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# the GPS

girl & parent "stuff"



**Charting the direction you want her to go!**

## It's Back-To-School and Back-To-Girl Scouts! It's Time to Get Involved!

The best way to help your daughter excel in and out of school, avoid risky behaviors, and develop skills for life-long success is to **be involved**.

Be her cheerleader, guide, and mentor. Help her develop skills and confidence that will last long after the meeting is over. Imagine the smiles, the excitement, the memories made together. Ready to become the role model she'll always remember? Become a Girl Scout Volunteer. Whether you have an hour, a day, a weekend or more, you'll have fun and feel great knowing you have helped your daughter and many other young women as well.



### Girl Scouts helps girls in school and for life

The purpose of Girl Scouting is to develop young women who are capable of and willing to take on leadership roles in their homes, schools and communities. While the Girl Scout mission is not about improving girls' test scores or grades in school, the leadership experiences girls gain through Girl Scouting does help them do well in the classroom.

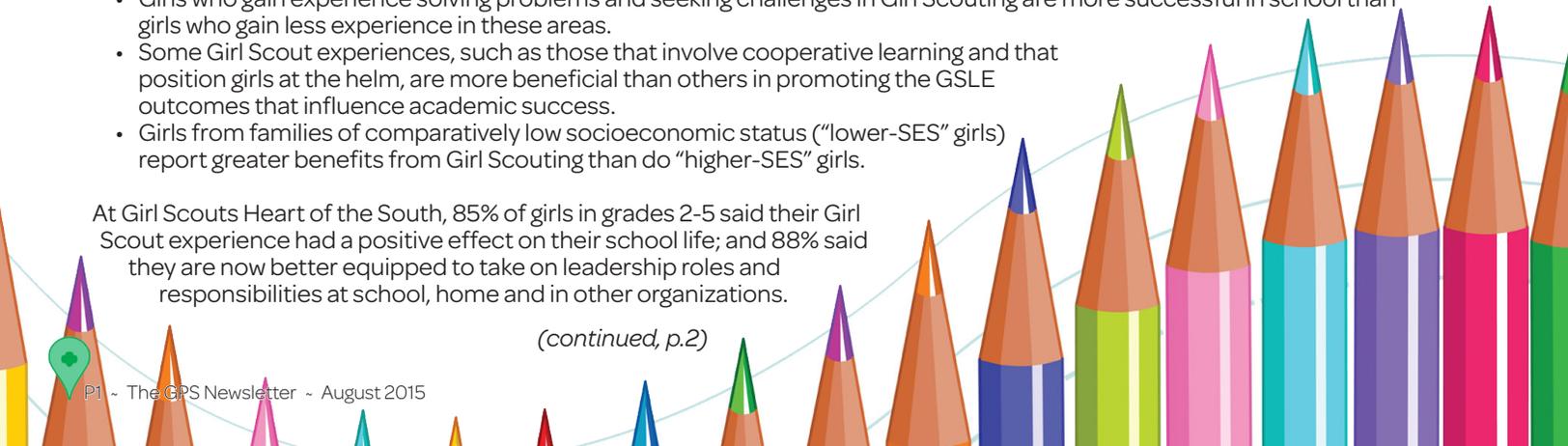
A national study by the Girl Scout Research Institute explored the ways in which Girl Scout leadership experiences contribute to girls' academic engagement and achievement. This study suggests that Girl Scout leadership outcomes, such as resourceful problem solving and challenge seeking, are closely linked to both academic engagement (behavior, valuing school, mastering goals) and achievement (perceived competence and grades).

The study, "Linking Leadership to Academic Success," revealed that:

- Girl Scout participation has a positive impact on girls' leadership.
- Most Girl Scouts in this study are academically successful.
- Girl Scout factors influence academic success as much as, and sometimes more than, non-Girl Scout factors known to impact academics, such as positive student-teacher relationships.
- Girls who gain experience solving problems and seeking challenges in Girl Scouting are more successful in school than girls who gain less experience in these areas.
- Some Girl Scout experiences, such as those that involve cooperative learning and that position girls at the helm, are more beneficial than others in promoting the GSLE outcomes that influence academic success.
- Girls from families of comparatively low socioeconomic status ("lower-SES" girls) report greater benefits from Girl Scouting than do "higher-SES" girls.

At Girl Scouts Heart of the South, 85% of girls in grades 2-5 said their Girl Scout experience had a positive effect on their school life; and 88% said they are now better equipped to take on leadership roles and responsibilities at school, home and in other organizations.

*(continued, p.2)*



#### August 2015 GPS Photos:

- GPS Screen/Masthead: Germantown, TN area Girl Scouts and Volunteers learn about civics and demonstrate their Girl Scout pride as they attend the July 27 meeting of the Germantown City Council where Mayor Mike Palazzolo declared August to be "Girl Scout Month" in Germantown. Girl Scouts and Volunteers pose with GSHS CEO Melanie Schild and the proclamation outside the city council chambers.
- all interior page images courtesy Google Images

(continued from p.1)

Girl Scouting helps girls flourish academically by providing them a supportive, encouraging environment that allows them to take age-appropriate risks. The content of all Girl Scout National Leadership Journeys and national proficiency badge activities has been correlated by grade level to national Common Core State Standards; 21st Century Skills standards, financial literacy educational standards; and health and physical education, language arts, math, science and social studies learning objectives for all 50 states.

Girl Scouting does more than promote academic success – it promotes life-long success. Girls get outdoors, participate in financial literacy programs, earn badges and awards, learn the joy of giving to others, improve their communities, learn new things and meet amazing people. It's fun with a purpose!

Ninety-three percent of girls in our region said they learned things not taught in school; and 96% said they learned things that will help them in life.

Girl Scouts gives girls opportunities to try new things in a safe and supportive environment, free from the pressures of school and gender stereo-types. Eighty-one percent of girls said they were able to do things in Girl Scouts this year that they were not able to do anywhere else; and 95% said they learned or did something new.

Through Girl Scouts, girls find their inner strength, passions and talents, and build confidence to never stop believing in their dreams. Girl Scouts gives girls a safe and inviting place, free from pressure and full of encouragement. With Girl Scouts behind them, girls can try new things, find what they love and grow into the women they want to be and society needs them to be.

## Helping girls excel at school

Condensed from: <http://www.schooltoz.nsw.edu.au/homework-and-study/homework-tips/10-tips-to-help-girls-succeed-at-school>

### 1. Ensure she goes to school every day.

A lot of girls think they can stay at home and study, but children who miss out on eight days of school per term will miss out on about a year of education by the time they finish primary school and not much less for high school. Highest performers are also those students who have the best attendance rates.

### 2. Be involved in her learning.

Teachers ensure girls are engaged in learning; however, parents/caregivers also need to be engaged in their daughter's education. Ask your daughter what they're up to, what they're learning and why it's important to them to learn because this shows you're interested in their school life.

### 3. Lend a helping hand.

Help sort out problems your daughter may be experiencing with schoolwork and support them to produce good work. However, if you find this a challenge for any reason, remain in close contact with the school or have a chat with the principal to get some support. Also, don't underestimate the power of encouragement; it's a great way of helping with schoolwork.

### 4. Set up a place for learning.

It's important to give your daughter a place to work at home – a table where she can work in a quiet area away from brothers and sisters and away from distractions such as the television. This allows girls to concentrate on what they're doing and also shows that the family values her schoolwork.

### 5. Know what's going on in her life.

Girls' concern over their self-image and their vulnerability to being bullied or cyberbullied often gets in the way of learning. Talk to your daughter about what's going on in her life, and go to the parent-teacher nights to find out how schools manage these issues.

### 6. Reduce her concerns about self-image.

Girls' abilities to succeed at school are strongly influenced by the social culture around them. Many girls struggle between traditional ideas of femininity versus being more independent and assertive. Girls need lots of encouragement and reinforcement that they in themselves are beautiful and they're intelligent. As parents, especially moms, it's important we model self-assertiveness, confidence, independence and self-assurance.

### 7. Check your expectations.

If girls are put under excessive pressure from parents about their school performance or the career they should pursue, they can sometimes withdraw, experience anxiety issues or switch off from learning. Parents have to ask, 'What does my daughter want, what is my daughter capable of and how do I encourage her as an individual to do the best she can to carve her space out in the world?' Parents need to come across as cheerleaders and critical friends from the sidelines and someone who doesn't expect them to be perfect.

### 8. Reinforce her self-confidence.

Girls are often motivated about learning but are also anxious about it and can doubt their abilities. They often worry about failing tests or assignments and not meeting the mark. The best antidote to their anxiety is common sense. If they're worried about failing a test, suggest they talk to a teacher about how best to prepare. Also, encouraging your daughter to take up a sport to burn off a bit of anxious energy or to find relaxation strategies to mentally prepare and calm herself can help tremendously.



Building girls of courage, confidence, and character, who make the world a better place.

## girl scouts heart of the south



*Girls need lots of encouragement and reinforcement that they in themselves are beautiful and they're intelligent.*

*Dr. Maria Pallotta-Chiarolli  
Deakin University*

### 9. Support her in her efforts to take control of her learning.

Girls tend not to have a strong sense of control over their academic life. Parents can remind their daughters of three areas where she has control over her learning:

- Effort – *how hard she tries*
- Strategy – *the way she tries and the way she does her work*
- Attitude – *what she's thinking about herself and the tasks she needs to accomplish*

### 10. Help your daughter to believe in her success.

Girls don't take enough credit for the good things they do. Sometimes, they focus too much on the things that don't go so well. This kind of attitude over a continued period of time can wear a girl's self-esteem down. It can also play out beyond

school. It is important in the early days of learning for girls to internalize and take credit for success and know that she deserves the good things that are happening in her life.

All of these ideas can be used for even the youngest of girls. Talking to her about her problems, modeling assertiveness, reinforcing her confidence about herself and taking an interest in her learning and social life are ideas that work well for girls of all ages. Start encouraging her and getting involved when she is young, and she will be confident and ready when life's real challenges begin.

Items for girls ages 5 - 7 (Daisies)

Items for girls ages 7 - 10 (Brownies)

Items for girls ages 10 - 13 (Juniors)

Items for girls ages 12 - 14 (Cadettes)

Items for girls ages 14 - 16 (Seniors)

Items for older girls ages 15 - 18 (Ambassadors)

## Our world needs girls. Girls need Girl Scouting.

**FACT:** Women are 51% of the population.

**FACT:** Only 7.5% of philanthropic dollars are invested in girl programs.

**FACT:** Our country and our world are facing a crisis of leadership.

**FACT:** Girl Scouting has a century-long proven track record of creating women leaders. (The first women to serve as Space Shuttle Commander, Secretary of State, Supreme Court Justice, Evening Network News Anchor, President of Harvard and Secretary of Homeland Security are all grown-up Girl Scouts.)

**FACT:** Our country is lagging behind in producing people qualified to work in science, technology, engineering, arts and math. (STEAM)

**FACT:** STEAM is a focus of Girl Scouts Heart of the South.

**FACT:** Girls are exposed to many different negative influences.

**FACT:** Research shows that Girl Scouts are less likely to become pregnant as teens, to drop out of school and to use drugs.

**FACT:** Our country needs people who give back.

**FACT:** Every year, Girl Scouts provide millions of hours in community service – AND research shows that grown-up Girl Scouts vote more and volunteer more than women who were not Girl Scouts.

**FACT:** Bullying is a major concern today.

**FACT:** Girl Scouts Heart of the South offers multiple resources on anti-bullying and healthy relationships

**FACT:** Girls lag behind boys in financial literacy; yet over 70% of girls will be responsible for managing their own money at some point and "households headed by single women" is the fastest growing poverty group.

**FACT:** Girl Scouting offers the most successful financial literacy program for girls in the world.



Sources: Girl Scouts of the USA, Girl Scout Research Institute, [www.togetherthere.org](http://www.togetherthere.org)



## Teaching girls how to succeed

LIDIA SOTO-HARMON | 01.12.2014

<http://shriverreport.org/teaching-girls-how-to-succeed/>

### How do we help girls build a life of success?

Growing up in Latin America, I witnessed first hand the struggles of families and children who were less fortunate, and it had a huge impact on me. At age 12, I recognized that many girls my age had no hope for their future. It made me feel a great sense of gratitude for my own good fortune but also a sense of responsibility: *Much is required from those to whom much is given.*

As I think of the young girls I serve today through the Girl Scouts in the greater Washington region, I think about what it will take to get them on a path to becoming women who are powerful, not powerless. I've learned that there is a proven formula to setting girls up for success: Help them build confidence and self-esteem and encourage a sense of belonging. That might sound simple, but it requires deliberate action.

**Building self-esteem and confidence in girls is essential for their lifelong success.** Today, many girls in the United States are experiencing a crisis of confidence. It may seem counterintuitive, but at Girl Scouts, we have learned that to build confidence, we must provide girls with experiences that make them responsible for creating well-being in others. When girls perform a service, they gain a sense of purpose and accomplishment. Many of our activities give girls opportunities to volunteer. At our community outreach camps, Girl Scouts serve

lunch to girls from at-risk communities who are often less fortunate. This experience is empowering, and the Girl Scouts learn at a young age that even the simplest task—such as making peanut butter sandwiches—can elevate their self-esteem.

### Girls also need to belong.

They need to know that they are not alone. Many girls struggle in unsupportive environments and can really benefit when caring adults listen and spend time with them. We need to urge successful women to become mentors for young girls, sharing their expertise and acknowledging that they were also unsure and afraid, but they developed into

powerful and accomplished leaders. After hosting our leadership conference called Encuentro de Chicas Latinas in Washington, D.C., a teen girl approached me. She shared that she had always thought she could only do “small” things such as cleaning houses. But after meeting so many professional Latina women, she now believes she can go to college, have a career, be a leader, and help her community. Our young people need to know that our focus on them is genuine and constant.

**We also need to realize that confidence-building doesn't just happen in the classroom or at home.** It can also occur in out-of-the-ordinary situations that offer action with purpose. Schools should collaborate with youth-serving organizations, houses of worship, and other community-focused organizations to make opportunities for service available. We know that girls want the opportunity to be leaders and share in the planning, decision-making, and action that can make a difference in their communities. When students learn in a classroom about how their actions impact our environment, they gain knowledge. But when a girl equipped with that knowledge organizes a recycling program in her community, she demonstrates confidence.

When I was growing up, my father used an expression that impacted my sense of self: “Pa’ lante, y pa’ lante, pa’ tras ni para coger impulso”—which means “Go forward, don't look back, not even to gain momentum.” We must propel girls forward, because they are our untapped talent. We know that no matter how smart she is, a girl who doesn't have the self-esteem to raise her hand in class will likely not run for office one day. A gifted girl who lacks the confidence to pursue her interests in math and science will never find a cure for cancer.

I once took a group of girls to Atlanta to participate in a Girls' World Forum, where they met amazing girls from all over the world. On the way back to Washington, I mentioned to one girl how exciting it had been to be part of an international conference. She looked at me and said, “Ms. Lidia, you don't understand. I got on a plane! I never thought I would have a chance to do that in my whole life, and now I think I can do anything!”

While this essay focuses on individual responsibility, we cannot ignore society's responsibility to adapt to the needs of today's girls and women. We must provide girls with safe and supportive environments that allow them to reach their full potential. When we add in caring and committed adults as mentors, we have a recipe for success for everyone—because when girls succeed, so does our society.

**A gifted girl who lacks the confidence to pursue her interests in math and science will never find a cure for cancer.**

**Lidia Soto-Harmon**

This essay was written exclusively for *The Shriver Report: A Woman's Nation Pushes Back from the Brink*, in partnership with the Center for American Progress.



**Girl Scouts Heart of the South stands with women and stands with girls! We invite you to stand beside us the week of October 25- 31, 2015 to propel this national effort to change our current culture so every girl and woman can reach her fullest potential.**

Find out more at [www.standbesideher.org](http://www.standbesideher.org).



**For complete details about all of the exciting  
Girl Scouts Heart of the South  
events and programs listed below  
visit: [www.girlscoutshs.org/calendar](http://www.girlscoutshs.org/calendar).**



## Upcoming Events for Girls - Sept-Dec 2015

From building robots to gliding on a zip line; enjoying a tea party to controlling a horse; learning to code to visiting a museum, Girl Scouts Heart of the South has something for every girl.

For the most current information and to register for an event, go to [www.girlscoutshs.org/calendar](http://www.girlscoutshs.org/calendar). Girls may attend events with their troop, with a friend or on their own. Non-Girl Scouts are welcome to attend and see just how much fun it is to be a Girl Scout!

### White Water Rafting Adventure

Where: Ocoee, TN;  
Departs: Camp Tik-A-Witha, Van Vleet, MS  
When: 9/18/2015 - 9/19/2015  
Registration: Now-September 4th

### HERo Day with the Memphis Fire Department

Where: Chester Anderson Fire Training  
Center, Memphis, TN  
When: 10/03/2015  
Registration: Now - September 18

### All About Autumn Lichterman Discovery Day

Where: Lichterman Nature Center,  
Memphis, TN  
When: 10/03/2015  
Registration: 8/1/15 - 9/28/15

### Autumn Adventure Weekend

Where: Donnell Century Farm,  
Jackson, TN  
When: 10/09/2015 - 10/10/2015  
Registration: 8/1/15-10/2/15

### Gymnastic Overnight Tupelo

Where: Tupelo Gymnastics Center,  
Tupelo, MS  
When: 10/09/2015 - 10/10/2015  
Registration: 8/1/15-10/2/15

### Ring Riders (Intermediate)

Where: Kamp Kiwani, Middleton, TN  
When: 10/10/2015  
Registration: 8/14/15 - 9/26/15

### Haunted Mansion

Where: Woodruff Fontaine House  
Museum, Memphis, TN  
When: 10/16/2015  
Registration: 8/1/15-10/9/15

### Mississippi State Football Scout Day

Where: Davis Wade Stadium at Scott  
Field, Starkville, MS  
When: 10/17/2015  
*Details and registration information  
coming soon!*

### Juliette Gordon Low Birthday Tea

Where: Woodruff Fontaine House,  
Memphis, TN  
When: 10/17/2015  
Registration: 8/1/15-10/9/15

### Fit for Life

Where: Union University Kappa Delta  
House, Jackson, TN  
When: 10/18/2015  
Registration: 9/1/15-10/12/15

### Free Being Me

Where: Delta State University,  
Cleveland, MS  
When: 10/18/2015  
Registration: Now-10/9/15

### Day With Your Favorite Guy

Where: Kamp Kiwani, Middleton, TN  
When: 10/24/2015  
Registration: 9/14/15-10/18/15

### Girl Scout Day at Discovery Park

Where: Discovery Park of America,  
Union City, TN  
When: 10/24/2015  
Registration: 8/1/15 - 10/14/15

### Delta State Football Scout Night

Where: Delta State University Travis  
Parker Field, Cleveland, MS  
When: 10/24/2015  
Registration not required.

### Spooky Skate

Where: Skate Odyssey, Starkville, MS  
When: 10/25/2015  
Registration: 9/1/15- 10/16/15

### Trail Riders (Intermediate/Advanced)

Where: Kamp Kiwani, Middleton, TN  
When: 10/31/2015  
Registration: 9/15/15 - 10/14/15

### Girl Scout Weekend at Todd Family Fun Farm

Where: Todd Family Fun Farm, Dyer, TN  
When: 11/06/2015 - 11/07/2015  
Registration: 8/1/15-10/20/15

### University of Memphis Football Scout Night

Where: Liberty Bowl Memorial Stadium,  
Memphis, TN  
When: 11/07/2015  
*Details and registration information coming  
soon!*

### Wranglers (Advanced)

Where: Kamp Kiwani, Middleton, TN  
When: 11/07/2015  
Registration: 9/16/15-10/21/15

### Hide & Seek Part I

Where: Camp Tik-A-Witha, Van Vleet, MS  
When: 11/07/2015  
Registration: 9/1/15-10/23/2015

### Pink Palace Camp-In Extravaganza

Where: Pink Palace Museum, Memphis, TN  
When: 11/13/2015 - 11/14/2015  
Registration required.

### International Girl's Day Teddy Bear Tea

Where: Mississippi State Kappa Delta House,  
Mississippi State, MS  
When: 11/15/2015  
Registration: 10/1/15-11/10/15

### Gymnastic Overnight Jackson

Where: Glory Gymnastics Center, Jackson, TN  
When: 11/20/2015 - 11/21/2015  
Registration: 9/1/15-11/13/14

### Start your Engines! Powderpuff Derby

Where: Memphis International Raceway,  
Millington, TN  
When: 11/21/2015  
Registration: 9/1/15-10/31/15

### Daisy Day at the Children's Museum

Where: Children's Museum of Memphis,  
Memphis, TN  
When: 11/21/2015  
Registration: 9/1/15- 11/13/15

### Girl Scout Day at the GRAMMY Museum

Where: GRAMMY Museum of Mississippi,  
Cleveland, MS  
When: 12/12/2015  
*Details and registration information  
coming soon!*

