

GSK University

Welcome to GSK University

The success of Girl Scouts of Kentuckiana depends on the knowledge and confidence of our volunteers who provide meaningful programs to girls.

Backed by the quality training provided by the GSK University (GSKU) training team, volunteers prepare girls to empower themselves through the Girl Scout Leadership Experience

Our commitment to our volunteers is to provide the tools and training they need to be a fearless and thriving volunteer. Our volunteer trainers have years of Girl Scout and subject area experience. They aim to provide high quality instruction that inspires their fellow volunteers.

GSKU delivers training in a variety of ways.

eLearning, via the DigitalChalk platform, where you'll watch a series of videos on your own time and take the online quiz to complete the course.

Virtual, via GoToMeeting and Zoom. Sit in on a live session with other volunteers across the council from your computer, smart-phone, or tablet wherever you are.

Face-to-face, via small class settings, and training weekends with lots of classes to choose from.

We encourage every volunteer to take some time to attend a face-to-face session or training weekend. We're confident that you'll walk away with new skills and ideas, as well as new or renewed passion for Girl Scouts while making new friends.

New trainings are regularly added to our Activities Calendar. Log in to MY GS for the most up-to-date schedule.

Thank you for your dedication to building girls of courage, confidence, and character, who make the world a better place!

GSK University Training Team

Leader Training

Leadership Training is crucial to the success of your troop. With each session, you will find a number of tools and resources to ensure a great first year! Login into DigitalChalk to find all these trainings!

Essential Leadership Courses I

Child Protection Training

Required for every volunteer. Raise the awareness and prevention of the mistreatment of the vulnerable. Child Protection Training helps adults spot the signs of abuse, neglect, predators, bullying, boundaries, respect, and the perils of cyberspace.

Succeed Like A Girl Scout Steps 1-5

Succeed Like A Girl Scout is Essential Leadership training at your own pace, on your own time, and when you need it. Each module is designed to give you the tools and resources you need to have a successful, safe, and fun Girl Scout Experience. **Before your first troop meeting leaders and co-leaders will be required to complete steps 1-2.** Steps 3-5 will be required within 60 days. Steps 6-13 are recommended trainings to enhance your troop experience.

Online Training Modules

- Step 1 Troop Like A Girl Scout
- Step 2 Meet Like A Girl Scout
- Step 3 Network Like A Girl Scout
- Step 4 Fund Like A Girl Scout
- Step 5 Be Prepared Like A Girl Scout

Essential Leadership Courses II

Succeed Like A Girl Scout Steps 6-13

Succeed Like A Girl Scout is Essential Leadership training at your own pace, on your own time, and when you need it. Each module is designed to give you the tools and resources you need to have a successful, safe, and fun Girl Scout Experience. Steps 6-13 are recommended trainings to enhance your troop experience.

Online Training Modules

- Step 6 Organize Like A Girl Scout
- Step 7 Communicate Like A Girl Scout
- Step 8 Play Like A Girl Scout
- Step 9 Outdoor Like A Girl Scout
- Step 10 Help Like A Girl Scout
- Step 11 Take Action Like A Girl Scout
- Step 12 Govern Like A Girl Scout
- Step 13 Travel Like A Girl Scout

Volunteer Toolkit

Join us to learn all the ways that the Volunteer Toolkit will help you quickly plan and organize your troop's activities, so you can focus on the important part—having fun!

Continuing Leader Training

Plant a Seed, Grow a Leader

Are you a sister to every Girl Scout? Do you want to make the world a better place? If you answered yes then you will want to Plant a Seed, Grow a Leader. Join us for a journey through the Girl Scout Promise and Law as we enhance your leadership skills. Each DigitalChalk module will provide tools, tips, and encouragement.

Visit www.gskentuckiana.org/growaleader for more information on each module.

1. *I Promise*
2. *Honest and Fair*
3. *Respect Myself and Others*
4. *Be a Sister to Every Girl Scout*
5. *Make the World a Better Place*
6. *Friendly and Helpful*
7. *Responsible for What I Say and Do*
8. *Courageous and Strong*
9. *Considerate and Caring*
10. *Use Resources Wisely*

Core Program Courses

At Girl Scouts, the girls in your troop will unleash their inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™!

How? Through the **Girl Scout Leadership Experience**. Through various courses we will help you guide your girls to lead their own adventures. Learn important skills to guide every girl in four areas that form the foundation of the Girl Scout Leadership Experience: STEM (Science, Technology, Engineering, and Math), Outdoors, Life Skills, and Entrepreneurship.

Grade Level Training

Daisy, Brownie, Junior, Cadette, Senior/Ambassador, no matter the grade level, in Girl Scouts, girls lead! This course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through the grade level resources like the Girl's Guide to Girl Scouting, Journeys, Girl Awards, and council programs. You'll become an expert in what it means to have girl-led programming, with insight to Girl Scout traditions including the girl uniform and discuss grade level appropriate activities.

Highest Awards Courses

Highest Awards trainings are designed for girls and adults.

Bring on the Bronze

Learn how Girl Scout Junior teams take on the Bronze Award. Bring on the Bronze will teach girls how to look around their neighborhoods or schools and find ways to make a change for the better. Girls learn how to follow their passion to find a project that meets a neighborhood, school, or local community need. Adults will learn how to guide girls to identify issues that they care about by exploring and developing their projects.

Striving for Silver

Learn how Girl Scout Cadettes can work together or go solo to earn their Silver Award. Striving for Silver will teach girls how to look around their neighborhoods or schools and find ways to make a change for the better. Girls learn how to follow their passion to find a project that meets a neighborhood, school, or local community need (must be done beyond the Girl Scout community). By exploring and developing their projects, adults will learn how to guide girls to identify issues that they care about.

Go Gold Workshop

Learn how Girl Scout Seniors and Ambassadors can earn the highest award in Girl Scouts. Girls will learn the procedures for writing and submitting Girl Scout Gold Award project proposals during this virtual training. They will also learn about the Girl Scouts of Kentuckiana approval process and the mentors who are ready to help them succeed in the Gold Award process.

Sister Institute 2.0

It's important now more than ever to create an environment that celebrates and uplifts every volunteer, the enhanced Sister Institute 2.0 is guaranteed to build your Girl Scout community! GSK trainers and staff partnered to create a dynamic workshop you will find meaningful, fun and relevant to lead your troop, gain new resources and meet new friends. More information and dates coming in 2021!

Outdoor Courses

Let your troop experience the great outdoors! Girl Scouts of Kentuckiana offers three levels of outdoor training: Camp In, Camp Out, and Wilderness Travel. Whether your troop wants to spend a day at camp hiking or overnight in a remote setting, GSK has the right level for you.

Camp In A

Authorizes you to take troops on outdoor day activities. Learn girl readiness, progression, planning, properties, hiking, and emergencies. Camp In Part A is valid for two years or until you complete Camp In Part B, whichever comes first.

Camp In B

Authorizes you to take troops camping in winterized buildings. Learn fire safety (preparation and extinguishing), fire building with girls, foil and stick cooking, safe use of charcoal, wood stove operation, general safety precautions, and building cleanup. Camp In is valid for five years or until you complete Camp Out or Outdoor Update, whichever comes first. This training is only available as a face-to-face course. **Prerequisite:** Camp In Part A

Course Fee: \$8

Camp In-Integrated

Get ready to have fun outdoors! Camp In includes both Part A and B and authorizes you to take troops on day activities and overnights in camp buildings. You will learn the skills needed to prepare girls for day activities, simple outdoor meals, and overnights in winterized buildings. Camp In is valid for five years or until you complete Camp Out or Outdoor Update, whichever comes first. What to bring: A mess kit/dunk bag and (if you wish) note taking materials.

Course Fee: \$8

Camp Out

Authorizes you to take troops camping in tents at developed tent areas. Learn the use of propane stoves, care of platform tents, tent pitching and usage, tool craft, knots, care of aluminum pots, use and care of ironware, cooking by a variety of methods, meal planning and food preparation, and use of coolers for storage of perishable food items. Camp Out is valid for five years or until you

complete Wilderness Travel, Outdoor Update, or repeat Camp Out, whichever comes first.

Prerequisite: Camp In A & B

Course Fee: \$10

Outdoor Update

Renew your certification or transfer skills from another council. Review and update outdoor skills, with a focus on topics related to safety and care of GSK equipment and properties. Plus, updates from GSU-SA and GSK policies and practices regarding group camping, hiking, cooking and other common outdoor practices, as well as any GSK property updates. Out-door Update renews outdoor authorization for five years for Camp in and Camp Out. It does not renew Wilderness Travel.

Wilderness Travel

Authorizes you to take troops on a camping trip in a wilderness environment with as little impact on the environment as possible. Learn the use of basic backpacking equipment, lightweight stoves and tents, wilderness hygiene, cooking lightweight non-perishable foods, water treatment, safety, planning, and conditioning. Participants will be carrying gear and food in backpacks to the campsite.

Prerequisite: Camp In and Camp Out

Course Fee: \$10

Outdoor Cooking

Learn creative ways to cook outside using a Dutch oven, box oven, foil, and more.

USA Archery Level 1 Instructor

The Level 1 Archery Instructor Certification Course provides the necessary tools to maintain a high level of safety both on and off the archery range. Level 1 Instructors are prepared to teach beginner archery programs to Juniors and above. The Level 1 Instructor will learn about range safety, range setup, the steps of shooting, and basic equipment and repair.

Course Fee: \$35

Enrichment Courses

Canoeing

Spend a day on the lake canoeing with girls. Learn paddling and rescue skills to take girls canoeing on non-moving or slow moving sheltered waters and bays (Camp Pennyroyal Lake, Bear Creek Aquatic Center's Bay, Barren River Reservoir Bays, or at Camp Houchens) at low to medium water levels.

Course Fee: \$30

Kayaking

Spend a day on the lake kayaking with girls. Learn safety, enjoyment, and skill acquisition to take girls kayaking on non-moving sheltered waters and bays (Camp Pennyroyal Lake, Bear Creek Aquatic Center, Bay, Barren River Reservoir Bays, Camp Houchens, or other similar areas) at low to medium water levels.

Rock Wall Facilitator

Help girls reach new heights! Learn knot tying, belaying, care, use and storage of equipment, setup, and emergency procedures for our artificial climbing facilities. Don't like heights, no problem! You don't have to climb the wall to be a good facilitator. But if the desire to climb is present, you can do so. Climbing is available at the Louisville PLC and Bear Creek.

Teams Course Facilitator

Put your troop through their paces. Teams Courses build confidence and self-esteem, teamwork, decision-making, leadership, and foster appreciation and respect for differences. Learn team building games and our low ropes courses including safety and effectiveness in building trust and problem-solving skills. Teams Courses are available at Camps Shantituck, Bear Creek, Pennyroyal, Houchens, and Stem.

As part of continuing education, Girl Scouts of Kentuckiana offers various enrichment courses. These courses meet a variety of needs and interests. You can go on a hike, learn to cook something new, learn about the history and traditions of Girl Scouts. These classes are not required trainings but are fun and a great way to enrich your experience as a Girl Scout. Most of our enrichment courses are offered as part of a training weekend.

Basic Compass Skills & Geocaching

N-S-E-W which way are we going? Have you ever wondered what was meant by orient a map with a compass? All Girl Scouts enjoy a treasure hunt; girls and adults! Do you know what a "cache" is and where and how to find one? Using a hand-held GPS unit adult will look for a "cache" and learn what geocaching is all about.

Ceremonies: End of Year

Ceremonies in Girl Scouts have been a long-standing tradition and are used to create a special memory for the girls. In this course, you will learn about popular ceremony traditions and how girls can plan their end of year ceremony to showcase all their achievements for their families!

GS History, Traditions & Ceremonies

Join us as we learn about our fascinating Girl Scout History and many interesting traditions and ceremonies, too! Learn about the FUN of Girl Scouting from the time it started until now, with facts galore,

girls and troops still love and have loved through the years. We'll talk about Juliette Low, (our Founder), our great World Centers that YOU can visit, our awesome Girl Scout Camps, Scout's Owns, and lots more.

Leave No Trace

Come learn guidelines and activities to teach your girls how to love the outdoors without loving it to death! You'll learn some interactive, hands-on ways to teach your girls how to apply the seven basic LNT principles while they are enjoying the natural beauty of camp, parks, and wild places.

Letterboxing

Letterboxing is an amazing adventure game played by people all over the world. We'll teach you to use your curiosity and join in this class. To play, you follow clues to find a hidden box with special items inside.

Nite Hike

Learn fun activities to do as the sun goes down and afterwards. Learn some team building activities as well. You may want to bring a flashlight that fits in your pocket.

Songs & Games I

Come learn more songs and games to bring the Girl Scout traditions to life. Nothing transcends tradition quite like our songs and games that have been around for generations.

Teen Mentor / Program Aide

Teen Mentor Core training is the council designed leadership training course that is Part 2 of the Cadette Program Aid Bar Award. Part 1 is to earn a Leadership in Action (LiA) Award by working with younger girls to complete a Journey, and Part 3 is to work directly with younger girls over six activity sessions, which can be accomplished by working at DayCamp or working with a younger girl troop again on badge or journey activities that you design. This course will include practical training for leading younger girls in outdoor activities. **This training is for girls.**

Safety Courses

As Girl Scouts we need to be prepared for emergencies. Work with girls and other adults to establish and practice procedures for emergencies related to weather, fire, lost girls/adults and site security. Create a list of girls' parents/guardian contact information in the event of an emergency. Always keep a handy well-stocked first-aid kit.

American Red Cross and American Heart Association classes can be found on our website. You can also find classes with EMTs, YMCAs, hospitals, health departments, fire departments and more. Blended learning with online instruction and in person skills practice and test will satisfy requirement. After you have completed the class, please email proof of certification to your Service Unit Manager and to training@skentuckiana.org.

First Aid/CPR

Learn basic first aid, adult and child CPR, and AED procedures. Certification is valid for two years. While you are not required to have an adult present who is First Aid/CPR certified during your regular troop meetings you will still need to refer to Safety Activity Checkpoints to determine when you would need someone present with this certification. Some activities such as hiking, camping, biking, etc. require the certification.

Course Fee: \$35

Wilderness First Aid

Learn the skills needed to respond to an emergency when help may be delayed. Course topics include head (brain), neck and spinal injuries, hypothermia, allergies and anaphylaxis, bone and joint injuries, wounds and wound infection, heat-related emergencies, altitude-related illnesses, burns, and more.

Prerequisite: CPR/AED

Fee: \$35, plus the cost of food

Be a GSK Council Trainer!

Girl Scouts of Kentuckiana University (GSKU) Trainers play a vital role in the delivery of the Girl Scout Leadership Experience. By showing adults who work with girls how to deliver the program, you empower them to provide girls an exceptional experience while also impacting your own experience. Make a valuable impact today!

Fill out a Trainer Application at skentuckiana.org

