

# Merit Badge Day

## Hosted by Troop 393

Below is a list of the Merit Badge requirements being taught on MB Day. Several MBs have prerequisites that must be completed prior to class if you wish to earn the full MB on Saturday.

### **The scout should complete the following MBs if they finish the listed prerequisites PRIOR TO SATURDAY:**

**Citizenship in Society** - This merit badge should be completed on MB Day. This is an interactive class, and scouts will participate in numerous discussions throughout. Merit badge counselors will have materials necessary to finish this merit badge. No prerequisites needed.

**Citizenship in the World** - We should complete requirements 1, 2, 3, 4, 5, and 6. To earn the completed MB on Saturday, the student should complete 2 of the following requirements prior to MB Day: (a) Visit the web site of the U.S. State Department. Learn about an issue you find interesting that is discussed on this web site. (b) Visit the web site of an international news organization or foreign government or examine a foreign newspaper. Find a news story about a human right realized in the U.S. that is not recognized in another country. (c) Visit with a Scout from a foreign country and discuss the typical values, holidays, ethnic foods, and traditions. (d) Attend a World Scout jamboree. (e) Participate in or attend an international event in your area, such as an ethnic festival, concert, or play. *(We recommend doing (a) and (b).)*

**Environmental Science** – We should complete requirements 1, 2, 3 (a)(b)(c)(f)(g)(h), 4, 5, and 6. To earn the completed MB, the student will need to take a picture of water erosion and bring it to class for Req. 3(d). Also, Req. 3(e) Do research on one endangered species found in your state. Find out its natural habitat, why it's endangered, what is being done to preserve it, and how many are left in the wild. Prepare a 100-word report about the organism and draw a picture of the organism. If you bring the 2 pictures and 100-word report to class, you should earn the MB.

**First Aid** - We should complete requirements 2, 3, 4, 6, 7, 8, 9, 10, 11, 12, 13, 14. You will need to complete Req. 1 and Req. 5 PRIOR TO CLASS. Req. 1 which is the first aid required for rank advancement to Tenderfoot, Second Class, and First Class is not covered. All scouts should bring their Scout book showing the items in Req. 1 have been completed. Scouts should also bring their home first aid kit which is requirement 5. If scouts have completed first aid requirements in their book including bringing their home first aid kit merit badge will most likely be earned. **Remember to bring your scout book so the counselor can see it was signed off.**

### **You will make significant progress on these merit badges on Saturday:**

**Personal Management** - We should complete requirements 1 (all but discussion with family **1b2**), 3, 4, 5, 6, 7, 9, and 10. You will need to complete Req. 1b2, Req. 2 and 8 outside of class. Req. 1 Sec. b2 is discuss the plan with your family. We will be shopping for a 65-inch smart TV with a cost of approx. \$500. The scouts need to come up with a plan on how the family would save \$500 for this purchase and discuss it with the family. They can use things such as extra worked hours, savings from things given up like less eating out, sales of unwanted items in a garage sale, etc. Req. 2 is preparing a budget reflecting your expected income (allowance, gifts, wages) and savings. Track your actual income, expenses, and savings for 13 consecutive weeks. When complete present to your merit badge counselor. Compare expected income with expected expenses. If expenses exceeded income determine steps to balance your budget. If income exceeds expenses state how you will use the excess money. Req. 8 is demonstrate to your merit badge

counselor your understanding of time management by doing the following: Write a to do list of tasks and activities (Homework, Chores, Assignments, Projects) that must be done the next week or order of importance. Make a seven-day calendar and enter the activities on the calendar. Follow the one-week schedule and keep track of how closely you follow the calendar. Discuss with your counselor what worked and what didn't work in your schedule and discuss what you learned from this exercise.

**Personal Fitness** - We should complete requirements 1, 2, 3, 4, 5, 6a and 9. Scout should bring athletic shoes for running and if more comfortable, sweatpants or shorts to change in to complete the fitness tests in number 6. (You need to be able to discuss a physical that you had prior to this class and should bring something showing you had a dental exam in the past to complete requirement 1). **Req. 7 and 8** must be completed after original physical tests. **Req. 7** is outlining a comprehensive 12-week program using the results of your fitness tests. Make sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the personal fitness merit badge pamphlet. Before beginning the program have it approved by your counselor and parents. **Req. 8** is complete the program you outlined in req. 7. Keep a log of your program activity (how long you did activity, how many reps, how far you ran biked or swam, heart rate, etc.). Repeat the aerobic fitness, muscular strength, and flexibility test every 2 weeks and record your results. After 12 weeks repeat the tests and record the results and show improvement in each one. For the body composition test, compare and analyze your pre-program and post program body composition measurements. Discuss the meaning and benefit of your experience and describe your long-term plans regarding your long-term plans regarding your personal fitness.

## **Merit badges requiring the most outside of MB Day:**

**Citizenship in the Nation** - We should complete requirements 1, 4, 5, 7. **Requirements 2,3, 6, and 8** need to be completed outside. **Req. 2** is **DO TWO** of the following (a) Visit a place listed as a National Historic Landmark or that is on the National Register of Historic Places and tell your counselor what you learned and what you found interesting. (b) Tour your State Capitol or the Federal Capitol and tell your counselor what you learned about the capitol, its function, and its history. (c) Tour a federal facility. Explain to your counselor what you saw there and what you learned about its function in the local community and how it serves the nation. (d) Choose a national monument that interests you, using books, brochures, the internet, and other resources, find out more about the monument. Tell your counselor what you learned and explain why the monument is important to this country's citizens. **Req. 3** is watching the evening news 5 days in a row OR read the front page of a major daily newspaper 5 days in a row. Discuss the national issue you learned about with your counselor. Choose one of the issues and explain how it affects you and your family. **Req. 6** is choosing a speech of national historical importance. Find out about the author and tell your counselor about the person that gave the speech. Explain the importance of the speech at the time it was given and tell how it applies to American citizens today. Choose a sentence or two from the speech that has significant meaning to you and tell your counselor why. (This should be easy to do before class). **Req. 8** is Name your 2 senators and the member of congress from your congressional district. Write a letter about a national issue and send it to **one** of these elected officials, sharing your view with him or her. Show your letter and any response you receive to your counselor (if no response that is alright).

**Citizenship in the Community** - We should complete requirements 1, 2, and 6. **Requirements 3, 4, 7 and 8** mostly need to be completed outside of class. **Req. 3** is attending a meeting of your city, town or county council or school board OR attend a municipal, county or state court session and choose one of the issues discussed at the meeting where a difference of opinion was expressed and explain to your counselor why you agree with one opinion more than you do another one. **Req. 4** is choosing an issue that is important to the citizens of your community, then do the following (a) Find out which branch of government is responsible for this issue and with your parent's approval interview one person from the branch of government you identified in 4(a). Ask about what is being done about this issue and how young people can help. (c) Share what you found out with your counselor. **Req. 7** (a) Choose a charitable organization outside of Scouting that interests you and brings people together for the good of the community. (b) Using a variety of

resources find out more about the organization. (c) With your parents and counselor approval find out how young people can help and volunteer at least 8 hours of your time for the organization. After your volunteer experience is over, discuss what you have learned with your counselor. **Req. 8** is developing a public presentation (video, slide show, speech, digital presentation, or photo exhibit) about important and unique aspects of your community. Include information about history, cultures, and ethnic groups of your community; its best features and popular places where people gather; and the challenges it faces. Stage your presentation in front of your counselor or a group.

**Communication** - Time allowing, we should complete requirements 1, 2, 3, 4, 6, and 9. Requirements 5, 7, and 8 need to be completed outside. **Req. 5** is attending a public meeting (city council, school board, debate) where several points of view are given on a single issue. Practice active listening skills and take careful notes of each point of view. Present an objective report that includes all points of view that were expressed and share this with your counselor. **Req. 7** is **DO ONE** of the following Write (fax, email, regular mail) to the editor of a magazine or your local newspaper to express your opinion or share information on any subject you choose **OR** Create a web page for your Scout troop, school, or other organization which must include at least one article, one photograph or illustration, one link to some other web page. It is not necessary to post your web page to the internet but if you do you must first share it with your parents and counselor and get their permission **OR** Use desktop publishing to produce a newsletter, brochure, flier, or other printed material for your Scout troop, class at school or other group. Include at least one photograph or illustration and at least one article (Many of you have done this for school). **Req. 8** is Plan a troop court of honor or campfire program Have the patrol leader's council approve it, then write the script and prepare the program. Serve as master of ceremonies. **This merit badge is the hardest for us to gage the requirements that will be completed due to the inconsistent time it takes for scouts to make their presentations in class so a few other items may need to be completed outside.**

**Emergency Prep.-** We should complete requirements 2, 3, 4, 5, and 6, **Req. 1** is earn the first aid merit badge (many of you have done this or are earning the first aid merit badge at the event). **Req. 7** is Take part in an emergency service project, either a real one or a practice drill with a Scouting unit or a community agency. **Req. 8** is preparing a written plan for mobilizing your troop when needed to do emergency service or if there is already a troop plan explain it telling your part in making it work. Then take part in at least one troop mobilization. Before the mobilization describe your part to your counselor. After the exercise discuss what you learned that required changes or adjustments. Prepare a personal emergency pack for mobilization. Prepare a family kit for use by your family in case an emergency evacuation is and explain the needs and uses of the contents. **Req. 9** is **DO ONE** of the following (a) using a safety checklist approved by your counselor, inspect your home for potential hazards and explain the hazards you find and how they can be corrected to your counselor. (b) Review or develop a plan of escape for your family in case of fire in your home. (c) develop an accident prevention program for five family activities. The form for this is in the handout.

**Family Life-** A significant percentage of this merit badge is completed at the family level and then discussed with the counselor. The counselor will be touching on several of the requirements, but most have some family component that is needed. This is still a good way to start on this merit badge.

You can visit <https://www.scouting.org/merit-badges> if you would like to see all the requirements for these badges before the event. Make sure if outside work is done for a badge that you let your counselor know and be prepared to discuss or show results of the outside work to get it signed off.

Counselors will provide a contact number so that you can call and arrange a meeting to sign off any outstanding requirements completed after merit badge day or you can have a counselor in your troop sign them off.