**Personal Growth**

1. Be in Grade 7 or its equivalent.
2. a. Develop your devotional life by studying the Weekly Devotional Guide (weeks 27 – 39) and the book of Acts utilizing printed or electronic resources.
   b. Journal your thoughts by asking these questions:
      - “What did I learn about God?”
      - “What did I learn about myself?”
      - “How can I apply this to my life today?”
   You may journal through writing, drawing or electronic process.
3. a. Memorize the Pathfinder Pledge.
   b. Illustrate your understanding of the Pathfinder Emblem.
4. Learn the meaning of the Pathfinder Emblem.

**Spiritual Discovery**

1. Learn how to use a Bible concordance by selecting two topics and/or words to discover how it is used in the Bible.
2. Memorize a Bible text (not previously learned) for the following subjects:
   - Prayer
   - Doctrine
   - Behavior
   - Salvation
   - Relationships
   - Promises/Praise
   - Great Passages
4. a. Learn about eight missionaries (to at least four continents) who served during the Seventh-day Adventist mission expansion (1900 to 1950).
   b. On a world map, plot their country of service.
   c. Make a presentation about your favorite missionary.

**Making Friends**

1. Participate in a panel discussion or skit on peer pressure and its role in your decision making.
2. Fulfill requirements #1, #11, #12 and #14 of the Christian Grooming and Manners Honor.

**Health and Fitness**

1. Learn the value of exercise, fresh air & sunshine, by:
   a. Giving two reasons why physical fitness is important.
   b. Explaining the relationship between proper diet, exercise, and weight control.
   c. Explaining the benefits of fresh air and sunshine.
   (a & b fulfill requirement #7 of the Christian Grooming and Manners Honor)
2. Earn the Basic Rescue Honor.
3. Complete the Basic Water Safety Honor, if not previously earned.

**Outdoor Living**

1. Earn the Knot Tying Honor.
2. Earn the Camping Skills III Honor.

**Nature Study**

1. a. Review the Genesis account of the flood.
   b. Read a book about fossils and the biblical flood.
   c. Study at least three different fossils, explain their origin and relate them to breaking God’s laws.

**Advanced for Personal Growth**

1. Be familiar with the community services in your area and give assistance for at least four hours.
2. Participate in at least two church programs for a total of four hours.

**Advanced for Serving Others**

1. Complete Explorer requirements.
2. Make a personal visit to a sick person or shut-in and follow up with a phone call, letter, card, email, or text message.

**Advanced for Making Friends**

1. Complete Explorer requirements.
2. Complete Christian Grooming and Manners Honor, if not previously earned.

**Advanced for Health and Fitness**

1. Complete Explorer requirements.

**Advanced for Nature Study**

1. Complete Explorer requirements.
2. Weather/Ferns Record and graph the weather for two weeks at 12-hour intervals. Include temperature, moisture, cloud formation and wind direction. OR...