doing, I would rate myself a: _____
(1=did not fulfill any obligations – 5=excelled in job and did better than most)

I plan to become a better and stronger leader by: _____

● _____ ●

Respectfully submitted,

(Scout's Signature)

SM Conference held: ____/____/____

SM Signature: _____

HOW TO PREPARE FOR A PROGRESS REVIEW BOARD

A progress review (often called a Board of Review) is a meeting between you and some of the troop leaders where they check to be certain that you meet all of the requirements for your progress award.

What should I wear and bring?

- Wear your full Class A uniform (with merit badge & OA sashes if you have them)
- Bring your Scout Handbook
- Bring your record of service hours required
- Bring your leadership binder (for certain leadership positions)

What types of questions might be asked?

- Scout Spirit
 - Be able to repeat the Scout Oath, Law, Motto, Slogan and Outdoor Code and understand what each means
 - You may be asked how you live out these Scouting values in your daily life
 - You may be asked “Tell how you have done your Duty to God”
- Participation
 - The review members will review your attendance records (meetings and trips) with you, so be prepared to explain any large gaps or poor attendance times.
- Badges
 - The review board is responsible to check all merit badges required have been completed. You should have a completed Blue Card for any badges not yet in the Troop’s records.
- Leadership
 - The review board will ask what you do in your leadership position and will review any feedback from scout and adult mentors. You should review your leadership commitment page prior to the review board.

I certify that Scout _____ has had a Scoutmaster’s Conference with me.
(Fill in your name above)

Scoutmaster's signature _____ Date _____