



Discover Careers In Medicine Badge

Are you thinking of a career in the medical field? If so, you will love the activities in this patch. Not sure? Try them and find out how amazing the medical field is.

To earn this badge, Girl Scout Juniors must complete at least six of the following activities:

1. Create a poster depicting several health care careers. Share your poster with others and discuss the careers displayed.
2. Tour a hospital or other health care facility. Discover how many different careers are available in this setting.
3. Learn how to take your pulse. Record the number. Run in place for 5 minutes, now take your pulse. Record the number. Discuss how activity changes your heart rate.
4. Research in the library or online, women in the history of medicine, such as Florence Nightingale or Madame Curie.
5. Attend a First Aide program. Make a list of items that every Girl Scout should have in a First Aid Kit.
6. Interview a woman in a career that involves health care, such as a Doctor, Physician's Assistant, Respiratory Therapist, X-Ray Technician or Nurse. How did she choose her career? What kind of education did she have to learn her job? How long did it take? What does she enjoy about her career? Write up your interview and share it with your troop, friends or family.

7. Visit an ambulance company; take a tour of their facility. Many of these people volunteer their time for their communities. Why type of training did they have? Ask how they help their community.
8. Explore areas of nutrition and exercise. List 5 things you can do to maintain good health.
9. Investigate the many tools of the medical field. For example, use a stethoscope to listen to your heart and lungs.
10. Make and send get-well cards for people in the hospital, extended care facility or veteran's hospital.

The Discover Careers In Medicine Badge may be obtained through the Girl Scouts of Connecticut Shops. You may shop online at www.gsofct.org > Shop. You may also contact them at 203-234-6253 or shop@gsofct.org .

Please contact the Girl Scouts of Connecticut Program Department for further information at 203-239-2922 or 800-922-2770 or program@gsofct.org .

Girl Scouts of Connecticut, Inc.
Program Department
North Haven Service Center
20 Washington Avenue, North Haven, Connecticut 06473
203-239-2922 • 800-922-2770 • Fax 203-239-7220
Website: www.gsofct.org