



# THE CONGRESSIONAL AWARD

## STEM STARS TOOLKIT

### About the Congressional Award Program

The Congressional Award is a public-private partnership created by Congress to promote and recognize the achievements of young Americans. The program is non-partisan, voluntary, and non-competitive. Open to youth ages 14 to 24, the Congressional Award challenges youth to set goals in four program areas: Voluntary Public Service, Personal Development, Physical Fitness, and an Expedition or Exploration.

### What is a STEM Star?

The STEM Star initiative inspires young people to explore STEM-related activities while earning their Award. We encourage you to engage with STEM, explore areas of interest, and foster a lifelong interest.

**STEM Stars are awarded to participants who have completed at least one STEM related activity for a goal during any level of the Award.** Once a participant applies and is approved for their Award, they will receive their STEM Star pin with their certificate or medal.

Opportunities and events will be available to STEM Stars throughout the year. Students are given the opportunity to hear from STEM-focused speakers and get additional exposure to experts and professionals in this important field.



The Congressional Award | Congress' Award for Youth  
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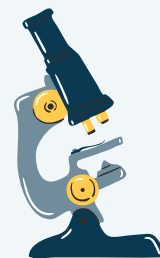
### Earn Your STEM Star

#### STEP ONE Identify your STEM activity and determine its program area.

STEM activities can be achieved through all four program areas: Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.

Check out these examples of activities to get inspired:

- Science- Being a volunteer researcher at a non for profit lab.
- Technology- Taking coding classes for personal development.
- Engineering- Learning how to build a computer on your own.
- Math- Volunteering as a math tutor.



#### STEP TWO Keep track of your hours and months.

We recommend keeping a log of the hours you actively worked with a STEM activity. This will help you fill out your Record Book on Submittable.

A journal is also a useful way to reference any work in STEM you have done when submitting your Record Book, sharing your STEM Star Story for the Award, or even applying to college and jobs.

#### STEP THREE Add your STEM activities to your Record Book in Submittable.

When submitting your Record Book for review, add your STEM Star activity to the correct program area and answer the following questions:

1. Did you complete any STEM activities for any of the program areas?
2. Would you like to be mailed a STEM Star pin?

If you need help submitting, be sure to check out our new Submittable Guide.





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**Submit your STEM Stars story!**

If you participated in a STEM activity to earn your Award, we would love to hear about it! Your story could inspire others to incorporate STEM into their own Award journey. **Submit your STEM Stars story [here](#)!**

### CAFÉ RADIO PODCAST

**INTRODUCING STUDENTS TO FUTURE CAREERS**  
DC Radio | The Congressional Award | Eliot-Hine Middle School

Check out our STEM Pathway to Career episode with Swati Bhageria, a former Congressional Award Gold Medalist.

[LISTEN HERE](#)



**Ep 3: Swati Bhageria**  
FACEBOOK INTERN, UMICH STUDENT,  
FORMER AWARD GOLD MEDALIST



### Contact the Award

If you have questions, please contact:  
[information@congressionaward.org](mailto:information@congressionaward.org)

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