

**girl scouts**  
of oregon  
& sw washington

# Outdoor Career EXPLORATION

Trails to Your Future



A GSOSW patch program for girls in grades 6-12.

## Purpose

By completing this patch program, we hope that you will develop your own passion, talent and sense of adventure when it comes to the great outdoors. You can choose what adventure means to you, and if you pursue an outdoor career, we hope you'll use your voice and passion to continue to show how important women are to the outdoor industry.





# Hey Girl Scout!

If you care about the environment, have a business idea to get people outside, or simply love to spend time in nature, you might consider a career in the outdoors! There are endless opportunities to work outdoors as an adult, and this patch program is meant to help Girl Scout Cadettes, Seniors and Ambassadors explore various careers and take steps toward them. You'll hear from women with outdoor work experience, discover your values and gather tips that could help you land your dream outdoor job.

Women—especially Black, Indigenous and Women of Color—remain underrepresented in many outdoor careers, even though there is no shortage of women doing incredible things outside. Barriers to both accessing and working in the outdoors exist for many people, and more outdoor companies and organizations are advancing their efforts to promote diversity, equity and inclusion. Girl Scouts exposes you to outdoor activities and skills that may help you discover a passion.

Some of the activities in this patch program recommend use of the internet. Be sure to complete the [Girl Scout Internet Safety Pledge](#) before you start!

## HOW TO EARN YOUR PATCH

1. Read the provided interviews with women who work outdoors.
2. At the end of each interview is a Call to Action each woman suggests you take. See which ones inspire you to take action!
  - **Cadettes:** Complete three Calls to Action.
  - **Seniors:** Complete four Calls to Action.
  - **Ambassadors:** Complete five Calls to Action.
3. Review the Dive Deeper activities (Pages 30-40) and decide which ones you'd like to try.
  - **Cadettes:** Complete three Dive Deeper activities.
  - **Seniors:** Complete four Dive Deeper activities.
  - **Ambassadors:** Complete five Dive Deeper activities.
4. Track your progress on the last page of this patch program.

Complete all of the steps? Congratulate yourself on a job well done, and move forward inspired to meet your future self! Patches are available for purchase through any GSOSW shop. Call 503-977-6802 or email [shop@girlscoutsosw.org](mailto:shop@girlscoutsosw.org) to purchase.

# Tenille Gorringer

**TREE AND PLANT HEALTHCARE  
TECHNICIAN**

**SALT LAKE CITY, UT**



## HOW DOES YOUR CAREER PROMOTE ENVIRONMENTAL STEWARDSHIP?

I'm an arborist health technician. You could call me a tree doctor! Trees give us so much: wood, paper, clean air, shade, shelter, biodiversity, food and beauty. But plants get sick and have diseases, too. Certain species of trees can become sick with a fungus, insects, bacteria, pests or even a lack of nutrients in the soil. If we don't treat them, they can spread the disease to other trees, or they might die. Managing tree disease is a lot of work so it's important to prevent issues. We also want to plant the right species of trees for an area in order to avoid invasive species that can harm ecosystems.

## WHAT IS A LIFE SKILL THAT YOU LEARNED WORKING IN THIS ROLE?

I learned patience in this work. Plants can't talk, so you have to watch them over time to see if they thrive. I've also learned to know my limits. This job is active and outdoors, so there are times when I have to call it quits due to weather (which can also affect treatments I use).

## WHAT WAS AN UNEXPECTED CHALLENGE YOU FACED, AND HOW DID YOU GROW FROM IT?

This is a male-dominated industry, so I originally put a lot of pressure myself to stand out. I had to learn how to lift and pull heavy things with my smaller and shorter body. I had to be upfront when learning and not let my pride or my lack of knowledge get in the way. If I didn't know how something worked, I'd ask for an explanation and try to learn by doing. Many times, I realized I could solve a problem on my own, even if others didn't think so at first.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOORS?

Everybody is physically different, so figure out how to use your own body's advantages. Also, there is no such thing as bad weather; only bad preparation. Always have extra layers with you, and acquire gear that is durable and efficient, not just cheap and cute.

## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Outdoor leaders should know tools and how to use them properly. There aren't always going to be others there to help, so you need to know use and safety!



## TENILLE'S CALL TO ACTION:

Learn to identify the plants or trees in your yard or neighborhood. Then, find out why those species are important. Trees are important, undervalued and really cool!

# Aven King

## EXPEDITION COORDINATOR AND GUIDE

### QUARK EXPEDITIONS IN THE ARCTIC AND ANTARCTIC POLAR REGIONS



#### WHAT DO YOU DO IN YOUR ROLE?

We operate ships of 100–200 passengers in the polar regions. As an expedition coordinator and guide, I organize the trip and plan the daily schedule, as well as the onboard educational programming and lectures we do when we are not out exploring. I have done over 60 trips to Antarctica and 20 trips to the various Arctic regions. I get to help people fall in love with these amazing parts of our planet.

#### WHAT LED YOU TO THIS WORK?

I fell in love with Antarctica years ago, when I journeyed there as a passenger. I think we often forget what true awe is until we are confronted with something so incredible it overwhelms you. There is something about Antarctica that sticks to your heart and soul. I've spent years trying to explain to people why I would want to go to the coldest, windiest, driest, highest continent in the world on a regular basis. It's because it is a part of me; it's my soul home, and when I'm there, I am where I am meant to be. That is why I do what I do.



Photo by Kyle Marquardt

#### WHAT DIFFERENCE DOES YOUR WORK MAKE IN THE WORLD?

My job creates ambassadors. People come from all over the world because they are interested in some aspect of Antarctica, be it the wildlife, scenery, history or the bucket list seventh continent. We want people to leave with a sense of urgency and advocacy for the polar regions. These are the places we see some of the most drastic evidence of climate change, as well as the most obvious signs of historical human exploitation. I get to help educate people, show them the wildlife and scenery, and hopefully create ambassadors to protect not only Antarctica, but the future of this planet.

#### WHAT IS SOMETHING IN NATURE THAT INSPIRES YOU?

For me, the ocean has always been a source of inspiration. The ocean is an incredible ecosystem that influences and sustains pretty much all life on earth, and its wildlife always surprises me. This year, a few penguin chicks fell asleep on our life jacket bag. A mother and calf humpback whale came to check out our boat, playing around it while we just sat in stunned silence. Last summer, I saw a polar bear cub that was so curious about our ship that he ventured too close to the ice edge and fell in! His mother growled at him a reprimand as he got himself out of the water, and they moved off. I don't think any wildlife interaction has ever been the same.

## WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

Details and the big picture are both crucial. As a guide, it is not enough to simply think of the boat that you are captaining. You have to think about the whole operation: the rotation of staff on shore, the timing of moving the ship from location to location, the skills and experience of the staff in relation to the weather and circumstances, and more. We call ourselves an expedition team, and it's vital that we have each other's backs. There should be no judgment or critique if someone needs to back out of a situation that they are not experienced enough to handle.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOOR ADVENTURE INDUSTRY?

You are going to have to do grunt work. I think a lot of outdoor jobs look glamorous from the outside, but none of us got to where we are without doing a lot of work. I've mopped up vomit, taken out trash, cleaned boats, filled SCUBA tanks, washed wetsuits, been soaking wet and cold and more. You have to be willing to do it all; no job or task is too low. You might do jobs that you don't love as much for a bit, because they will help you gain the skills and experience to do something you love.



## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Being able to communicate effectively with people from all walks of life is crucial, especially understanding and being open to differences in cultures and how that may impact the way you approach a subject. Like any skill, you can improve and develop interpersonal skills.

## AVEN'S CALL TO ACTION:

As a woman and a person of color in the guiding world, it can be intimidating. There are not often a lot of people around me who look like me. Guiding and the entire outdoor industry has traditionally been very male dominated. That is changing! The more awesome, passionate, strong women that grow up and become part of the world, the more it will keep changing how society sees what women can do. Don't listen to the people that will try and put you down. Their preconceived ideas are wrong, and you can do anything. Make a list of your passions and your strengths. Think about how they can improve the world, even right now.



# Preeti Suri

FOUNDER

ADVENTURETRIPR



## WHAT IS YOUR BUSINESS AND WHAT LED YOU TO THIS WORK?

I'm the founder of AdventureTripr. Our mission is to help more people go on more adventures. I've always been an adventure seeker, and I've had my own adventures in 30+ countries. I noticed that it was difficult to find affordable adventure trips without hours of painstaking research. So, I started AdventureTripr as a secure platform to directly connect adventure seekers with vetted, local businesses in amazing locations. The goal is to give people the convenience and trust they would get with an expensive adventure trip but for a lower cost. We also want to level the playing field in the outdoor travel industry by giving local guides and operators a way to access a global audience.

## WHY IS YOUR INDUSTRY IMPORTANT AND WHAT DIFFERENCE DOES IT MAKE IN THE WORLD?

Adventure travel is good for the traveler's mind, body and soul. It's also better for the planet! My goal is to make adventure travel more affordable and easier to find, so that it's easy to choose sustainable adventure travel over regular travel. By creating a platform that puts small, local businesses in the spotlight, we're helping to make the world a fairer place. And, authentic adventures motivate appreciation and preservation of our planet. Ultimately, I created AdventureTripr to be a supportive community for both adventure seekers and the local guides who are such an important part of those adventures.



## HOW HAS THE OUTDOORS INSPIRED YOU?

The outdoors inspired me to found my own company! But its mission comes from my own, more personal story of how I got back outdoors to reclaim my own strength and discover my community.

I've always been very active and independent. Even when I was nine months pregnant, I walked every day and practiced yoga. But a cesarean birth followed by a cross-continental move made it hard to stay active, and by the time my son was a year old, I had barely any body strength or stamina, and was tired emotionally and mentally. So when my son turned one, I started hiking. At first, I couldn't hike more than one flat mile without getting out of breath. But I kept at it. Every weekend I could be found on a hiking trail, carrying my baby on my back and reminding myself how big the world is. Far from slowing me down, carrying my son helped me get stronger faster.

On my son's second birthday, I stood on the summit of Mt. Rainier. I'd met the fitness goals I'd set for myself. But the great thing about adventures are the things you gain that you hadn't considered when starting out. In the process of reclaiming my emotional and physical strength, I'd hiked trails, climbed mountains, and learned a lot of new skills. But more importantly, I'd made many new friends, found my hiking and climbing community, and found my purpose.

## WHAT IS A LIFE SKILL THAT YOU LEARNED IN YOUR WORK?

Founding a start-up is a bold risk to take. But I was determined to make my dream come true, so I managed to find people who shared my passion, motivation and mission. Collaboration has been key to building a team of seven people, and to taking the company live within a year. It's allowed me to learn from professionals, work with a remote team to produce real results in a short space of time, and strengthen relationships with all stakeholders.



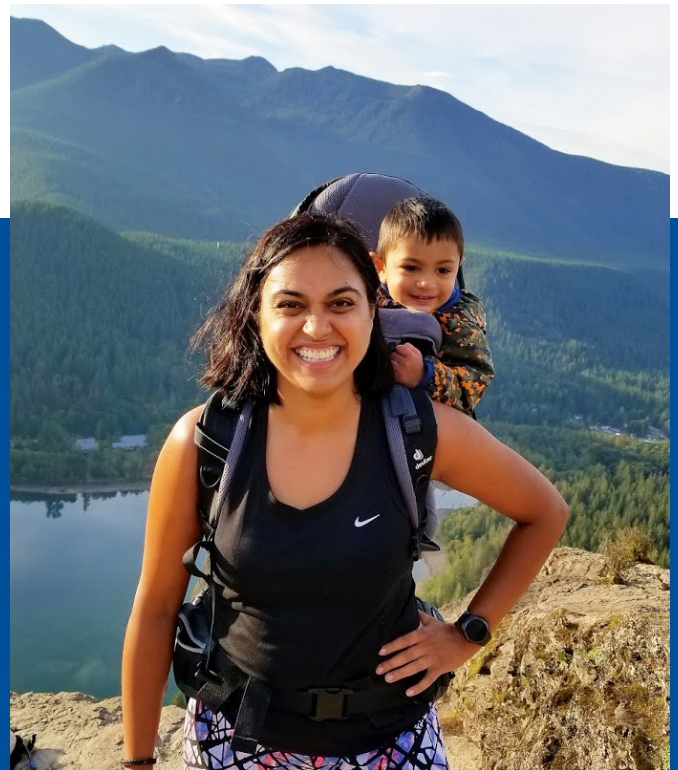
## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOOR INDUSTRY?

It's true that it's harder to make money from a profession in the outdoors than in a traditional career. But if you persist, you can make it happen. If you make up your mind and go after it, it's hard, but not impossible. You'll need both passion and drive. Learn to think creatively about your problems and get resourceful. Find mentors in the industry, build a community around you, or be a part of one and learn to collaborate.

## PREETI'S CALL TO ACTION:



Think about which outdoor activity you are most passionate about. How can you use your passion for that activity to help bring about a positive change in someone else's life? What is one small step you can take towards that goal today?



# Virginia Pritchard

**HYDROLOGICAL TECHNICIAN**

**U.S. FOREST SERVICE, DETROIT, OR**



## WHAT IS YOUR JOB AND WHAT LED YOU TO THIS WORK?

I'm a Hydrological Technician in the Willamette National Forest. In college, I was halfway through working towards a Microbiology degree for pre-pharmacy when I decided to add a major in Environmental Science. I continued with both majors, but tailored the Microbiology classes I took to be as environmentally focused as possible. After college, I worked through AmeriCorps with the Aquatic/Riparian Effectiveness Monitoring Program (AREMP), which monitors stream health across the Pacific Northwest. I didn't quite know what I wanted to do with Environmental Science, and my position with AREMP definitely helped send me down this hydro path.

## HOW DO YOU STAY INSPIRED AT WORK?

I draw inspiration from the direct positive impact my work has on how we manage our natural resources. Timber is one of our most renewable resources, if it is harvested responsibly and sustainably. My work helps ensure that happens and protects the water quality of the headwaters that ultimately flow into the homes of Marion County residents.

## WHY IS THIS WORK IMPORTANT?

Forest Hydrology work identifies and classifies streams, wetlands and wet areas in timber stands that are set to be selectively harvested. By finding and classifying streams and wet areas, the district hydrologist can then set appropriate "buffer" areas where no harvest can take place. These buffers help aquatic life by preventing excess sediment from entering streams (which can make it harder for fish and macroinvertebrates to breathe) and providing shade to the stream to keep them cold enough. By buffering wetlands and wet areas, we maintain the ecosystem services they provide, such as habitat, water purification, flood protection, bank stabilization, ground-water recharge, streamflow maintenance, and sediment and excess nutrient sequestering.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOOR INDUSTRY?

My advice is: Do it! Recognize that field work is difficult, and at times physically uncomfortable and exhausting, but it's extremely rewarding and worth it. Find an area you are passionate in and figure out what those outdoor jobs look like. Does it sound like something you would enjoy? How are you with heat, cold, rain, bugs, sweat, dirt, and sore muscles? The views and habitats you stumble across are worth it. Plus, people who work outdoors are usually pretty cool, too. It is often done in a crew, so you'll meet a diverse group of people.



## HOW DOES YOUR CAREER PROMOTE ENVIRONMENTAL STEWARDSHIP?

My job is by definition environmental stewardship, and land stewardship is one of the main objectives of the Forest Service. My position ensures that our water resources are protected from the negative impacts logging can have on them. Forest Hydrologists also use money from timber sales to conduct restoration projects within the harvest planning area. This can be anything from meadow restoration, large wood placement in streams, decommissioning roads, and other environmentally restorative projects.

### VIRGINIA'S CALL TO ACTION:

Go visit a local river or stream. Sit quietly on the bank and just listen for a bit to the sounds of the water and environment around them. How many different bird or animal calls can you hear around you? Then, look around and see how many different types of trees and plants there are. You don't have to know what they are, but count them. How many different types are there? Pick up some rocks from the stream. Do you see any weird looking little critters? What are they? What purpose do you think they serve? Is there trash around you? Can you hear people using this space? How are they using the water space? What types of impacts can you see that may be affecting this water system? What ecological and personal benefits do people get from this system? Bring a journal along with you to write and reflect on this environmental experience. Aquatic and riparian ecosystems are very important to human well-being. Taking some time to be there and reflect can encourage us to take care of them, so we can all continue to enjoy their benefits and ecosystem services.



# Melissa Nicolli

**BIOLOGICAL/VEGETATION FIELD  
TECHNICIAN**

**NATIONAL PARK SERVICE,  
BEND, OR**



## WHAT IS YOUR JOB AND WHAT LED YOU TO THIS WORK?

I work as a field botanist for a division of the National Park Service that focuses on the inventory and monitoring of natural resources and conservation. I always enjoyed exploring nature and understanding the biological world around me. I took a particular fascination with plants as a young adult, and then decided to pursue that field as a career. This field is extremely important to understanding what plant and animal species are living in our parks and how to conserve these species for future generations.

## HOW HAS THE OUTDOORS INSPIRED YOU?

The outdoors inspires me every single day while I am out hiking around America's public lands, witnessing the beauty of nature, seeing how each plant and animal is connected and relies on each other to thrive in an ecosystem.

## WHAT IS SOMETHING SURPRISING YOU LEARNED BY WORKING IN THIS ROLE?

I learned how rewarding a day of hard, physical work is. Long hours of hiking in rugged terrain and harsh weather conditions can be daunting, but after it's done, you get a feeling of great accomplishment.



## WHAT IS A FEAR YOU'VE OVERCOME IN THE OUTDOORS?

I learned to not be afraid of the outdoors and the unknown. Navigation in a new terrain can feel overwhelming and scary. Hiking off trail and into a forest or desert can seem very challenging—and sometimes it is—but having confidence in yourself and your skills will help you be successful.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOORS?

Spend time studying the natural world around you. Learn how to identify the plant and animal life all around you, even in your own backyard. Take many different types of classes and summer internships in different areas so you can figure out where your passion in nature lies!

## MELISSA'S CALL TO ACTION:

Go into your backyard or take a walk around your neighborhood and try to identify a few species that you see. Whether you see a bird, a flower, or a squirrel, try to take notes on different characteristics, like its color, its texture, and its song. Compare it to other things you've seen in the past. How is this similar or different? Really notice the plant and animal life around you the next time you go out for a walk in a park or go on a hike. Keep feeding your curiosity!

# Caitlin Christensen

**ASSISTANT DIRECTOR OF ADVENTURE  
AND EXPERIENTIAL EDUCATION**

**LOUISIANA STATE UNIVERSITY  
RECREATION**



## WHAT DOES YOUR JOB ENTAIL, AND WHAT LED YOU TO THIS WORK?

I oversee the outdoor programs for the University recreation department at Louisiana State University, including the climbing area, challenge course, trips and clinics program, and all the outdoor gear rentals. I train student employees who help run our programs and help lead outdoor trips doing various activities around the southern U.S. I originally went to school for psychology, but during my first year I started rock climbing and completely rediscovered the outdoors. I began searching for ways to continue being outdoors as a career and share my passion for outdoor activities with others!

## FROM WHERE DO YOU DRAW INSPIRATION FOR YOUR WORK?

I find inspiration in sharing outdoor opportunities that I've been privileged to enjoy with others who might not have had that opportunity before. I am constantly looking for ways to make my programs more inclusive so everyone can get outside!

## WHAT ARE A COUPLE SKILLS THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Two soft skills outdoor leaders should have are empathy and adaptability. Empathy is important, because understanding where your participants are coming from and meeting them where they are will help you be a better leader when teaching new skills or working with new people. And, leaders need to be adaptable, because we work in a constantly changing environment. I've led trips where I felt like I went from plan A to plan Z and back again due to weather, personal, and unexpected environmental changes. Being able to adapt to your surroundings and those you are working with will allow you and your participants to have the best experience possible. A mentor once told me that you can teach anyone a hard skill, and you can learn any kind of hard skill, but soft skills are much more difficult to develop. So don't feel self-conscious if you don't know as many technical skills, because those will come with time after practice.

## WHY IS YOUR JOB/INDUSTRY IMPORTANT?

A lot of people entering college settings begin to develop habits and skills that will stick with them for the rest of their lives. They try things on their own for the first time, and start figuring out more of who they are. By introducing people to the outdoors in a meaningful way, we can build the outdoor community with responsible users, and hopefully help people make more connections with their natural surroundings.

## CAITLIN'S CALL TO ACTION:

I challenge you to either make a list, draw, or write a story about an outdoor experience that you are grateful to have experienced. Maybe it's a moment, a trip, or an activity that you participated in. How did it affect your life?

# Mariah Dawson



**STATEWIDE INTERPRETIVE  
SPECIALIST**

**OREGON STATE PARKS**



## WHAT IS YOUR JOB?

As the statewide interpretive specialist for Oregon State Parks, I work with all the state parks in Oregon to support them with their interpretive and education programs. I also work to build relationships with other organizations, like Girl Scouts, to create larger programs and develop unified events. Finally, I do a lot of backstage work, like writing policy and training development, to help make sure that interpretation and education is prioritized and done well within our parks!

## WHAT LED YOU TO THIS WORK?

I always knew I wanted to do something that helped connect people to the outdoors, so I went to school and got a degree in Fish and Wildlife, focused on outdoor experiential education. I then worked in a series of different outdoor related jobs, from being a raft guide, to a plant and mammal field tech, to eventually becoming a park ranger with Oregon Parks and Recreation! As a ranger, I did everything, but what I loved most was running interpretive programs like hikes, Junior Ranger activities, and campfire talks. This led me to becoming the statewide interpretive specialist!

## WHY IS INTERPRETATION AT PARKS IMPORTANT?

Interpretation as a whole is essential. It's the difference between just being in a space and actually being connected to and valuing a space. A park interpreter's job is to help others find that value and connection for themselves. The backstage side of my job is also important; writing policy helps to ensure that interpretation is a priority for the agency and continues despite what hardships may occur.



## WHAT INSPIRED YOU TO WORK IN THE OUTDOORS?

My love of the outdoors was actually inspired by Girl Scouts. We had a really active troop, and I mean REALLY active. Every year we went somewhere new, we constantly completed service projects focused on outdoor education and preservation, and we were continually involved in community events. Above all, Girl Scout camp is where I realized that outdoor education and interpretation was what I wanted to do with my life. My years attending camp, then being a Program Aide, and then being an overnight camp counselor really inspired me to do what I do now.

## WHAT IS A LESSON YOU LEARNED IN THIS WORK?

Sometimes, no matter what you do, or how hard you work for something, it just isn't meant to be yours. I have been turned down from lots of different jobs to get to where I am. I've had to say goodbye to some pretty amazing opportunities and people along the way, and it's not always been easy. I have learned to gracefully let go of things not meant for me, and trust that the right thing is out there waiting for me.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOORS?

Never let anyone make you feel like you need to make yourself smaller to fit into their mold. I can't tell you how many times I have been told that I'm too loud, too bright, too energetic, too excited, ask too many questions, have too many or too strong of opinions—that I am simply too much. This is not true! The way you are and how you show up every day is what makes you, you. It's what makes you passionate and good at whatever it is you do.

## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Outdoor leaders should have some form of emergency response training and know some good knots. You hope a bad situation never occurs, but you always want to be prepared if one does. I recommend training to be a Wilderness First Responder, or at least first aid and CPR certified.

### MARIAH'S CALL TO ACTION:

Practice knots; they can come in handy for almost any situation. Learn a few that are good for a variety of purposes, and practice so you don't forget them when you need them.



MARIAH IS A BRONZE, SILVER AND GOLD AWARD GIRL SCOUT!

# Jenny Ammon

NATURAL RESOURCES EDUCATOR



## WHAT IS YOUR JOB AND WHAT LED YOU TO IT?

I am a natural resource educator. I loved science (especially ecology and biology) in high school, so I looked for careers that would involve being outdoors and connecting people to natural resources. My career promotes environmental stewardship through hands-on experiences in nature and the philosophy of respect towards people and places.

## WHY IS YOUR JOB IMPORTANT IN SOCIETY?

As we grow incredibly reliant on technology, my job becomes very important. The amount of time spent indoors, away from our water, soil and wildlife is separating generations from resources that need to be respected and sustained. One of the first action steps to repair this is to help children and adults discover nature's majesty.

## WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

I've learned how to communicate with people of all different backgrounds and life histories through programming, nature hikes and wildlife viewing. People like to be heard, respected, and talked *with*—not talked *to*.

## WHAT IS THE BEST ADVICE YOU HAVE RECEIVED FROM A MENTOR?

The best advice I was given from a mentor is be yourself and bring all of that to your career. You have something to offer that no one else does! Be true to yourself and listen to that inner calling that makes you feel alive and excited.

## WHAT WAS AN UNEXPECTED CHALLENGE YOU FACE AT WORK?

One of the roles as an environmental educator is to coordinate volunteers to assist with programming and other duties. One challenge with this is working with difficult personalities that have different approaches to communication and participation in teamwork than you do. This kind of challenge is not a one-time lesson, but a long-term self-improving opportunity. I realized spending my time annoyed or bothered by someone else was not healthy or productive. I worked on my own positive communication style as a way to cope with a difficult person.

### JENNY'S CALL TO ACTION:

Familiarize yourself with the [Leave No Trace](#) principles. How can you make sure you are a steward of the environment? Can you practice these principles before you go explore outside?

# Erin Poor

HYDROLOGIST

U.S. GEOLOGICAL SURVEY



## WHAT IS YOUR JOB AND WHAT LED YOU TO THIS WORK?

I work for the U.S. Geological Survey Oregon Water Science Center as a hydrologist. We collect water data and interpret the data to help resource managers make science-based decisions. I loved nature as a kid and when I started college I wanted to focus my education on a topic that I was passionate about. Originally, I wanted to be a park ranger (and I still think that sounds like an awesome job), but eventually I ended up finding a love for science which led me to the job I'm at now.

## WHAT WAS AN UNEXPECTED CHALLENGE OF YOUR JOB?

Almost anytime we are out in the field, something goes wrong. Sometimes it's something small, like you get stung by a catfish—that's happened to me. Sometimes, it's something big, like you lose thousands of dollars of equipment at the bottom of a lake that's too deep to recover—that's happened to my coworker. No matter what it is, these experiences teach you that you must be flexible because you can't control the world around you. When unplanned events happen, stay calm and find a way to solve whatever problem you're facing.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOORS?

Be curious! If nature inspires and excites you, look closely at the world around you and ask questions. Talk to people who have outdoor jobs that seem interesting to you and volunteer your time for different outdoor organizations.

## WHAT IS SOMETHING YOU LOVE ABOUT YOUR ROLE?

I'm endlessly curious about the way things work. My curiosity and constant questioning about the world around me makes me a good fit for the work I do. I love that when I have a question about how a natural system operates, I can collect the data to figure it out! Also, I find that being out in nature is very calming and makes me and my coworkers happier people.

## WHAT IS A LIFE SKILL THAT YOU'VE FOUND IMPORTANT TO HAVE?

My job (and college) taught me the importance of working well with others. It's essential to be kind to others and treat them with respect. When you treat others the way you want to be treated, you'll often find that they will return the favor.

## ERIN'S CALL TO ACTION:

Have you ever been on a hike and looked at something that seemed either interesting or odd? For instance, maybe you're hiking and see scat on the ground and wonder, is that from a cougar, deer or maybe even bigfoot?! Look it up! The internet is an amazing tool to help you explore what you find in nature. I highly recommend bringing a notebook out on your hikes so you can make note of anything interesting you find. Then when you get home, you can conduct your own research on it.



# Erin Bennett

## STATE PARK INTERPRETIVE RANGER

THE COVE PALISADES STATE PARK, OREGON

### WHAT DO YOU DO AT WORK?

As the lead interpretive ranger, I provide public programs, hikes, community and special events, Junior Ranger programs, I teach STEM classes both in the park and at local schools.

### WHAT LED YOU TO THIS JOB?

I've always had a calling to serve the public. As a teenager, I volunteered as a cadet at the local police department for six years. I was part of our county's Search and Rescue team. My first "real" job was as a community service officer within the same department. Eventually, I went into parks, starting in California where I did a bit of everything: tours of tidepools, wildland fire suppression, emergency medical services, law enforcement, search and rescue, wildlife management, integrated pest management, facility, dock and trail maintenance, construction, visitor services, and special events and public education. I continued working in parks after moving to Oregon.

### WHY ARE PARK RANGERS IMPORTANT?

For obvious reasons, parks need to have a clean, safe campground or day use area for visitors, and collect fees to make that happen. We are able to rescue people on their worst days, and help them enjoy the park on their best days. We protect historical and cultural treasures for future generations and protect wildlife. You can see all that with your eyes, but maybe more importantly, nature is where we can go to find peace and happiness, and just get away from everything else for a while.



### HOW HAS THE OUTDOORS INSPIRED YOU?

Nature never fails to inspire, and it never lets you down. Sometimes at sunset, when the heat of the day cools down, smells and sounds are a little more pronounced, one group of wildlife are going to bed while another is waking up, and a blanket of stars unrolls above me, I stop and just enjoy exactly where I am in that moment. No other stresses to worry about for now, and I feel like such a small part of such a huge world. As a park ranger, you get to be part of something important. Saving that world, even if it's only your little piece of it, for someone else to enjoy.

### WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING OUTDOORS?

The life skill I've learned most successfully as a ranger is flexibility. Nature and parks are always changing; it seems there is always someone to hand you a new challenge. You can come in in the morning with a plan for the day, and very rarely does it play out the way you expect. If you're flexible, you don't have to feel upset. You just solve the new challenge, and then go back to the list. There's always tomorrow!



## WHAT WAS AN UNEXPECTED CHALLENGE YOU FACED, AND HOW DID YOU GROW FROM IT?

Manual labor and physical endurance are a big part of park job duties, especially at first, and I had very little experience doing that. The first two weeks as a park ranger, I honestly hated it! I had never worked so physically hard in my life, and all I did was work, sleep and question my decision to switch careers. But, sticking it out was the best thing I ever did. It led to the career I've enjoyed for twenty-five years now. I still do law enforcement, but I found out I am a lot better at giving emergency medical care to patients and leading educational nature programs and hikes to visitors.

## HAVE YOU LEARNED ANY LESSONS FROM A MENTOR?

My secret to a successful career is to do something you love. My mentor Carrie worked as a geologist for 40 years. Rocks are not really my thing, but Carrie loves them so much you can't help but get excited about them with her. Once, I was leading a hike and it got really quiet. I turned around, and Carrie was on the ground with her water bottle and the kids were making mud pies while she explained erosion. It was awesome. I've led more Junior Ranger geology programs than I ever would have, because I've seen Carrie love what she does.

## ERIN'S CALL TO ACTION:

In my opinion, outdoor leaders can be taught most skills. What someone in this field needs that can't typically be taught is passion. You have to care about nature and people. So, find a way to teach what you're passionate about to younger Girl Scouts and make a positive difference in the community. You might create a presentation, teach a skill or write a guide to help other Girl Scouts discover your passion.



# Emily Abrams

**OPERATIONS COORDINATOR**  
**ADVENTURE LEADERSHIP**  
**INSTITUTE, OREGON STATE**  
**UNIVERSITY**

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## WHERE DO YOU WORK?

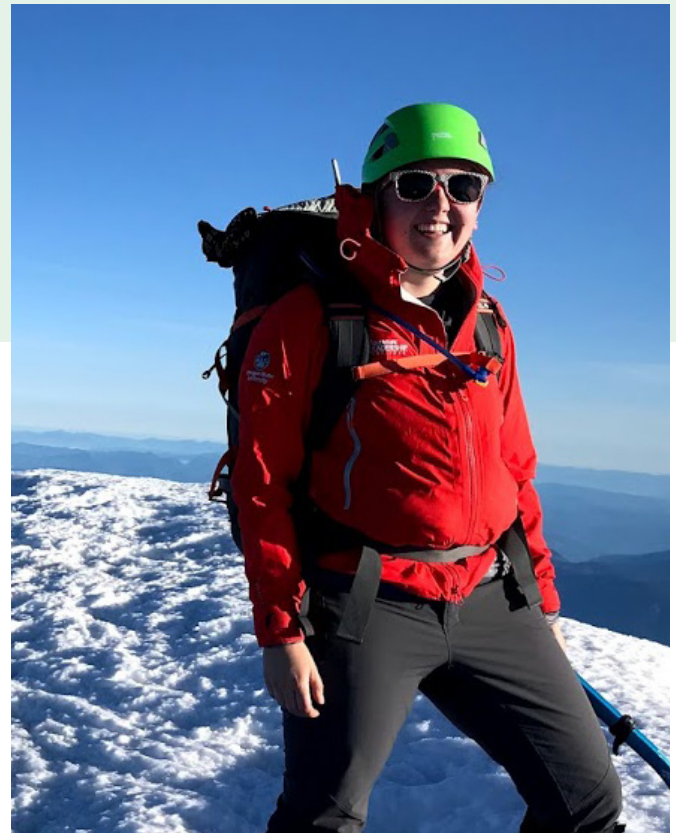
I work as the operations coordinator for the Adventure Leadership Institute (ALI) at Oregon State University. The ALI is a co-curricular academic leadership program that teaches students real-life leadership skills such as group development, situational leadership, risk management, and learning styles, all through the lens of adventure education. College students in any major can get great opportunities to learn about themselves as leaders before graduating and finding work.

## WHAT ARE SOME OF YOUR JOB DUTIES?

My specific position is to make sure everything runs smoothly—that classrooms, campsites and vehicles are booked, students have the gear they need, and instructors have supplies, teaching assistants, and tools needed for the specific activity. I also teach students skills around trip planning and logistics. I manage the student trip leaders and the students who work at our rental desk, so there's a lot of detail and organization that goes into our work.

## HOW DOES ADVENTURE EDUCATION HELP THE COMMUNITY?

We believe that experiential learning, or learning by doing, is the most impactful way for someone to be transformed into a self-sufficient, competent member of their community. Experiential learning is at the core of everything we do. That said, we believe students who leave the ALI and continue on in their field have a unique advantage over their coworkers because of the time, energy, and self-discovery that came from being part of an adventure program. It also teaches folks to be adaptable, which is super valuable in life. We also teach the importance of relying on each other. Turns out, life is hard and you need community!



## WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

This job taught me the value of mentoring and staff development. Since we only hire college students, there are often a lot of students who have never worked a job before, so they don't know the basics like showing up on time, wearing the correct attire, and how to be professional. This means we have a lot of coaching conversations and we have to be very explicit, without hand-holding. I've also learned to delegate and know what level of quality I'm okay with. Students do excellent work, but their job comes second to their classes, so often a project's final product doesn't turn out as I imagined. As someone who loves perfection, I've had to learn that it's more important that students get the experience trying than if the final product looks good or not.



## WHAT IS SOMETHING YOU LEARNED ABOUT YOURSELF THROUGH A CHALLENGE AT WORK?

I had to learn who I really am in this field. I'm not super fit, super technically-savvy or in-your-face-confident; but, I'm really great at what my job requires, which is managing programs and people. It took a bit for me to find my fit and what I excel at, and once I did, I felt like I unlocked a superpower and a lot of influence in circles I didn't know I had. The life lesson from this is that there may not be an obvious "job description" that speaks to you, but sometimes you start a job then change aspects of it based on what you're really good at. If you work for someone who cares about you and your professional development, then they are receptive to adapting based on your strengths. Sometimes it takes a couple tries to find the right fit, but when you do it's magical.

## WHEN DO YOU GET INSPIRED AT WORK?

I draw my inspiration from seeing the look on someone's face when they try a new activity for the first time. It brings me back to when I was new and someone brought me in and showed me that I was capable of something that had seemed unattainable. At the core, the things we teach are not that groundbreaking—how to be on a team, how to lead, how to plan, etc. But it's the epiphany of these lessons that occur in these moments of trying something new and reflecting on it that make this work unique. It's so fun!

## WHAT IS THE BEST ADVICE YOU'VE RECEIVED FROM A MENTOR?

I carry with me two reminders that I've learned from mentors: "Power Through," and "Reinvent Yourself." The "Power Through" mantra comes from knowing that sometimes you need to put a lot of energy into a project in order to see the other end. It's a reminder that when things are hard, it is not the time to let up, but to power through! By "Reinvent Yourself," I mean that our field is constantly changing and the clientele we serve change as well. If you're not willing to take a look at who you are, how you work, and what you do, and consider reinventing any of those things to meet needs, then you won't make it very far in any field without feeling burnt out.

## EMILY'S CALL TO ACTION:

Outdoor leaders should learn basic sewing skills. Learn the basics now, since so many issues outside can be fixed with sewing! And remember, don't let anyone stop you from trying something you've always wanted to try. Empower and encourage women around you to do the same.



# Cinimin Kofford

**INTERPRETIVE PARK RANGER FOR  
THE NATIONAL PARK SERVICE**

**DENALI NATIONAL PARK**



## WHAT DO YOU DO IN YOUR ROLE AND HOW DID YOU START?

I'm an interpretive park ranger, which are the educators of the National Park Service (NPS). I do jobs like run visitor centers, offer programs that help people make personal connections to the resources we preserve, and—my favorite—guide hikes. I started with the NPS as an intern in Capitol Reef National Park. It's where I fell in love with the inspiring resources our parks protect, and the amazing park staff who keep the parks in working order.

## WHY ARE PARKS IMPORTANT?

I love the National Park Service because they value what's most important to me: preservation of our wild places and access to these landscapes. The idea behind NPS sites is to protect them "as is," undeveloped and left wild for our enjoyment and the enjoyment of future generations. Due to this protected status, the experience that we might have in these areas may be similar for our children and grandchildren. These places offer a place to retreat from the busy, bustling world; they allow us to reset, reconnect to nature, experience an untamed landscape and have opportunities for solitude. As the world has fewer and fewer wild areas, NPS sites become invaluable; they offer us a place to learn, explore and challenge ourselves.

## WHAT IS A SKILL YOU LEARNED BY WORKING IN THIS ROLE?

Before this job, I would have claimed that I was an introvert. It turns out I just didn't know how to talk to people! This position has allowed me to find my voice, to look others in the eye and to approach people for a meaningful conversation. It is a skill that I have taken into all aspects of life and into every position I've held.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS THINKING ABOUT A CAREER IN THE OUTDOORS?

Don't forget why you're going into the outdoor industry, and make sure you're taking time to immerse yourself in it. With the NPS, getting your foot in the door is the trickiest part. Try an internship and be willing to move around the country for positions.



## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

I believe every outdoor leader should be adaptable. You'll find yourself in different locations with varying communities, and being able to blend with others will make you very happy in the long run. Many outdoor leaders become chameleons. It's a way to make friends quickly and help you function as a part of a team.

## CINIMIN'S CALL TO ACTION:

Do some journaling: Where did you fall in love with the natural world? What calls that place home? If you had visitors in your home, think of how you would like it treated. What can you do to treat that area with respect? What can you do to limit your impact while you're visiting and while you're in your own home? Also, check out the [NPS Jr. Ranger program](#) and the [Girl Scout Ranger Program](#)!

# Bridget Griffin

## RESEARCH TECHNICIAN

SPATIAL ECOLOGY LAB AT THE  
UNIVERSITY OF MASSACHUSETTS,  
AMHERST



### WHAT DOES YOUR JOB ENTAIL? WHAT LED YOU TO THIS WORK?

In the Spatial Ecology Lab, we research how global change interacts with species invasion to affect native ecosystems. I mainly work on spatial analyses and impact assessments of invasive plants. I earned my graduate degree in Geographic Information Science & Technology. My interest stemmed from my undergraduate experiences studying wildlife conservation. I had amazing courses where I got to be outside to learn about the natural world, and I realized that mapping and data analysis was a niche that I felt I could excel in.

### WHERE DO YOU FIND INSPIRATION FOR YOUR WORK?

I draw inspiration from seeing maps out in the world, be it online, in the news, in books or on social media. Getting a feel for what kinds of maps can communicate information effectively helps me make better maps!

### WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

A life skill I improved by working in this role is the importance of collaboration and teamwork. When entering this role, I had a GIS background but very little knowledge of invasive plants. I am lucky to have great coworkers who gladly answered my questions and filled in my knowledge gaps. In return, I was able to work on GIS projects with them and teach them new things, too!

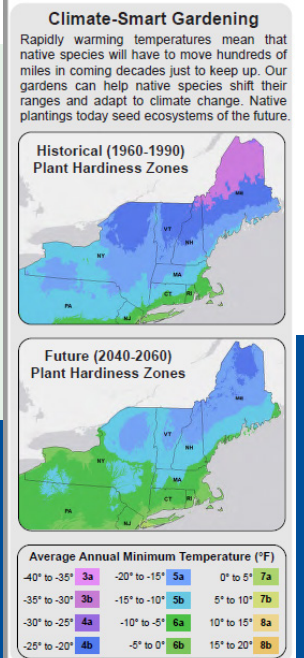
### WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN GIS OR RELATED FIELDS?

GO FOR IT! There are so many different specialties within the field, and lots of growth. I recommend trying to do some research early on, as it was not a field I knew existed until my senior year of college. That way, you can take advantage of opportunities much earlier when they come along.

### BRIDGET HELPED TO MAKE THIS MAP!

**USDA Plant Hardiness Zone:** Zones based on minimum temperature that are used to determine where plants can grow.

**Map taken from:** Bradley, B.A., Bayer, A., Griffin, B., Joubran, S., Laginhas, B.B., Munro, L., Talbot, S., Allen, J.M., Barker-Plotkin, A., Beaury, E.M. and Brown-Lima, C., 2020. [Regional Invasive Species & Climate Change Management Challenge: Gardening with climate-smart native plants in the Northeast.](#)



### BRIDGET'S CALL TO ACTION:

If GIS and maps are something that interest you, start collecting your favorite maps in a folder, or a notebook! You can cut them out of magazines, newspapers, etc. It's okay if you are unable to grab a copy of the map itself (maybe you saw it online, or in a library book). Then, try to write a few sentences summarizing what the map is showing you, and also about what the map is trying to say—like the information it is trying to convey to the audience, how the symbols and colors are working together to convey that message, and whose point of view it is from. This type of exercise will help you see maps in a whole new and wonderful way!

# Ilikea Arakaki

## OUTDOOR ADVENTURE GUIDE

### VARIOUS STATES

#### WHAT DO YOU DO AND WHAT LED YOU TO THIS WORK?

I received my Bachelor's in Science in Outdoor Recreation Management. After I graduated, I sought out jobs and a career that would lead me to teaching and guiding youth in the outdoors. I've worked in outdoor leadership organizations in Hawai'i, Utah, Colorado and California.

#### WHY IS THE OUTDOOR LEADERSHIP INDUSTRY IMPORTANT?

This industry has many moving parts, and field instructors are individuals on the front line. They guide and lead youth, some of whom are just there for the adventure and others who also need therapy. We need to understand why nature is vital to human connection and why it is worth protecting and appreciating. Nature has been studied and proven to bring down stress levels and increase understanding of our role as humans in the world.

#### WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

I learned many skills in my college courses. For example, I learned many knots in a classroom setting, so once I was pursuing outdoor jobs, I was completely capable of tying knots to secure rafts, hitch trailers, protect gear, set up tents and so much more. In the backcountry where supplies are limited, you learn how to constantly adapt to groups, weather, maps, shelter, etc. These skills are not only important in a small perspective, but also in the big picture to be prepared in emergencies. That was one reason why I chose this career path; I wanted to be prepared to respond in stressful experiences.



#### WHAT WAS A LESSON YOU LEARNED THROUGH OUTDOOR WORK?

Nature inspired me to learn to have patience. Patience with myself, my fellow leaders, students and management. It is okay to relax and know that not everything will be perfect, since perfection doesn't exist. As an intern in the field, I used to try to bust out work as hard and fast as I could with the ever-burning pressure to be "perfect." Being completely immersed in nature and in the backcountry eventually forced me to gain patience and understand that is how the Earth works. She is slow and steady, and from her diligence and resilience we can learn to be that way and take things as they come.



## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN THE OUTDOORS?

If you're thinking of pursuing a career in an outdoor field, I say GO FOR IT! You not only contribute to the Earth and to your community, but you build immeasurable skills and self-worth. It can be a tough road, but so worth it. You get to see places not a lot of people get to see, and you can mentor others as well. It is a path worth traveling. Be yourself, don't sell yourself short, be open to feedback and criticism, and be open-minded with your peers and people you are guiding. The outdoor industry is a wild (in a good way), ever-evolving workplace.

### ILIKEA'S CALL TO ACTION:

Start exploring parts of the outdoors that are new to you. Find books about nature, build upon your skills, visit places you haven't before and journal your experiences. As you go, remember that there is no such thing as a "dumb question." Start keeping a list of career-related questions that come into your mind so you can interview individuals who have worked in the field-- especially women.



# Nikki Hendricks

**NORTH COAST WATERMASTER**

**OREGON WATER RESOURCES  
DEPARTMENT**

## WHAT IS YOUR JOB AND WHAT LED YOU TO THIS WORK?

I work for the Oregon Water Resources Department as the North Coast Watermaster. I grew up in small town Oregon, so nature has always been my favorite place to be. I knew I wanted to have a job that paid me to be outdoors while protecting our resources for future generations to enjoy and for flora and fauna to flourish naturally. I earned a Bachelor of Science in Natural Resource Management with an emphasis on Policy.

## WHY IS YOUR WORK IMPORTANT AND HOW DOES IT PROMOTE ENVIRONMENTAL STEWARDSHIP?

Water is the foundation of life. Water conservation and climate change are huge issues right now, and if everyone did just one thing to help this cause, the world would be a better place. OWRD is a regulatory agency; we assist the public with and enforce state water laws, water rights, conservation, information and data collection. The water laws I enforce teach people the level of water shortage, even in our 'wet' coastal area. Knowledge is power!

## WHAT IS A LESSON YOU LEARNED BY WORKING IN THIS ROLE?

Humans and nature cannot be divided; we depend on each other. Environmental work is also psychology work; it requires mindset adjustments and education.

## NIKKI'S CALL TO ACTION:



Be aware of environmental issues, but don't always feel like you're not doing enough—that's exhausting! Set simple goals of picking up three pieces of garbage a day or other small actions. Some days, the best you can do is go for a walk and just find gratitude in being in nature. Don't exhaust yourself, but stay aware and active in the outdoors.



## WHAT WAS AN UNEXPECTED CHALLENGE YOU FACED, AND HOW DID YOU GROW FROM IT?

When I started my career in this industry, I was one of very few women doing this work, especially the field work. People wrongly assumed I didn't know what I was talking about and over-explained things to me. I overcame that and learned how to use my voice and skills to become one of the top professionals in my field. I became the one others went to for advice and guidance. I didn't let any of the doubts of my capabilities keep me silent or fearful, and proved them all wrong. Now, when I go to meetings or trainings, the men to women ratio is pretty equal.





# Pam Fahlman

ALUM

CAMP DIRECTOR

GIRL SCOUTS OF OREGON AND  
SOUTHWEST WASHINGTON

## WHAT IS YOUR JOB AND WHAT LED YOU TO THIS WORK?

I am a camp director at Girl Scouts of Oregon and Southwest Washington. You might know me as Butterfly. I have been a Girl Scout since I was a Daisy and have been going to camp since I was five! I was a camper for 12 years before I became a staff member. I also went through the CIT (Counselor-in-Training) program. My love for the outdoors and empowering Girl Scouts led me to directing camp.

## WHAT ARE SOME OF YOUR RESPONSIBILITIES AT WORK?

Being a camp director involves many behind-the-scenes tasks. I need to make sure everything is working well in all areas of camp, so that campers can stay safe, learn new skills and have plenty of fun! Some of these tasks include training all camp staff, communicating with the camp ranger and the families of campers, helping out in the kitchen and health center, purchasing camp supplies, planning camp events and overseeing programs. Most importantly, I make sure that every girl that comes to camp has the best experience and learns lifelong leadership skills while building her self-esteem.

## WHY IS YOUR JOB IMPORTANT?

Everyone needs a break from the fast-paced world, to go in the woods to find yourself and be yourself. Girl Scouts gives girls an opportunity to learn outdoor skills that they wouldn't normally learn elsewhere. I love when a camper learns to make a fire and gets to light that match for the first time, or when they learn how to shoot an arrow at archery and hit the target. When those girls then turn to their peers with words of encouragement and step up to help out when others are struggling is the leadership icing on the cake!



## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN CAMP?

My best advice is to keep coming to camp, and try to go to different kinds of camps. As a camp director, I am inspired by my past personal experiences as a camper. By attending different camp programs, I experienced a large variety of camp activities and now feel confident to lead them. Also, find a good book about outdoor activities or leadership! There are lots of great resources out there to read up on.

## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Every outdoor leader needs to have a love for the outdoors! They should also have the leadership skills to not only step up, but step back to let others take the lead and show what they have learned from you.

## PAM'S CALL TO ACTION:

I encourage you to make 3-5 outdoor exploration goals. What certifications do you wish to obtain, what outdoor career do you desire, and where would you love to be in five years? Setting goals is a great way to start on a path to an outdoor career.

# Michelle O'Donnell **ALUM**

**WATER RESOURCES GRADUATE  
RESEARCH ASSISTANT**

**UNIVERSITY OF COLORADO,  
BOULDER**



## WHAT DOES YOUR WORK ENTAIL?

As a graduate student studying water resources engineering, I looked at streamflow forecasting across the western U.S. Across the west, snowmelt provides the majority of freshwater that people use for drinking, agriculture and industry. This means that to understand how much water will be available throughout the year, scientists and engineers need to know how much snow falls in the mountains. Based on this, along with other information about the weather, we can estimate how much water will be available. A major problem is that as climate changes, the amount of snow that falls in the mountains will change, which will make forecasting streamflow more difficult. I use hydrologic models to try to understand when the changes in snowfall will start to make estimating streamflow more difficult, and what other information we might be able to use to improve estimates.

## WHY IS STUDYING THIS IMPORTANT?

Water is important to everyone, no matter where they live! By trying to understand how climate affects things like droughts and flooding, or water supply in general, we can try to make sure that everyone will have the water they need as the climate changes.



## WHAT INSPIRES YOU TO FOCUS ON THE OUTDOORS?

I first became interested in environmental work because I love to be outside hiking, biking, skiing—you name it. I wanted to find a career where I could both spend time outside, and help people and the environment. I love when I get to be outside for my work, but even if I spend most of my day on a computer, getting outside refreshes me.

## WHAT IS A LIFE SKILL THAT YOU LEARNED BY WORKING IN THIS ROLE?

Perseverance is so important! Sometimes projects will be fun or easy, and other times they'll be really hard. Graduate school (and jobs) will have some of both, whether you're studying water resources or anything else, and it's important to just keep trying. Finishing a project can feel even better when that extra effort went into it.

## WHAT IS A FEAR YOU'VE OVERCOME IN YOUR ROLE?

I've always been a pretty quiet person, so speaking up in meetings and taking the lead on projects doesn't always come naturally to me. Depending on the situation it can be kind of scary, but doing it more and more over time makes it much easier.

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT A CAREER IN YOUR/THE OUTDOOR INDUSTRY?

Find a job or career that you feel like you can make a difference! For me, that means being in science and engineering. There are so many cool jobs out there, so you should try different ones out and find what really suits you. If you have some ideas about what you think you might want to do, it can be really helpful to talk to someone who already does it. See if anyone you know does what you're thinking of, or you can always reach out to someone that you don't already know; I've found that people are always really happy to talk about their work with people who are interested!

### MICHELLE'S CALL TO ACTION:

Learn about where your water comes from and how you can help protect it! Does your local water department have information about if you get your water from reservoirs or wells? Do they talk about what they will do if there's a drought or a flood? How do you think climate change might impact your water sources? Do they talk about things you can do to help protect your water supply? What other ideas do you have for actions you could take to help protect it? Picking up trash and dog poop, minimizing how much fertilizer goes on your lawn, and taking shorter showers are just a few examples. Pick a couple to try, or find other things that would make a difference and tell your friends about your ideas!



# Angie Madsen

## OUTDOOR PROGRAM SPECIALIST

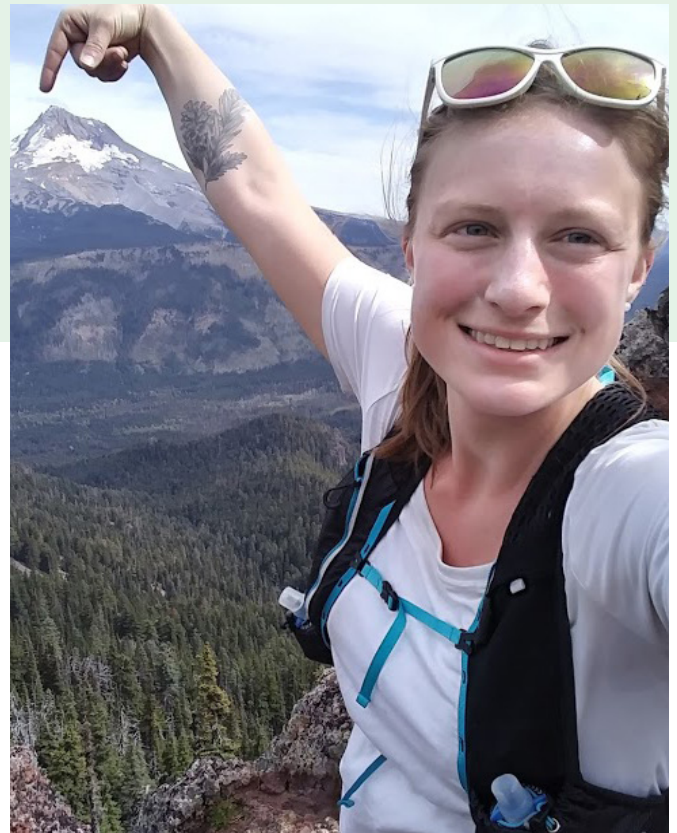
### GIRL SCOUTS OF OREGON AND SOUTHWEST WASHINGTON

#### WHAT IS YOUR JOB?

I am a professional Girl Scout. Specifically, I'm the outdoor program specialist here at Girl Scouts of Oregon and Southwest Washington (GSOSW)! If you've participated in a GSOSW outdoor activity or patch program, there's a good chance I worked on that project. I help plan and coordinate outdoor activities year-round for Girl Scouts of all ages, including events in the Program Guide and outdoor patches. My role involves lots of paperwork and emailing, but occasionally I get to go camping and hiking with Girl Scouts, too!

#### WHAT PART OF YOUR JOB IS MOST INSPIRING?

I am thrilled every time a Girl Scout shows GSOSW what they're up to in the outdoors. My day is bound to be great if I receive an email from a Girl Scout who completed an activity that I helped create! (Hint, hint.)



#### WHAT IS AN UNEXPECTED CHALLENGE YOU'VE FOUND IN OUTDOOR WORK?

When I first started working in the outdoor world, I believed the romanticized story that the outdoors is accessible, equal and inviting to everyone. However, as I built more experience and knowledge, it became apparent that many people face barriers to safely accessing nature. The outdoor community is home to countless welcoming people, but racism, classism, ableism and sexism still affect the outdoor industry in many ways. Breaking down those barriers is tough but necessary work. I am still learning how I can help make the outdoors accessible for all people, including those whose voices are ignored. We need Girl Scouts like you to continue this work to make the world a better place.

#### WHAT IS A LIFE SKILL THAT'S IMPORTANT IN YOUR WORK?

The value of quality writing skills cannot be underestimated. Learning to communicate effectively in your writing will help you in any future job—even in the outdoors! Communication at work often requires clear, concise writing, but there are plenty of opportunities for creative writing as well. Find your own personal, beautiful voice, and practice writing in a journal or to friends. It pays off!

## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS WHO ARE THINKING ABOUT WORKING IN THE OUTDOORS?

You don't have to be an expert to get involved with the outdoor community! I am a dabbler in many outdoor activities, but wouldn't call myself an expert at any particular one. One is never too old to learn how to rock climb, use an ice axe or start trail running. If you can walk, you can snowshoe. There's no such thing as bad weather, only bad gear. But, you don't need to spend a ton of money on gear! (You know where to find me if you need me to elaborate on these.) If you dream of working for Girl Scouts someday, you're probably already on your way! Keep looking for leadership opportunities in your troop, community or camp. You might even find seasonal Girl Scout work to try it out short-term.

## WHAT IS A SKILL THAT YOU THINK EVERY OUTDOOR LEADER SHOULD HAVE?

Risk management is the ultimate collection of skills for all leaders. All outdoor leaders should be trained in first aid, ideally wilderness medicine. Take a first aid kit everywhere you go!

### ANGIE'S CALL TO ACTION:

Determine where you are currently along the [Girl Scouts Outdoor Progression Chart](#). Now, decide how you can take your outdoor skills and knowledge to the next level! Here are my suggestions for Girl Scout Cadettes, Seniors and Ambassadors at each level of outdoor progression:

**Look Out:** Start your [Naturalist legacy badge](#).

**Meet Out:** Participate in the [Great Outdoors Challenge](#).

**Move Out:** Work on your [Girl Scouts State Parks Passport](#).

**Explore Out:** [Find a hike](#) that suits you.

**Cook Out:** [Watch Troop 41105's videos](#) about camp cooking.

**Sleep Out:** Sign up for [GSOSW overnight camp](#).

**Camp Out:** Learn about the [Ten Essentials](#) and [gather your own](#).

**Adventure Out:** Start your [Trail Adventure](#) or [Snow/Climbing Adventure badge](#).

Of course, always check the [GSOSW Activities page](#) to find outdoor activities along all levels of outdoor progression. There are new outdoor opportunities every year!



# Mia DeSanctis

**MARINE ECOLOGY LAB INTERN**

**HELMUTH LAB IN NAHANT,  
MASSACHUSETTS**

## WHAT DOES YOUR JOB ENTAIL?

After my first year of college, I completed a summer internship at a marine ecology lab run by one of my professors. Ecology is the study of organisms and how they relate to not only one another, but also their environment. The lab studied the effects that humans have on the Earth, specifically the oceans, due to climate change. During my time with the lab, we took lots of trips to Maine, where we stayed for weeks at a time to study marine animals that lived in the intertidal zone. The intertidal zone is the part of the shore that is exposed to air at low tide but is covered by water at high tide.

## WHAT DIFFERENCE DOES YOUR WORK MAKE IN THE WORLD?

Like most scientists, we aimed to learn more about how the world works and what we can do to help. By studying how the ever-increasing stress of a heating planet affects marine life, we can better understand what species are more resilient to these changes and predict how our oceans might look in the future. The study of biodiversity is very aligned with Girl Scouting; Girl Scouts vow to make the world a better place!

## WHAT IS SOMETHING YOU LEARNED ABOUT YOURSELF IN THIS WORK?

I learned that I really love working outside. We spent a lot of time on the shore, studying the little organisms that called the rocks their homes. We even used drones to survey the topography, or features, of the landscape. Because the intertidal zone is only exposed during low tide, we had to work around the tides. That meant sometimes waking up at 4 a.m. to get to a location when the tide was out. It was exhausting work, but so rewarding. During my time with the lab, I witnessed some of the most beautiful sunrises I've ever seen in my life.



**MIA IS A GOLD AWARD  
GIRL SCOUT!**



## WHAT ADVICE DO YOU HAVE FOR GIRL SCOUTS THINKING ABOUT A CAREER IN THE OUTDOORS?


You don't have to wait until you've graduated college to get experience working outside. Starting now, you can gain a little experience here and there to figure out what career you might want in the future. Volunteer in high school, or intern in college like I did. The world is a beautiful place, so take any and all opportunities if you get the chance!

## MIA'S CALL TO ACTION:

Biodiversity is vital to our planet, since it keeps balance in the natural world. So, the next time you go to the beach, I challenge you to see what biodiversity you can find around! Look for things like fish, crabs, different types of shells, and even sea birds. You may see things you've never noticed before.



## TRAILBLAZERS IN THE FIELD



Learn more about women who made history with their outdoor experiences. Ask an adult to help you find a great book, article, podcast or documentary about or by an adventurous woman who interests you. Read, listen or watch what you find. Do you have anything in common with the woman you learn about? How does she inspire you?

You can choose to learn about anyone who inspires you. Here are just a few ideas to get you thinking:

**Junko Tabei** was a mountaineer who was the first woman to summit Mt. Everest. She was also the first woman to reach the Seven Summits (the highest peaks of the seven continents). She climbed the highest mountains in over 70 countries!

**Rachel Carson** was an author and ecologist who advanced the environmental conservation movement. Her book “Silent Spring” courageously spoke out against misuse of pesticides as she defended human and environmental health.

**Wangari Maathai** was an activist and the founder of a grassroots organization called the Green Belt Movement. She was the first African woman to win the Nobel Peace Prize. Her organization fights deforestation through community development and female empowerment by teaching women trades that protect habitats and wildlife.

**Autumn Peltier** is a teenage advocate known as a “water warrior” who advocates for the right to clean drinking water in Indigenous communities. At the age of thirteen, she addressed world leaders of the United Nations General Assembly to call for action on water issues and protection.

**Emma Rowena Gatewood** was the first woman to hike the entire Appalachian National Scenic Trail (AT) solo in one season. Nicknamed “Grandma Gatewood,” she accomplished this feat at the age of 67! When she was 75, she became the first person to hike the entire “AT” three times.

**Nicole Hernandez Hammer** is a climate scientist and activist who studies sea-level rise and how climate change affects communities of color. Based on her research findings, she shares actions that governments can take to minimize the effects of sea level rise and pollution on Latinx communities and help future generations fight climate change.

# YOUR GIRL SCOUT LEADERSHIP EXPERIENCE

Outdoor experiences are an exciting part of being a Girl Scout. Sometimes, they overlap with other parts of the Girl Scout Leadership Experience, like STEM (science, technology, engineering and math), Life Skills, Entrepreneurship and even travel! Combine multiple passions by choosing to complete one of the following activities.

## STEM IN THE OUTDOORS

Pretend that people are planning to create a brand-new city from scratch. Imagine yourself in a leadership role that would promote local environmental and human health. Journal about what you could do for the city in one of the following roles. Could any of these ideas work where you live now?

**Sustainable Urban Planner:** Your job is to focus on your city's environmental care while considering social and political needs. How will you tie cleaner and greener homes, offices, and transportation into a cohesive city structure? What will you do about urban sprawl and excess pollution? Could your city construct vertical farming on rooftops, or create eco-villages as suburbs? Do some research to find sustainable urban practices that would be a great fit for the new city.

**Landscape Architect:** Your job is to plan and design open spaces, like parks, gardens, facilities and the land around transportation systems. Where will the parks, playgrounds, and recreation areas be? What types of natural spaces does the city need? How will you conserve natural habitats?

**Energy Resources Engineer:** Your job is to find ways to produce energy through natural sources, like biofuels, wind, and solar power. Where will your city's power come from? What are your alternatives to electricity and oil? Could you consider wind turbines, solar or safe atomic fission? Where will the energy resources be safely located?

## LIFE SKILLS AND THE OUTDOORS

Be an active and informed member of your community by researching an environmental issue in your city or state. Is there a heavily debated current event related to pollution or wildlife? Does your city's recycling program need improvement? Are your local government representatives supporting environmental issues that affect the country and world? Dig into a local topic and familiarize yourself with existing policies and organizations working for change. Journal about your thoughts on the topic, and think about what policies could be put in place to improve the situation.

## OUTDOOR ENTREPRENEURSHIP

Think of a problem that people experience in the outdoors. Maybe the problem is related to accessing nature, troublesome outdoor gear, or inexperience with certain activities. If you have experienced an inconvenience or a barrier to accessing the outdoors, others very likely have, too! Come up with a product, service or technology that could solve this problem or need in the outdoor world. If you need help thinking of an idea, ask yourself these questions:



## OUTDOOR ENTREPRENEURSHIP (CONTINUED)

- What is something that would make hikers, bikers or boaters safer during their adventures?
- How can people access nature if they live somewhere with minimal access to the outdoors?
- What is something people would love to do in nature, but they don't have enough time or money?
- How can you make something that already exists more comfortable or accessible for people when they go outdoors?

Once you find inspiration, write a short description of your idea and why it would be beneficial for people to use. Sketch out a design for the product or business. If you're really inspired, you might be able to take this further by completing an Entrepreneur badge! Check out the Girl Scouts Badge Explorer and search by your grade level and the topic "entrepreneurship".

## OUTDOOR TRAVEL

Create an outdoor travel guide for your community or another area you know well. Sketch, record or electronically design a guide that an imaginary tourist could use to have a big or small outdoor adventure in your area. Think of all your favorite outdoor spots and activities; even urban areas have beautiful natural areas! In your guide, include elements like a map, a diagram, photos, lists, landmarks, climate, transportation, things to pack on a trip, etc.

## LEARN CAREER LINGO

Although there's a diverse range of jobs in the outdoor world, some aspects of job searching—like resumes and interviews—are common across most businesses and organizations. Learn some lingo now to be prepared in the future!

**Mission statement:** A mission statement briefly describes the values and goals of an organization or individual, and gives context content to why a company exists. The mission is why the organization does what it does! For example, the Girl Scout mission is to build girls of courage, confidence, and character, who make the world a better place.

**Resume:** A document that presents a person's background, accomplishments and skills. A resume typically includes a summary of work and educational experience. Resumes help employers see if the applicant is qualified for the job.

**Curriculum vitae (CV):** A document that emphasizes academic accomplishments. A CV typically includes details of the person's academic research, publications, grants, fellowships, licenses, awards and/or teaching experience.

**Cover letter:** A personalized letter from a person to a potential employer. Describes the person's strengths, skills and reasons for applying for the job. A cover letter should convince the employer to read the person's resume or CV.

**Interview:** A meeting between a job applicant and employer to determine if the applicant is qualified and a good fit for the position.

## LEARN CAREER LINGO (CONTINUED)



**Applicant:** A person who had applied for a job.

**Salary:** A set amount of pay over a full year, typically divided equally into pay periods. The employee receives the same fixed amount of pay with every paycheck, regardless of hours worked.

**Hourly wage:** Amount of pay per hour. The employee's paycheck shows the amount of hours worked multiplied by the amount earned per hour worked. Pay may vary period to period.

**Overtime:** Employees who work over 40 hours per week, who are not exempt from overtime, earn additional pay for all hours they work over 40 in a week. Usually employees earn 1 times their regular rate of pay for hours worked over 40 in a week, for example \$10 an hour would be \$15 an hour in overtime.

**Stipend:** A predetermined, fixed amount of pay provided to someone who works for an organization in the short term with the goal of learning, like an apprentice. Typically covers living expenses.

**Benefits:** Part of an employee's compensation. Benefits differ across positions and employers, and may include paid time off, holidays, personal days, sick leave, health insurance, retirement plans, tuition assistance, child care and more.

**Vocation:** A person's trade or profession.

**Mentor:** An experienced and trusted advisor. Usually someone more senior in the organization who helps guide your career development.

**On-the-Job Training:** Education and training provided by an employer that usually takes place at a work site.

**Internship:** A short-term educational experience in a work setting that may be paid or unpaid. Internships help the intern gain knowledge, experience, references and contacts in a career field.

**Apprenticeship:** A paid period of training that allows you to learn a particular skill or set of skills. Apprenticeships involve hands on work, or on-the-job training, often in combination with classroom learning. Apprenticeships occur frequently in skilled trades such as carpentry.

**Freelancer/Independent Contractor:** Someone who works for themselves and bids for projects or temporary jobs with one or multiple employers.

**Full-time:** Refers to a work schedule that usually requires 30 to 40 hours a week. This means slightly different things depending on the organization or job.

**Part-time:** Refers to a work schedule that is less than full-time. Schedules may be regular and predictable, or variable and change from week-to-week.

### APPLY WHAT YOU KNOW

Think about two things you could put on your resume right now. (Psst—Program Aide experience, Take Action projects and Gold Awards are great to mention on resumes and during interviews!) What are two values or ideas you'd be excited to see in a business's or organization's mission statement? Can you think of one advantage of having a salary instead of hourly wage? Now, can you think of one advantage of having an hourly wage instead of a salary?

Think about an outdoor career. It may be one described in this patch program, or it may be another job you've heard of. For this particular job, do you think you'd need a resume or a CV? Would you benefit from having an internship experience first? What would you expect the benefits to include, considering the nature of the work?

## EXPERIENCE AND EDUCATION

Many employers in the outdoor industry look for potential employees with college degrees. Many others don't require a degree, but may desire other coursework, experience or trade skills.

Pick any outdoor-related career that interests you. Maybe it's a career where you spend most of the day outdoors, like a park ranger, wildlife photojournalist or backpacking guide. Maybe it's a career that takes place in a research lab or office, like an environmental engineer, geology teacher or sustainable policy maker. Maybe it's something different!

First, do some basic research to get an idea of what educational and experiential background this job requires. In order to do this work, would you need a Bachelor's, Master's or Doctorate degree? Would you need certain skills learned through an apprenticeship or other job? Would it help to have published writing, previous leadership roles or international experience?

### **FIND THREE COURSES YOU COULD TAKE IN HIGH SCHOOL OR COLLEGE TO PREPARE FOR THIS CAREER.**

*If you need ideas, you can search for a college's "course catalog" and see what certain majors require.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **NOW, DETERMINE THREE SKILLS YOU COULD DEVELOP BEFORE STARTING THIS JOB.**

*They might be soft skills (like conflict resolution and clear communication) or hard skills (like wilderness first aid or use of power tools).*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **FINALLY, FIND ONE EXPERIENCE YOU COULD BEGIN RIGHT NOW TO GET A HEAD START ON THIS CAREER.**

*You might find a free online course, a family member to teach you a skill, a book to read or even a part-time job or mentorship.*

1. \_\_\_\_\_

# DISCOVER YOUR VALUES

A *value* is a basic, fundamental quality that supports your beliefs and motivates your actions. Your personal collection of values helps you determine what you find to be important in your personal life, in society and in your career. When your attitude and actions align with your values, it typically feels pretty great! Let's dig into your values and how to apply them to an outdoor career.

## IDENTIFY YOUR VALUES

You can determine what you value by thinking about the times in your life that you felt happiest, proudest or most accomplished. Why did you feel that way? What were the underlying qualities that made you feel that way?

You might also think about what you dislike. Think of times you've experienced frustration, anger or boredom. What was missing from those situations? How could those times have felt better to you?

Below is a list of some common values. If you can think of more, write them down. Take a few minutes to add whatever you'd like.

- |               |               |                      |
|---------------|---------------|----------------------|
| Achievement   | Friendships   | Open-Mindedness      |
| Adventure     | Growth        | Passion              |
| Advocacy      | Health        | Peace                |
| Balance       | Honesty       | Personal Development |
| Boldness      | Humor         | Playfulness          |
| Challenge     | Inclusiveness | Preparedness         |
| Charity       | Individuality | Recognition          |
| Collaboration | Innovation    | Relationships        |
| Community     | Intuition     | Resilience           |
| Compassion    | Joy           | Safety               |
| Creativity    | Justice       | Service              |
| Dependability | Kindness      | Sustainability       |
| Diversity     | Knowledge     | Teamwork             |
| Encouragement | Leadership    | Usefulness           |
| Ethics        | Learning      | Wealth               |
| Family        | Mindfulness   | Well-Being           |
| Freedom       | Motivation    | Wisdom               |

Now, copy down any words from your list that you feel are very important to you and your life. No need to overthink it! Just make sure they truly feel like valuable qualities to you. Next, take all the words you wrote down and create two-to-five groups of similar values. You can group similar values in whatever way makes sense to you. Finally, choose the ONE word from each group that seems to best represent that entire group. There is no right or wrong here; it should simply feel accurate to you.

## DISCOVER YOUR VALUES (CONTINUED)



### LIVE YOUR VALUES

Take a look at the values you determined above. Try to add a verb (an action word) to each value so you can imagine what your values look like in practice. For example, if you value honesty, you might write, “Be honest in conversations with my family.” If you value knowledge, you could write, “Seek out opportunities to gain knowledge.” Try it out with each of your top values!

### IMAGINE VALUES IN A FUTURE CAREER

Imagine yourself with an outdoor career, someday in the future. It might be a career mentioned in this patch program, or it might be something completely different. Choose a job that sounds amazing to you, and reflect on the following questions as if you were your future self.

How did your personal values help you reach this dream job?

How do your personal values guide what you say and do in this job?

How do you feel when you make choices at work that are aligned with your values?

How do your values make the world a better place through outdoor work?

What changes can you make in your life or the community to best align with your values?

# SET A SMART GOAL

Setting goals is a part of most careers, but women in the outdoors are often very goal-oriented. How can you set goals for yourself that will truly help you grow and achieve? Learn to set SMART goals!

Vague goals without boundaries aren't often helpful. You are much more likely to reach a personal or professional goal if you can clearly define it. By setting SMART goals, you will:

- Gain clarity about what you hope to accomplish.
- Be able to track your progress.
- Define steps you'll need to take.
- Stay motivated to reach your goal.
- Work toward a specific deadline.

SMART goals use an acronym to remind you what goes into a great goal:

**S: Specific.** What exactly will you achieve? Make sure the who, what and where are crystal clear.

**M: Measurable.** How can you measure your progress? You need to know how to compare your current status to the end goal and when you've reached it.

**A: Achievable.** How will you realistically accomplish the goal? List all action steps, big and small, and ensure you have the resources for them.

**R: Relevant:** Why do you want to reach this goal? It should be a worthwhile goal you want to reach and that will help your future.

**T: Time-based.** When do you want to meet this goal? Have a specific date and time frame in mind, and have shorter deadlines for steps to get there.

<b>Example of a Non-SMART Outdoor Goal</b>	I want to become a trailrunner.
<b>Example of a SMART Outdoor Goal</b>	I want to finish a 5k trail race in less than 45 minutes by the end of June 2022, because I want to continue getting faster and stronger before I join the running club in college.
<b>Example Action Steps for this Goal</b>	Acquire trail running shoes and apparel, go for a 10 minute trail run, ask an experienced trailrunner for tips, sign up for a race, etc.

<b>Example of a Non-SMART Outdoor Goal</b>	I want to learn to use a map and compass.
<b>Example of a SMART Outdoor Goal</b>	I want to be able to navigate with a map and compass by my October 2021 backpacking trip, because on the trip I can practice teaching skills to younger Girl Scouts. This will help me when I apply for an outdoor guiding internship.
<b>Example Action Steps for this Goal</b>	List a few action steps to help this Girl Scout work toward her goal:

## SET A SMART GOAL (CONTINUED)

Now, create your own outdoor or career SMART goal! You might have an idea right now, or you may need to take a week or two to determine what your outdoor dreams are. Come back when you've thought of a goal that really makes you excited about the outdoors or a possible career.

### MY SMART GOAL

*Create an image of what you'll look like after accomplishing your goal (sketch, collage, etc.):*

*Now, look at each component of your goal:*

**S:** What do I want to accomplish?

**M:** How will I know I've reached it?

**A:** Is this goal realistic?

**R:** Why is this important to me?

**T:** By when will I reach this goal?

*Finally, put it all together in full sentences:*

***Go get started! Your dreams are in your reach.***

# NETWORKING NUTS AND BOLTS

Sometimes, when it comes to securing your dream job, who you know can be more impactful than what you know! Many fields in the outdoor world have tight-knit communities, so having a network of personal acquaintances and relationships can go a long way when looking for amazing work opportunities.

Networking is a career development strategy that involves building personal connections with other people. Believe it or not, you already have a network! You and the people you interact with every day—like friends, family, teachers, neighbors, community members and co-workers—all have the potential to exchange information and resources with each other to build or explore career experience. Every time you have a conversation with one of these people, you're networking. To explore careers, you'll want to speak with your network about your interests, goals and dreams.

## THE IMPORTANCE OF NETWORKING

- Not all jobs are advertised publicly. Sometimes, word-of-mouth (the act of people sharing information with others they know) is the only way you'll learn about an opportunity.
- Hiring managers are often excited to meet people who have been recommended by someone they know.
- If a position isn't currently available, somebody might remember you when a position opens up.
- When you have conversations about non-work interests and hobbies, you might find new connections or resources you didn't have before.
- If you share your projects or accomplishments with others, they might spread the word. People may want to collaborate with you or highlight what you've done in other networks.

## WAYS YOU CAN START NETWORKING NOW

- Be brave and start conversations when you meet someone who inspires you. Starting the conversation is the hardest part, but you'll make a great connection from it.
- Send a letter or email to somebody you admire, without asking for anything in return. Appreciation is a skill you can practice, and somebody may remember how great you made them feel!
- Share your skills. If you have a knack for photography, offer to take somebody's portraits. If you're a talented writer, ask if a family member needs help writing copy for their website. Thanks to word-of-mouth, you might become known as an expert!
- If you use social media, follow people and organizations from industries that interest you. You'll stay informed in the field and might discover places you'd like to work. Of course, remember that the internet is a public place, so what you post might be visible to many people and remain online for many years. Keep it professional!
- Attend a talk, interview or other event about a person or organization that interests you. Go with a friend or family member if having a buddy would make you feel more comfortable.
- Know somebody who has an interesting job? Ask if they'd be open to an informational interview in which you ask them questions about their work experience in order to gain information about their field or occupation.



## NETWORKING NUTS AND BOLTS (CONTINUED)



### TRY IT OUT

*Think about somebody you may or may not know personally who might be a great connection to an outdoor-related job.*


What are two questions you could ask if you unexpectedly found yourself talking to them?

1. \_\_\_\_\_
2. \_\_\_\_\_

What is a skill you have that you could potentially offer to help others out?

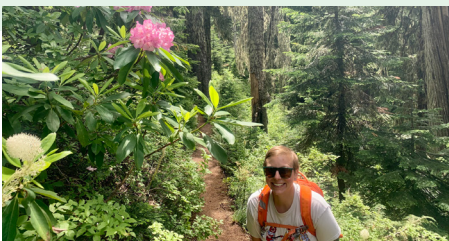
Finally, choose one idea from the list of networking ideas above, and give it a shot! You may feel nervous to reach out to others at first, and that's okay. Like many things, networking takes practice and the more you do it, the easier it becomes!

## ENVISION YOURSELF IN THE FUTURE



Close your eyes and imagine yourself in an outdoor career, 10, 20 or even 30 years from now. You love your work, and you're a leader in the field. All your dedication has made the world a better place, and you're inspiring other Girl Scouts to do the same.

A popular magazine wants to highlight you and your success! Envision the cover of the magazine: What's the name of the magazine, and what does the headline say? Where are you photographed? What are you wearing and doing in the photograph? Is there a quote from you on the cover? Think about what this magazine cover would look like, then create a visual representation of it—like a sketch, collage or digital art.



Track your progress to reach the Outdoor Career Exploration: Trails to Your Future patch requirements. You can find full requirements in the patch introduction.

**READ INTERVIEWS**

**CALLS TO ACTION**

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

**DIVE DEEPER ACTIVITIES**

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

What I did: \_\_\_\_\_

We'd love to hear about your experience. Email us at [outdoorprogram@girlscoutsosw.org](mailto:outdoorprogram@girlscoutsosw.org) or use #gsoutdoors and tag us (@girlscoutsosw) on social media.

Purchase your patch through the GSOSW shop, then add it to the back of your vest or sash. Congratulations!



**READY TO KEEP EXPLORING?**

Use these resources to guide you:

- [GSOSW Hike Selection Guide](#)
- [Outdoor badges](#)
- [GSOSW Patch Programs](#)
- [Girl Scout Ranger Program](#)