**Personal Growth**

1. Be in Grade 9 or its equivalent.
2. a. Develop your devotional life by studying the Senior Weekly Devotional Guide (weeks 1 – 26) and the book of Romans utilizing printed or electronic resources.
   b. Journal your thoughts by asking questions like:
      • “What did I learn about God?”
      • “What did I learn about myself?”
      • “How can I apply this to my life today?”
      • “What in this text is meaningful to me?”
      • “What is the theme in the verses I read?”
   You may journal through writing, drawing or electronic process.
3. Memorize the AY Aim.
4. Illustrate the meaning of the AY Aim in an interesting way.

**Spiritual Discovery**

1. Review the Biblical reasons for the 28 Fundamental Christian Beliefs of the Seventh-day Adventist Church.
2. Memorize five Bible texts that support one of the 28 Fundamental Beliefs.
3. Prepare and present a Bible study on one of the 28 Fundamental Beliefs.

**Making Friends**

1. Discuss the needs, plan and participate in an activity for physically challenged individuals.
2. Fulfill requirements #3, #5 and #6 of the Stewardship Honor.

**Advanced for Making Friends**

1. Complete Voyager requirements.
2. Complete the Stewardship Honor, if not previously earned.

**Health and Fitness**

1. Earn the Physical Fitness Honor, if not previously earned.
2. Earn the CPR Honor.
3. Complete the Basic Water Safety OR Beginner Swimming Honor, if not previously earned.

**Advanced for Health and Fitness**

1. Complete Voyager requirements.
2. Participate in a lifestyle fitness program for your age such as:
   - President’s Challenge Active Lifestyle Program
   - Live Healthy Bermuda Kids
   - Or similar program

**Nature Study**

1. a. Read a book or at least four articles on Intelligent Design in nature.
   b. do one of the following:
      - Review the story of Nicodemus and relate it to the lifecycle of the butterfly.
      - Draw a lifecycle chart of the caterpillar giving the spiritual significance.
      - Watch a video relating to Intelligent Design and discuss its spiritual significance.
2. **House Plants/Moth & Butterflies**
   Raise a plant using hydroponic principles. **OR** Draw, collect or photograph 10 species of butterflies, and identify correctly.

**Serving Others**

1. Fulfill requirements #1, #2 and #3 of the Identifying Community Needs Honor.
2. Fulfill requirement #4 of the Identifying Community Needs Honor.

**Advanced for Serving Others**

1. Complete Voyager requirements.
2. Complete the Identifying Community Needs Honor, if not previously earned.

**Outdoor Living**

1. Earn the Fire Building & Camp Cookery Honor.

**Advanced for Outdoor Living**

1. Complete Voyager requirements.
2. Complete one of the following honors not previously earned:
   - Orienteering
   - Camp Craft
   - Backpacking
   - Winter Camping
   - Hiking

**Honor Enrichment**

1. Complete one honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)
2. Complete one honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)