



RANK WORKSHEET

Discovery

Venturing

Name

Started

Completed

Discovery is about jumping into Venturing: going on adventures, building leadership skills, serving others, and reflecting on who you are. It's where you start shaping your own path and growing in ways that matter to you.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/programs/venturing/venturing-awards-and-advancement/rank-advancement/discovery-rank/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Take part in two or more Tier II or III adventures run by your crew, district, council, territory, or national Scouting

Tip: Work with your crew to plan adventures that interest you, like backpacking, rock climbing, or a service trip. Do higher-risk activities with trained leaders.

Example: Ask your Advisor which upcoming trips count as Tier II or Tier III, then pick two you'd be excited to help plan, like a weekend backpacking trip or a multi-day paddle, not just attend.

2 CPR and first aid

- ☐ **2a** Pass a standard CPR course, such as the American Heart Association's Heartsaver Pediatric First Aid/CPR/AED, the Red Cross course for schools and the community, or an equal one

Tip: Look for a CPR class through the American Red Cross, American Heart Association, or a local hospital. Many offer weekend sessions.

- ☐ **2b** Pass a standard first aid course, such as Red Cross Standard First Aid, or an equal course
Tip: Take a standard first aid course from a recognized provider. Consider doing it with your crew so you can practice together.

- ☐ **3** Complete Introduction to Leadership Skills for Crews (ILSC) or an equivalent course
Tip: Introduction to Leadership Skills for Crews is often run by your crew or council. Ask your Advisor when the next session is.

- ☐ **4** Complete the Goal Setting and Time Management training
Tip: Take the training, then try one or two new habits, like a weekly planner or setting deadlines for crew tasks.
Example: After the training, try one system for a month: a weekly planner with crew tasks, school deadlines, and practice times, plus one specific goal with a date, like "Finish my CPR course by the end of March."

- ☐ **5** Complete Venturing Crew Officer Orientation
Tip: Attend the officer orientation even if you're not an officer yet. It explains how the crew is run and how you can help.
Example: Officer orientation shows how a crew runs: who leads meetings, who plans the calendar, and how decisions get made. Go even if you aren't an officer, and come away with one role you might run for.

- ☐ **6** Give at least 24 hours of service; no more than half may be done on your own, and the rest must be crew service activities

Tip: Keep a log of your service hours and what you did. Mix crew projects with other service that matters to you.

Example: A mix might be 12 hours of crew projects, like a trail workday and a holiday food drive, plus 12 of your own, like tutoring in a library program or helping at your place of worship or a community center.

- ☐ **7** Do a structured personal reflection on one realm (Adventures of Faith, Self, or Others), and use what you learn to prepare for goal setting and your Advisor conference

Tip: Choose faith, self, or others and set aside quiet time to reflect. Journaling or talking with a mentor can help.

Example: A structured reflection could be journaling once a week for a month, reading a book on your realm and discussing it with your Advisor, or talking it through with a family member. For self, you might explore a fear or habit; for others, a relationship or community.

- ☐ **8** With your Advisor's input, set at least one personal goal rooted in the realm you explored in requirement 7, and reach it

Tip: Set a goal that's specific and achievable. Check in with your Advisor regularly to track progress.

Example: Tie the goal to your realm: for self, "Run a 5K by June" or "Practice guitar 20 minutes a day for 8 weeks"; for others, "Call a relative I don't see often every Sunday." Check in with your Advisor along the way.

- ☐ **9** After earning the Venturing rank, hold a conference with your Advisor about what was hard and what you learned in requirements 7 and 8 (you never have to share a faith reflection with your Advisor or the board)

Tip: Come ready to share what you learned from your reflection and goal, and what you want to do next.

☐ **10** Pass a crew board of review after your Advisor conference

Tip: Share what you've learned and enjoyed. The board is made up of crew members who want to hear your story.