

Congressional Award 2016 Gold Medal Program Book

The program book consists of biographies from *every* Gold Medalist. As there are over 250 Gold Medalists every year, we ask that you complete your biography for the program book. The biographies should use the format listed below in **FIRST Person (maximum 175 words)**. If you completed a lot of different activities in one area, we recommend choosing the activity or goal that you are most proud of and that really showcases what you accomplished and/or learned. Biographies are featured in Press Materials and are used in the Ceremony Script. A sample biography is shown below; please try to use follow this format as closely as possible. **We do reserve the right to edit as needed.** If you have any questions or concerns regarding the biography, please contact the National Office at 202/226-0130 or Gold@CongressionalAward.org. **If you do not submit a biography electronically by May 1, 2016, it will not be included in the program book (your name will however be listed).**

Submission Notes

Biographies should be submitted via online form by May 1, 2016:

<http://congressionalaward.org/2016gmc/>

Biography Format

- Please complete in **First Person** (*In earning my Award, I ...*)
- Maximum 175 words
- Include ALL four program areas

Medalist Name (as you would like it to appear in the Program Book)

City, State

Advisor: Your Current Advisor

Affiliations: (4-H, AmeriCorps NCCC, Army, Boy Scouts, Girl Scouts, HOBY, Migrant Education, People to People International, State Council, etc.)

- Please complete **two** sentences regarding your Voluntary Public Service activities.
- Please complete **two** sentences regarding your Personal Development activities.
- Please complete **two** sentences regarding your Physical Fitness activities.
- Please complete **two** sentences regarding your Expedition/Exploration activities.
- You may add an additional sentence regarding your overall experience in the Congressional Award.

Sample Biography

Dana Smith
Virginia Beach, Virginia
Advisor: Jane Miller

To earn my Congressional Gold Award I completed over 400 hours of Voluntary Public Service work at my local food bank. I worked on-site and also around the community educating people on the severe hunger issues our nation is facing. For Personal Development, I took Italian lessons three times a week, and studied on my own. I am now an intermediate Italian speaker. For my Physical Fitness portion, I decided I would train for and run in a 10k race. I began with one mile and gradually increased my distance until I could run the whole 10k. Finally, for my Expedition I planned a five-night camping trip in the Blue Ridge Mountains. While camping we went on hikes, photographed wildlife and learned how to cook over a real fire! I had an amazing experience earning my Congressional Award Gold Medal, and learned that I really can do anything I set my mind to.

Ceremony Script Note

If you are attending the Gold Medal Ceremony and have a goal/activity that you are specifically proud of, you may add a sentence (in third person) about the goal and we may include it in the Gold Medal Ceremony Script. We cannot guarantee the addition, but it will help us determine what you would like to be highlighted at the Ceremony.