

Scout and Venturer Scout Milestones Supporting Personal Reflections



The purpose of the Milestone Personal Reflection is to assist Scouts and their mentors to identify personal development that has occurred by participating, assisting and leading activities as part of the completion of an Achievement Pathways Milestone.

The following questions provide some starting points for a discussion during a Milestone Personal Reflection. Feel free to use these, add to them, or change them to suit the needs of the individual in their reflection.

Personal reflection discussions should be quite short, can be conducted by youth and adults, and be as natural as practical. In addition to these questions, the SPICES cards and Scout Method Flash cards may be useful.

These questions should not be thought of as a tick list where all questions must be answered in order for a Scout to achieve Milestones. Instead, these question prompts are designed for you to select ones that will help the Scout think about their experiences in Scouting and how they have developed. You are encouraged to adapt and change these questions, rephrase them, ask follow-up questions, and develop your own, to suit the situation and individual Scout.

It is useful for discussions to be held based on an activity or camp, rather than a hypothetical event or experience. Encourage Scouts to give examples.

Some Scout Question Prompts:

- How have you been true to your spiritual beliefs?
- What was your favourite adventure in the last few months? What makes you say that?
- Can you tell me about the best [Community, Creative, Personal Growth, Outdoor] Challenge you have been a part of? Why was this the best one?
- The Australian Scout Promise starts with 'On my honour'. What does this mean to you?
- The Australian Scout Law says Be Respectful, Do what is Right, Believe in Myself. What do these mean to you?
- What have you learnt through assisting and leading activities? How does leadership differ between games, activities, and outdoor adventures such as camps?
- Describe how you live by the values of the Scout Law and maintain the Unit Code.

Some Venturer Scout Question Prompts:

- Which of the activities completed during the achievement of this Milestone do you believe has best developed some life skills for you?
- How has your understanding of the Australian Scout Promise and Law developed over the journey of completing this Milestone?
- What impact does the Unit Code have on the way you go about your daily life?
- Describe your leadership development during this Milestone.
- Which development area (SPICES) do you think you need to work on further? How might we, as the Unit, be able to support you in this?
- In what ways have you utilised the Scout Method during this Milestone journey?
- What actions have you taken to ensure all members of the Unit, and any guests, are included in the activities and adventures?
- How would you adjust the Unit program to promote greater community involvement, outdoor activities, creative experiences, individual growth opportunities in the future?

On the next pages you will find some questions that relate to the Educational Objectives (SPICES) of Scouting that may be used in reflections.



Scout and Venturer Scout Question Prompts



Social Development

Social development refers to belonging to a group, one's relationships with others, and understanding differences between people in small groups of peers, as well issues of diversity and inclusion in larger communities.

	11-15 year-old	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
Becoming Aware	I consistently demonstrate appropriate behaviour in different situations	I address personal strengths and opportunities for growth	<p>In what ways did your actions contribute to the success of the patrol that you were a member of?</p> <p>How does your behaviour change to suit different situations?</p> <p>Can you describe your strengths, and the strengths of others, that contribute to successful patrol dynamics?</p> <p>How do you work with others? What does inclusion mean to you?</p>
	I adhere to the rules of the group I implement the responsibilities assigned to me	I encourage the participation of all members and recognise their strengths	
Interacting with Others	I am open to different opinions and lifestyles	I have an inclusive approach and I recognise and challenge prejudices and bias	<p>How could you support a group of people to be collaborative and work as a team? How would you identify this need?</p> <p>Tell me about the role you took as a team member in this activity. What strategies did you use to lead/teach someone in the group?</p> <p>What have you learned about keeping yourself and others safe by being involved in the activities this program cycle? What was your active role in this?</p>
	I work effectively in small and large groups in various roles and tasks	I can assume the role of leader (mediator, tutor, mentor, teacher, instructor, supporter, adviser) in a group	
Developing Relationships and Networks	I work with a diverse group of people and develop support networks	I contribute to and recognise the benefits of wider networks	<p>How can you keep more people engaged in an activity to complete a task?</p> <p>What benefits of developing a network of people you can trust, beyond your friendship group, can you describe?</p> <p>Why is it important for a network of people to be diverse? What does diversity mean to you?</p> <p>What are some social areas of growth you could develop personally? How will you go about this?</p>
	I identify and address the requirements for personal safety and support for myself and others	I identify, promote and address personal safety and support for oneself and others, especially those who may be at risk	

Scout and Venturer Scout Question Prompts



Physical Development

Physical development refers to one's understanding of their body, including active care for health, wellbeing, and the pursuit of physical skills and fitness.

	11-15 year-old	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
Being Healthy and Fit	I respect my body and that of others and I understand the importance of good personal hygiene	I understand good sexual health and safe practises I reflect on my mental health and what I can do to maintain a balance that's right for me	What does having respect for your body mean? What does showing respect look like, sound like, and feel like? How did you ensure your patrol ate nutritional meals on the weekend's adventure? What do you know about good food choices appropriate for people who are doing weekend activities? In what ways have you demonstrated good hygiene practices when on Scouting adventures?
	I demonstrate an understanding of, and take responsibility for, my nutritional need, good food choices and fitness requirements	I understand the effect of drugs and substance abuse on the body	Tell me about resources you can access if you are worried about your own or a friend's mental health? <i>In this discussion, be conscious about the mental health needs of the person you are talking to. The main concern is that young people look out for each other, and know how to access help (through people and/or resources including online and helplines) if they are concerned about themselves or others.</i> How have you ensured the personal safety of yourself and others in your patrol or unit?
	I recognise the physical and physiological changes which are happening in my body as it develops	I understand and demonstrate the importance of the prevention of illness and injury and the principles of first aid	What does a healthy relationship look like and feel like? What would you do if you thought you or a friend were in an unhealthy relationship? Where could you find additional resources or get help? How should adults and young people keep themselves safe in relationships? Do you know how to get support if you are unsure about sexual health or a maintaining a healthy relationship? <i>Be sure this conversation doesn't become a one-way "lecture" and that you are not imposing your own opinions on the Scout. We are simply encouraging youth to have good concepts of being in healthy relationships (from both physical and mental / emotional perspectives), and have identified a trusted person to turn to, or are aware of how to access free counselling such as through a help line, GP or local council resources.</i>
Being Adventurous	I participate in and help to plan new and active activities, providing actionable feedback about activities I participate in.	I undertake adventurous, challenging and new physical activities and seek to continuously improve my skills	Substance abuse is a big issue for young people today. How could you go about protecting yourself from falling into the social pressures of engaging in these activities? <i>Don't forget this could be legal or illegal substances (eg alcohol, illegal drugs, prescription drugs, dangerous levels of caffeine) that could be abused. The discussion could also be about turning to drugs to deal with mental health issues, including those undiagnosed, and what other options are available instead of this.</i>
	I actively assess and mitigate risks associated with activities I demonstrate an understanding of minimal impact principles	I actively assess and mitigate risks associated with activities I practice minimal impact	In what ways have you tried new and challenging activities in Scouts this year? How have you influenced activities and/or given feedback? How have you contributed to ensuring everyone's safety on Scouting adventures? What do you understand about the minimal environmental impact approaches to Scouting in the outdoors? What's your contribution to its success?

Scout and Venturer Scout Question Prompts



Intellectual Development

Intellectual development refers to one's ability to think, plan, innovate, review and be creative, applying information, knowledge, and skills in new and different circumstances.

	11-15 year-old	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
Acquiring new information	I actively seek new experiences to develop and expand my skills and interests	I actively pursue personal development opportunities and share information, knowledge and skills with others	How do you go about developing new or existing skills? How much are you prepared to improve yourself? In what ways have you encouraged or taught friends or other Scouts about something you are good at?
Showing Initiative	I make evidence backed decisions by analysing situations from different perspectives and applying problem solving techniques	I seek innovative solutions to challenges by gathering evidence, analysing situations from different perspectives and applying problem solving techniques	Why is it important to use evidence to support the decisions you have made to solve a problem? Tell me about a time you have done this recently in Scouts. In what ways do you consider different perspectives on a situation, and come up with alternative solutions? How do you deal with changes to plans? How have you supported another patrol member who have difficulty dealing with change?
Being Adaptable	I respond to changing circumstances and make contingency plans	I demonstrate flexibility, adaptability and contingency planning	How do you manage situations in which plans have to change? How are you adaptable and responsive? Can you give an example where you, your patrol, or the unit had to put in place a contingency plan? What makes the Plan>Do>Review> cycle a useful tool to run an activity, game, or adventure? How do you contribute to the Review stage?
Planning and Reviewing	I develop appropriate plans including contingencies I implement the Plan>Do>Review> cycle	I undertake planning at various timescales I critically reflect using the Plan>Do>Review> cycle for projects and activities	Tell me about times when you have undertaken long term and short term Plan>Do>Review> cycles.

Scout and Venturer Scout Question Prompts



Character Development

Character development refers to the pursuit of personal best. It includes positive attitude, responsibility, respect, and making an effort beyond what benefits the self. It encapsulates personal growth in the five other SPICES.

	11-15 year-old	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
Developing Identity	I review my behaviour and listen to and evaluate feedback from others	I review my behaviour and actively seek, listen to and evaluate feedback from others	When you think back over how you behaved on Scouting adventures, what did you notice? What might you change in the future? Note that "behaviours" need not be negative.
	I review my personal behaviour regarding doing my best	I challenge and monitor my performance	How well do you provide feedback to others about their behaviours? How do you respond to feedback from others about your behaviour? Give an example. Do you ever ask someone for feedback?
Showing Autonomy	I independently make and implement decisions and form opinions	I express my opinions assertively and take action when I believe it is necessary	How do you ensure that you give your best effort? Do you challenge yourself to try harder, or behave differently, to improve your behaviour and performance?
Demonstrating Commitment	I take responsibility for setting goals, the use of my time, and personal development	I actively pursue and review the achievement of personal goals I develop resilience through my experiences within and external to Scouting	How do you feel about ensuring your opinion is heard when your patrol is making a decision? Can you give an example? How do you feel about making your own decisions and taking action when you see a need to? Can you think of an example of when this has happened? How do you know that the goals you have set are challenging for you? When have you taken responsibility for your own personal learning or development? A good example might be being proactive to tackle another area of the Achievement Pathways. What does resilience mean to you? How have you developed resilience by participating, assisting, and leading Scouting adventures?

Scout and Venturer Scout Question Prompts



Emotional Development

Emotional development refers to the need for understanding of one's own emotions and the emotions of others. It includes awareness of how a person is feeling, expressing emotions in a positive manner, as well as respecting and supporting the emotional needs of others.

	11-15 year-old	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
Being Emotionally Aware	I am learning to manage my emotions, especially when responding to people around me	I can control my emotions and maintain a positive self-concept	<p>What do you do to make sure you have a positive outlook?</p> <p>Think of a time when you felt emotional about a situation at Scouts. It could be a positive or negative emotion. How did you respond? Did you feel in control? How did your emotions affect other Scouts around you? How did you go about getting on top of things if you felt a bit down?</p>
Expressing One's Feelings	I can manage my feelings appropriately and can talk about them with others	I can control and express my feelings appropriately and I know when and who I can talk to about these	<p>Who are some people that you can talk to about how you are feeling about an experience? Are you able to talk about the things that upset you as well as the things that excite you? What other emotions are worth talking to others about? Does talking to someone help you handle situations that are difficult or make you anxious? Anxiety or nervousness about an upcoming event or experience might be a good conversation point here.</p>
Showing Respect	I consider, respect and accept others and their point of view	<p>I accept, respect and understand that others may have feelings and opinions different to mine</p> <p>I recognise and support, where possible and appropriate, others who have specific needs</p>	<p>Talk about a time when you helped another person with a specific issue they were facing. What did you learn from this?</p> <p>How does it make you feel when your feelings or opinion is different from someone else? How do you normally react to this? What are the benefits of considering someone else's perspective on a situation?</p> <p>Describe a time when you have considered the needs of others and helped them out.</p>

Scout and Venturer Scout Question Prompts



Spiritual Development

Spiritual Development

Spiritual development refers to the development of a person's beliefs regarding their purpose in life, connection to others, place in the world around them, while respecting the spiritual choices of others.

	11-15 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
	I am beginning to explore different religions and belief systems, developing a sense of connection to others, and taking time to stop and reflect	Compare two religions that you have learnt about. What are the main points of difference and similarity? How would you describe your connection to the world around you? How did you experience this on our last outdoor adventure? Do you share these connections with others?
Exploring beliefs	I understand how common religious beliefs can be applied in daily life I understand non-religious concepts of the meaning of life, and how these can be applied in daily life I question my feelings and beliefs regarding my purpose in life	What are some different beliefs about the meaning of life, that you know about? Do these different beliefs make you wonder about your own existence? How do you use the Australian Scout Law to guide your daily life? What does it mean to you to make a promise on your honour? Have you experienced a time when you feel that you haven't lived up to your beliefs or the Australian Scout Promise? What did you do about this?
Stopping for reflection	I explain how spiritual beliefs, and the Australian Scout Promise and Law, guide my actions and understand the importance of surrounding myself with positive influences I understand how my spiritual beliefs guide my actions I have an understanding of how I am connected with others and the world	Provide examples of cultural awareness that you have developed. How can these be shared with others in your unit? How do you go about ensuring your life is influenced in a positive way? What could you do to help this? Tell me about some experiences you have had that show you how another culture or society lives. What have you learnt from these that might change the way you think about or do something?
Respect for others	I experience spiritual belief systems, religious or otherwise, other than my own I experience cultures other than my own I explain the value of diversity in my community	What are some other spiritual beliefs that others follow that you have experienced? What have you learnt from these? Why is diversity of people considered an important thing in a society? Can you describe a time you have been a part of a diverse group of people?
Being thankful	I explore beautiful places and reflect on nature's magnificence, and know that it is worth preserving I understand my cultural and spiritual heritage, and how these have shaped my life I understand that others may not have the same opportunities as I have had	What do you know of our indigenous culture? How have these aspects influenced our Australian way of life? How would you describe the outdoors and nature? Why is it important to get out into the outdoors regularly as part of Scouting, or even with other people? In what ways is it important to you for nature and the outdoor environments to be preserved? What does your cultural or spiritual background say about you? What are some of your beliefs that influence your relationships with other people? What are some of the opportunities that you are grateful for in life? How have you helped others who may not have had the same opportunities?

Scout and Venturer Scout Question Prompts



Spiritual Development

Spiritual Development

Spiritual development refers to the development of a person's beliefs regarding their purpose in life, connection to others, place in the world around them, while respecting the spiritual choices of others.

	14-18 year-old	Question prompts for use by Patrol Leaders, Unit Leaders, adult supporters, and subject matter experts in the Scout and Venturer Scout sections
	I am forming my own beliefs about my purpose in life, and improving my sense of connection to others and the world	<p>Compare two religions that you have learnt about. What are the main points of difference and similarity?</p> <p>How would you describe your connection to the world around you? How did you experience this on our last outdoor adventure? Do you share these connections with others?</p>
Exploring beliefs	<p>I understand how different religions shape an individual's worldview and the implications this has on society</p> <p>I understand how different non-religious beliefs shape an individual's worldview and the implications this has on society</p> <p>I possess a developing conception of my own spirituality</p>	<p>What are some different beliefs about the meaning of life that you know about? Do these different beliefs make you wonder about your own existence?</p> <p>How do you use the Australian Scout Law to guide your daily life? What does it mean to you to make a promise on your honour?</p> <p>Have you experienced a time when you feel that you haven't lived up to your beliefs or the Australian Scout Promise? What did you do about this?</p>
Stopping for reflection	<p>I express how my spiritual beliefs guide my actions in particular contexts and how they have developed over time.</p> <p>I express examples of when I have not lived up to my spiritual beliefs and explain how I can improve in future</p> <p>I express my beliefs about my connections with others and place in the world</p>	<p>Provide examples of cultural awareness that you have developed. How can these be shared with others in your unit?</p> <p>How do you go about ensuring your life is influenced in a positive way? What could you do to help this?</p> <p>Tell me about some experiences you have had that show you how another culture or society lives. What have you learnt from these that might change the way you think about or do something?</p>
Respect for others	<p>I experience spiritual belief systems in a deep way and explain spiritual beliefs systems other than my own to others</p> <p>I experience societies different to the one I am living in and show respect for those differences</p> <p>I participate in inter-faith or non-faith spiritual community events</p>	<p>What are some other spiritual beliefs that others follow that you have experienced? What have you learnt from these?</p> <p>Why is diversity of people considered an important thing in society? Can you describe a time you have been part of a diverse group of people?</p> <p>What do you know of our indigenous culture? How have these aspects influenced our Australian way of life?</p>
Being thankful	<p>I consider the impact of a deteriorating natural environment on those around me</p> <p>I understand the importance of acceptance and forgiveness in maintaining the relationships I have</p> <p>I am thankful for the opportunities I have had and start to help those who may not have the same opportunities</p>	<p>How would you describe the outdoors and nature? Why is it important to get out into the outdoors regularly as part of Scouting, or even with other people? In what ways is it important to you for nature and the outdoor environments to be preserved?</p> <p>What does your cultural or spiritual background say about you? What are some of your beliefs that influence your relationships with other people?</p> <p>What are some of the opportunities that you are grateful for in life? How have you helped others who may not have had the same opportunities?</p>