

PLEASE TYPE OR PRINT NEATLY

Northern California DeMolay Application for the



REPRESENTATIVE SWEETHEART AWARD

Name in Full _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Bethel/Assembly Name _____ Location _____

I hereby certify on my honor, as a DeMolay Supporter, that the facts given in this form and accompanying documents presented by me are true and accurate, and that all statements given by others attached to this record are, to the best of my knowledge, true and accurate. If granted this distinction, I furthermore pledge on my honor as a DeMolay Supporter that: (1) I will to the best of my ability, continue to put the ideals of DeMolay into practice in my daily life; (2) each year hereafter I will endeavor to help at least one DeMolay Supporter to qualify as a Representative Sweetheart, and; (3) should I feel that I have proven myself unworthy of this honor, I will, on my own initiative voluntarily return the insignia of this distinction to the Executive Officer for Northern California DeMolay.

Signature of Applicant _____ Date _____

The Advisory Council hereby approves and submits this record on behalf of this chapter for consideration and recommends the above named DeMolay Supporter as one who would, in all respects, reflect credit upon the Order as a Representative Sweetheart if her qualifications, as set forth herein, should be deemed sufficient to merit that distinction. This applicant has filled out this form to the best of her ability to show that she is a well rounded

Signed _____ Signed _____
Advisory Council Chair or RD Advisor Sweetheart Advisor

Print name _____ Print name _____

If granted, send regalia to (Advisor name and address):

This form reflects the standards and requirements for the Representative Sweetheart Award in the Jurisdiction of Northern California and supersedes all prior versions. Applicants in other jurisdictions should contact their Executive Officer for appropriate application materials. Northern California applicants with questions about this award or this form may contact the Northern California DeMolay Office @ 1-800-439-6232

INSTRUCTIONS

The Representative Sweetheart Award is one of self-evaluation. You are given the opportunity to review your own accomplishments in the past as you look forward and plan for the years before you. You should find those qualities that are your strengths and also note those areas in which you need improvement to achieve a well rounded personality. This application will ask you to consider six major areas:

- | | |
|--|---|
| <input type="checkbox"/> Mental Development | <input type="checkbox"/> Emotional Development |
| <input type="checkbox"/> Physical Development | <input type="checkbox"/> Spiritual Development |
| <input type="checkbox"/> Social Development | <input type="checkbox"/> DeMolay Activity |

Take this opportunity to learn about yourself seriously, and plan to take action on what you learn. You may find it helpful to seek the opinions of others, such as advisors, family, sisters and friends as you evaluate your progress in these areas.

You are required to give a Personal Rating in each area (excellent, above average, average, fair, or needs improvement) to become a Representative Sweetheart. Your application will be judged not solely on your current level of accomplishment, but also on the thoroughness and honesty of your self-evaluation.

Please note:

1. Typewritten or computer printed forms are requested. If you must handwrite your form, **PRINT NEATLY** in **INK**. Illegible forms, or forms completed in pencil will be returned.
2. Please check your work. ***Neatness, spelling and grammar are important.*** Responses should generally be complete thoughts and in complete sentences.
3. You are welcome to attach additional pages for extended responses to any questions, or other supporting materials for your application. Any statements or other material attached with this form should be on 8¹/₂ x 11 sheets. All materials should be labeled with your name and attached to the original form. Since the Representative Sweetheart Award is only offered at camp, supporting materials are not required.
4. Submit **copies** of supplementary materials instead of originals, as no material will be returned.
5. Please check to see that all required attachments and signatures are included before submission. You should answer all the questions to the best of your ability. Do not leave blanks anywhere on the form. If a question does not apply mark it with "N/A". Incomplete forms will not be evaluated.

4. **Non School Courses.** Have you been engaged in the past twelve months in some organized and directed activity outside school work, such as music, art, reading course, dramatics, public speaking, Scouting or the like? **YES** **NO**

What, if any, courses have you taken outside of school in the past twelve months? What diploma, certificate, or honors have you received for such study?

II. GENERAL KNOWLEDGE FROM MEDIA. Receiving knowledge from the media is of great value to all individuals throughout their entire lifetime. The selection of media should include several of the categories listed below.

1. Give an example of something you've learned about recently in as many of the following categories as you can. List the title and type of media (radio, television, books, films, etc...) from which you learned about it:

Biography _____

Government _____

History _____

Science _____

Religion _____

Business/Economics _____

Psychology _____

Career _____

Sociology _____

Drama _____

Poetry _____

Philosophy/Ethics _____

2. How do you usually get news regarding what is happening in your community, state, nation, and world? Indicate any newspapers, magazines, internet news services, etc... that you regularly read.

3. Do you read for personal enjoyment (that is, reading not assigned to you, like class reading)? If so, indicate what kind of materials you most often read and how often:

4. List two books you have read for school or for your own pleasure within the last year that you most enjoyed and tell why:

1.

2.

III. CURRENT EVENTS. A Sweetheart should be well-informed on the events of the day.

1. In each of these areas, list the event of the past 12 months that was, in your judgment, most important. State the reasons for your choice in a few short but complete sentences.

a. Internationally

b. Nationally

c. Our state

d. Your community

IV. NATURE INTERESTS. A Sweetheart should be aware of his natural environment and conscience of ecology and the need to care for our natural surroundings.

1. What activities (science study, outdoor activities, volunteer activities) are you involved in that give you the opportunity to develop an interest in nature?

2. What areas of nature/life science particularly interest you? Why?

3. In your opinion, what is your personal responsibility in caring for nature and our environment? How does your behavior reflect your belief?

V. CAREER. A Sweetheart should be giving careful attention to his present or future career.

1. In what career(s) are you most interested? Why?:

PLEASE TYPE OR PRINT NEATLY

2. What have you done to learn about careers and your possible qualifications for them? Include study, related employment or volunteering, speaking with people in the career, and so on.

VI. TECHNICAL KNOWLEDGE AND SKILLS. A Sweetheart should have some knowledge of the uses and workings of technology, and how we may benefit from them.

Give examples of your ability to use computer technology, such as computer software you are familiar with, programming or coding you can do, web design or other computer-related activities or interests.

Describe any technical or mechanical skills you've developed. Include such things as computer assembly and repair, electronics repair, auto work, sewing, craft or trade skills.

Personal Rating for Section One: MENTAL DEVELOPMENT:

Excellent Above Average Average Fair Needs Improvement

What do you think is your greatest strength in this area?

What's one thing you'd like to do to improve in this area?

Section Two: PHYSICAL DEVELOPMENT

I. PHYSICAL ACTIVITIES. A Sweetheart should be interested in physical activities and actively participating in a variety of them to insure physical vigor and vitality. This does not necessarily mean being an athlete in an organized sport. (Copies of photographs, press notices, certificates, etc., bearing upon any of your physical activities may be attached to this report.)

1. **Work Providing Physical Activity.** Describe how you engaged in work (employment or chores) requiring regular muscular activity that contributes to physical fitness:

2. **Outdoor Life and Recreation.** Do you participate regularly in outdoor activities? **YES** **NO**

Check any of these activities you have participated in. Under remarks, note any of these activities in which you are regularly involved, or have had special training or achievement.

- | | | |
|---|---|--|
| <input type="checkbox"/> Archery | <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Trap Shooting |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Dance | <input type="checkbox"/> Sailing |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Skateboarding |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Rock Climbing | <input type="checkbox"/> Skating / Rollerblading |
| <input type="checkbox"/> Dirt Bike / Off Road | <input type="checkbox"/> Rowing | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Running | <input type="checkbox"/> Surfing / Bodyboarding |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Other |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Tennis | |

Remarks:

3. **Swimming.** Can you swim? **YES NO** How often do you swim?

List any swimming instruction, water safety, life guarding, or similar training you have had.

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4. **Organized Sports.** Have you actively participated in at least one organized sport such as football, softball, basketball, baseball, soccer, hockey, track and field, gymnastics, swimming, tennis, boxing, racquetball, fencing, etc...?

List teams for which you have played (school, church, community, pick-up, DeMolay, etc...):

Sport:	Team Name:	Year(s):

List any letters, honors, awards, leadership positions, etc., you have obtained for these activities:

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5. **Other Exercise.** List other ways you exercise regularly, such as a personal fitness program, running or walking, weightlifting, etc...:

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4. What are your thoughts regarding the use of drugs, alcohol, tobacco, and their effects upon the body and behavior?

Personal Rating for Section Two: *PHYSICAL DEVELOPMENT:*

Excellent	Above Average	Average	Fair	Needs Improvement
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What do you think is your greatest strength in this area?

What's one thing you'd like to do to improve in this area?

Section Three: SOCIAL DEVELOPMENT

I. HOME RELATIONSHIPS. A Sweetheart should have an attitude of thoughtfulness and cooperation in the home and display it in his home relationships

1. **Home Responsibilities.** Show that you accept and discharge responsibility for regular home duties when you are at home and/or that you are contributing from your earnings toward the support of the home. What duties around the home are you regularly responsible for (auto care, yard, farm duties, contribution to support of home, chores, etc...)?

II. INTERPERSONAL RELATIONSHIPS. A Sweetheart should be a trustworthy and loyal friend, and should work at developing meaningful relationships in his life.

1. What would you say are the most important traits of a good friend? Why?

2. How do you try to display those traits in your relationships with others?

III. SELF-EXPRESSION. A Sweetheart should express himself clearly and convincingly in public speech.

1. State what you have done to develop this ability in yourself, for example, participation in debates, oratorical contests, chapter discussions, radio broadcasts, proceedings of junior chamber of commerce, student council meetings, or other groups.

(Note: Clippings, programs, letters from instructors, others, etc. may be attached under supplementary materials at the end of the form.)

IV. CITIZENSHIP. A public-spirited citizen should be willing to render such public service as is in his power.

1. **Public-Spirited Citizens.** Name eight men or women whose recent work (within the last 5 years) entitles them to be called a public-spirited citizen, and state the reasons for your choice after each.

Two for service to the world	Reason

2. **Involvement.** To what public services have you been able to render assistance (e.g. community improvement, such as cleaning alleys or lots, planting trees, etc...)

Two for service to your country	Reason
Two for service to your state	Reason
Two for service to your local community	Reason

V. FINANCIAL RESPONSIBILITY. A citizen should develop skills to handle personal financial matters.

Financial Responsibility. Show that you have established habits of care and responsibility for your financial commitments.

- | | | |
|----------------------------------|-----|----|
| a. Do you have a job? | YES | NO |
| Receive an allowance? | YES | NO |
| Have any other source of income? | YES | NO |

Describe your employment, income, or responsibilities you fill to receive your allowance:

- | | | |
|--|----|---|
| b. Do you maintain a savings account? | YE | N |
| Do you pay for part or all of your own clothing expenses? | S | O |
| Do you pay for part or all of your own entertainment/leisure activities? | YE | N |
| Do you pay for part or all of your own car expenses/insurance? | S | O |

If you have graduated from High School, answer the following additional questions.

- | | | |
|---|-----|---|
| Are you living at home (with parents or guardians)? | YES | N |
| If so, do you pay rent or board? | YES | O |
| Do you have a checking account? | YES | N |
| Do you keep and follow a budget or spending plan? | YES | O |
| Are you much in debt (other than school loans)? | YES | N |

Describe how you manage your money or decide how to spend the income you receive:

Personal Rating for Section Three: SOCIAL DEVELOPMENT:

Excellent Above Average Average Fair Needs Improvement

What do you think is your greatest strength in this area?

What's one thing you'd like to do to improve in this area?

Section Four: EMOTIONAL DEVELOPMENT

I. SELF MASTERY. A Sweetheart should demonstrate habits of self-control.

1. You should complete the following chart to rate your self-mastery skills. You should each separately rate your progress in these areas, compare your answers and discuss them, and agree on one level for each area. Mark the appropriate columns in each category with an 'S' (your self-rating) an 'A' (your advisor's rating) and an 'F' (Final agreed upon rating).

Skill Area	Excellent	Above Average	Average	Fair	Needs Improvement
Control of Temper					
Freedom from Profanity					
Accepts Responsibility					
Determined to complete tasks					
Courtesy					
Concern for Others					

2. For any areas where your answers differed significantly, explain how you arrived at your final rating:

II. SELF CONCEPT. A DeMolay should have a healthy and accurate sense of his own personality.

1. How would you define good self-esteem?

2. List 3 or 4 things you genuinely like about yourself.

3. List 1 thing you would change about yourself if you could.

4. Name a person, group, or event that has been important in helping you to have a positive sense of your own worth and achievement. How has this person/group/event affected you?

3. What makes you most happy in life?

III. COPING SKILLS. A Sweetheart should be equipped to deal with everyday stressors, and to manage his emotions in healthy ways.

1. List some activities or strategies you can use to deal with feelings of stress.

2. List some ways you deal with feelings of anger or frustration.

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4. Do you have one or more people to whom you can talk about your life, your concerns, problems, feelings, and so on? Why do you feel you can talk to those people? How often do you do so?

IV. MENTAL HEALTH AWARENESS. A Sweetheart should have some knowledge of general mental health and wellness issues and the mental health resources available in his community.

1. Give an example of what you have learned from school, family, or other sources about depression, anxiety, suicide, addiction, attention deficit disorders, or other mental health problems.

2. What resources are available in your school or community to assist people with any of these concerns? What emergency mental health systems are in place?

3. Give examples of someone to whom a person might talk about getting help for mental health concerns or other emotional difficulties:

V. RECREATIONAL HABITS. Healthy recreation is a vital part of emotional and mental health. A Sweetheart should take part in a variety of individual and social activities that provide wholesome recreation. Among such activities should be a constructive hobby in which he is genuinely interested.

1. **Personal Entertainment.** What individual or social activities do you do for recreation? About how much time per week do you spend at each? (Average hours)

2. **Creative Interests/Hobbies.** Describe your involvement in music, art, or other creative activities. Include any creative work you do yourself, as well as your general interests in art and the arts. What are your hobbies? What have you done with it (them)? You may attach a photo or other example of your work if desired.

Personal Rating for Section Four: *EMOTIONAL DEVELOPMENT:*

Excellent	Above Average	Average	Fair	Needs Improvement
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What do you think is your greatest strength in this area?

What's one thing you'd like to do to improve in this area?

Section Five: SPIRITUAL DEVELOPMENT

I. RELIGIOUS IDEALS. A Sweetheart should appreciate the importance of religious ideals and the value of the Holy Places of Worship, both to society in general and as a means of cultivating and expressing religious ideals in his own life.

1. With what religious Faith / Tradition do you identify?

Christian

Buddhist

Jewish

Muslim

Hindu

Other _____

2. What would you say are the two or three most important beliefs of your religious tradition, or (if you are not part of an organized religious tradition) of your own personal religious understanding?

3. How do you try to put these beliefs into practice in your life?

4. What in your opinion, is the importance of spirituality and religion in a well-rounded life? How does this apply to you? (Whether you are part of an organized religious tradition or not, explain how you understand the spiritual dimension to be important in your life.)

5. To what, if any, local church, synagogue, temple, mosque, or other faith community do you belong?

6. During the past year, how often have you:

Attended regular worship services? _____

Attended Sunday School or other religious education classes? _____

Attended a faith-based Youth Group? _____

Attended other religious services? _____

Watched / Heard televised / Radio / Taped services? _____

7. Describe your participation in the activities of your faith community. Include any conferences of a religious nature you have attended during the past year (youth conferences, student conferences, retreats, etc...) and any religious activities outside the organized church/faith community you engage in. (This is particularly important if you are not part of an organized faith community)

8. Approximately how often do you read the Scriptures of your religious tradition (i.e., the Bible, Torah, Koran, Vedas, etc...) and/or other religious writings?

Daily Weekly Monthly Seldom ~~Never~~

What, if any, definite plan, or course, have you followed in your reading? (For example, a one-year reading plan, a daily seasonal lectionary, etc.)

9. What, if anything, have you done to learn about and develop a respect for religious traditions other than your own?

Personal Rating for Section Five: *SPIRITUAL DEVELOPMENT*:

Excellent Above Average Average Fair Needs Improvement

What do you think is your greatest strength in this area?

What's one thing you'd like to do to improve in this area?

Section Six: DEMOLAY ACTIVITY

I. CHAPTER ACTIVITY. A Sweetheart should be reasonably active in the order.

1. It is not necessary, in order to eligible for this distinction, to have held the office of Sweetheart. Some ladies, particularly in large Chapters, have rendered most helpful and loyal service in other ways without holding an office. No lady will be awarded the Representative Sweetheart Award unless the answers show that he may be said to be genuinely interested in the work of the Order and reasonably active in it.
 - a. How long have you been with DeMolay? _____ years, _____ months
 - b. How many of your home Chapter meetings have you attended this year? _____ out of _____
 - c. What percent of the meetings was this? _____ %
 - d. If less than 80%, state reasons for missing meetings.

e. How many visitations to other Chapters have you made in the past twelve months? _____

2. Job's Daughters and Rainbow Involvement.

- a. To which organization do you belong?
- b. How long have you been an active member?
- c. How many Bethel/Assembly meetings have you attended during the past 12 mos.? _____
- d. What percentage of the meetings was that? _____
- e. If less than 80%, state reasons for missing meeting.

- f. How many Bethel/Assembly visitations have you made in the past 12 mos.?
- g. Offices held. List the offices you have held within your Bethel/Assembly including the number of months you served.

4. **Committee Work.** List those committees on which you have served in your Bethel/Assembly.

List any committees that you served as Chairman:

List any awards or recognition you have received for this type of service.

II. JURISDICTIONAL DEMOLAY ACTIVITY.

1. Have you ever attended any Sweetheart Leadership Camp? List year(s) and location(s):

2. Have you ever attended a Jurisdictional or Divisional Conclave/Convention? List year(s) and location(s):

3. Have you ever held a Jurisdictional or Divisional office? List office(s) and Year(s):

4. List other state or regional DeMolay events you've been involved in or attended:

III. WHAT HAS DEMOLAY DONE FOR YOU? In this section, your reply should provide evidence of what value the Order of DeMolay has been to your personal character development.

1. In your view what is the purpose of DeMolay, and what are you trying to accomplish through your own involvement with DeMolay?

2. Has your involvement with the DeMolay International helped you live up to the ideals of good moralconduct? Give an example.

3. Since becoming involved with DeMolay, do you think you are careful in assuming responsibility, or more reliable in fulfilling them? Give an example.

4. In what way(s) do you think DeMolay has helped you improve your home life?

5. What is the best thing DeMolay has done for you?

6. List two important things you have learned about yourself in completing this evaluation.

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ADDITIONAL INFORMATION

Note here any additional information that you feel will aid in determining your qualifications to become a Representative Sweetheart. List additional information (other than required attachments) that you are submitting with this form.

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ADVISOR'S COMMENTS

Advisor approving this application: Note here any information that you feel would aid in evaluation of the form.

Advisor's Signature: _____ Date: _____

Print name: _____ Title: _____

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ATTACHMENTS AND SUPPLEMENTARY MATERIALS