

Rover 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.

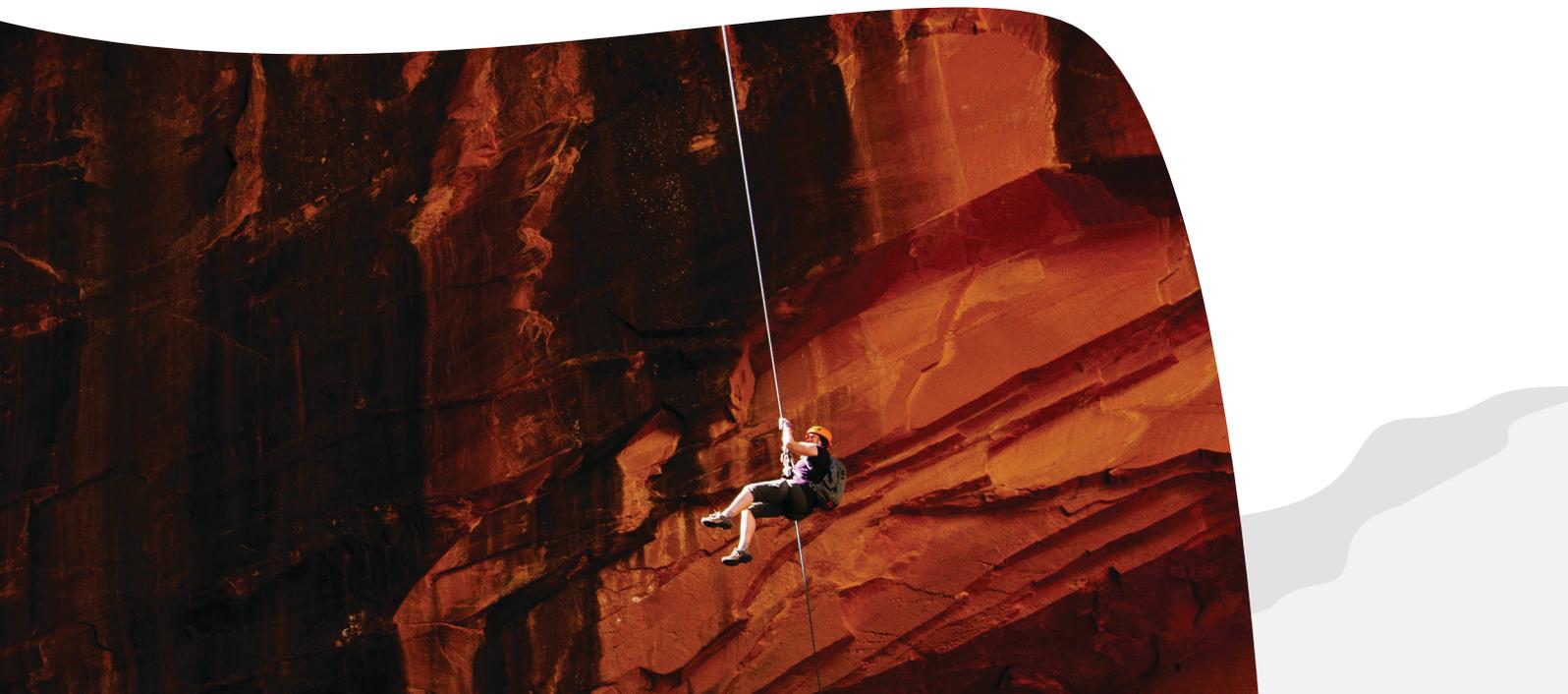
These questions should not be thought of as a tick list where all questions must be answered in order for a Scout to achieve Milestones. Instead, these question prompts are designed for you to select ones that will help the Scout think about their experiences in Scouting and how they have developed. 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, program cycle or camp, rather than a hypothetical event or experience. Encourage Rover Scouts to give examples.

Some Rover Scout Question Prompts:

- What has been your most significant learning experience so far in your Rover Scout experiences?
- How has your understanding of the Australian Scout Promise and Law developed or changed in meaning or significance to you, during this Milestone journey?
- How does the Australian Scout Law & Unit Code influence your life? Are there aspects that we need to focus on further as a Unit?
- Describe your leadership experiences and 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 elements of 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 rather than participation, 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.



Rover 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.

Becoming Aware	I identify and address bias and injustice, and practise and promote equality	What does diversity and inclusion mean to you? How do you ensure that the Scouting activities are inclusive? How does this influence your network building?
	I live according to my legal and ethical responsibilities	Describe a time that you experienced or observed an injustice or an inequality. How did you handle it?
Interacting with Others	I explore different lifestyles and embrace diversity	Describe your contribution to a patrol's community service project. How does your involvement in community activities contribute to creating a better world?
	I work as a part of a team, manage collective projects and serve actively in the local community, influencing the process of change	What do you notice about your patrol's team dynamics in the project you have recently been a part of? How did you influence the dynamics within the team? How do you build and maintain your support networks? When do you know if your network isn't working, and what do you do to address this?
Developing Relationships and Networks	I build and maintain meaningful relationships within diverse communities of different scales	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?
	I identify, promote and address personal safety and support for oneself and others, especially those who may be at risk	What are some basic tenets you should follow when establishing relationships with others in your unit? How important are these to you?

Rover 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.

Being Healthy and Fit	I take responsibility for making good lifestyle choices to ensure good mental health	In what ways do you take responsibility for your own physical health and understand your physical capabilities?
	I take responsibility for making good lifestyle choices to ensure good physical health	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 if they are concerned about themselves or others.</i>
	I am aware of the biological processes which regulate my body I protect my health and accept my physical capabilities	What does a healthy relationship look 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? In what ways have you led and participated in new and challenging activities in Scouts this year? In what ways have these adventures challenged you in new and interesting ways?
Being Adventurous	I take part in and lead physical expeditions and adventurous activity that challenge me physically and intellectually	How have you contributed to ensuring everyone is safe on Scouting adventures? What have you learnt about assessing and mitigating risks?
	I actively assess and mitigate risks associated with activities I support and practice the principles of minimal impact activities	What do you understand about the minimal environmental impact approaches to Scouting in the outdoors? What's your contribution to its success?

Rover 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.

Acquiring new information	I undertake training and gain new skills and knowledge to assist personal development, education and employment	What are some of the more formal or specialised vocational and personal education and training you have completed, or are working towards? In what way do you plan on using these qualifications? Do you see a use for certificates of learning you can obtain in the Scouts Australia Woodbadge Training Scheme?
Showing Initiative	I respond creatively to diverse situations through demonstrating capacity for thought, innovation, adventure and resourcefulness	<p>What does innovation mean to you? Discuss some examples of your innovations.</p> <p>What does creative problem-solving look like to you? Tell me about a situation in the last program cycle in which a creative approach to solving the problem was required. How did you make good use of resources, including the ideas and expertise of people around you?</p>
Being Adaptable	I review and adapt projects and activities in response to change	How does Plan>Do>Review> apply to the lifecycle of large or longer timeline projects you undertake, inside or outside of Scouting? It might be worth discussing projects that require multiple Plan>Do>Review> cycles within the bigger project.
Planning and Reviewing	<p>I undertake and continually review planning at various timescales</p> <p>I routinely apply the Plan>Do>Review> cycle to all aspects of life</p>	In what ways do you use a Plan>Do>Review> approach in other aspects of your life?

Rover 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.

Developing Identity	I reflect on, and seek feedback from others on my behaviours, and the impact of my behaviours on myself and others	Describes times when you have sought feedback from others about your behaviour or performance on a patrol or unit adventure. Do you consider specifically how your behaviour and performance affects others, or your own outcomes? <i>Remember, 'behaviour' doesn't need to be a negative behaviour.</i>
	I critically reflect on my performance	When have you provided feedback to others? How do you know if your feedback was effective?
Showing Autonomy	I independently form opinions and choices, accept the consequences of my actions and respect the opinions and decisions of others	When do you Review your own contributions and consider if you need to go about things differently in the future?
		How do you feel when someone makes a decision that could affect you or the outcomes of your group that you don't agree with?
Demonstrating Commitment	I monitor my lifestyle, resilience and personal goals, and am considered a role model to others	Do you own your own decisions even if they don't work out? Give an example.
		How have you developed your own resilience? What are some ways you have supported others to develop their own resilience?
		The way in which you lead your life is seen by others every day. How do you see yourself as a role model? What would you like people to know about your lifestyle, personal development goals, and resilience?

Rover 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.

Being Emotionally Aware	<p>I can manage my emotions in different situations, including when I am outside my comfort zone</p> <p>I can recognise when others need emotional support and offer suitable assistance</p>	<p>What are your strategies for managing your emotions? Do you find yourself thinking differently about how to cope with your emotions in different situations? Can you tell me about a new adventure that required you to handle a difficult emotional response?</p> <p>How have you supported others with their emotional needs?</p> <p>What areas of your own emotions do you need to further develop to be more autonomous? How will you go about this?</p>
Expressing One's Feelings	<p>I demonstrate emotional and social maturity</p> <p>I give and receive constructive feedback and know when to ask for assistance</p>	<p>Have you given helpful feedback on others emotional responses?</p> <p>Describe times when you have sought feedback from others about how you feel about a situation.</p>
Showing Respect	<p>I accept, respect and can empathise that others may have feelings and opinions different to mine, and I adjust my behaviour appropriately</p> <p>I demonstrate an awareness of mental health issues, and understand how to support those in need.</p>	<p>What does empathy mean to you? How is empathy different to compassion? Provide some examples.</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? How do you adjust your reaction when this happens?</p> <p>Describe a time when you have considered the mental health needs of others and helped them out?</p>

Rover 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.

	I am able to express beliefs about my purpose, respecting those of others, and understanding how my beliefs influence my actions	Describe a time when your spiritual beliefs, or your own internal compass, have influenced your actions? Can you describe a morally difficult situation when this became helpful, or challenged you?
Exploring beliefs	I engage in informed discussion on the role of religions in society I engage in informed discussion on the role of non-religious systems of spiritual belief in society I continue to explore and express my spirituality and understand how this influences my life	As an adult, how has your understanding of the role of religions in society changed from when you were younger? What about the role of non-religious spiritual connections that you or others might relate to? How do your own beliefs fit with the Scout Promise and Scout Law? How have they helped you make decisions in your life? Do you see your beliefs changing and evolving in the future?
Stopping for reflection	I express the reasons I have arrived at my current spiritual beliefs and how these combine with the Scout Promise and Law to guide me through my adult life I articulate my plan for further developing and adhering to my spiritual beliefs in the future I engage with others in gaining their own understanding of their connection with others and place in the world, and reflect upon how my understanding of this informs my actions	How do you support others to develop their own spiritual beliefs and connections? Do you encourage others to respect and understand other cultures and beliefs, even different ones from your own? What projects have you contributed to that help foster cross-cultural understandings and respect?
Respect for others	I contribute to a culture of understanding and respect towards religious and spiritual beliefs that are different from my own I contribute to a culture of understanding and respect towards societies and cultures that are different from my own I contribute to a culture of mutual understanding and respect in a multicultural community	In what ways do you see yourself as a Messenger of Peace? How have you contributed to the preservation of our natural environment? How have you encouraged others to when on outdoor adventures? How have your relationships with a variety of people influenced your life? Describe times when intergenerational projects have led to good outcomes where a variety of experiences have contributed to the project.
Being thankful	I care for the natural beauty of the world through my actions I articulate how the relationships I have shape my life and express thanks to those who support me I provide opportunities for development and growth for others	How have you supported others to grow and develop within Scouting?