



2018 GOLD MEDAL CEREMONY

Sample Biography

Biographies are due online by May 1, 2018!

Your biography is a summary of your accomplishment written in your own words. It will be published in the 2018 Gold Medal Ceremony Program and referenced when working with members of the press and congressional offices.

You will need to submit this biography whether you attend the ceremony or not. If you do not submit a biography by the deadline, only your name will be included in the program.

Submit your bio at www.congressionalaward.org/2018gold.

If you completed a variety of activities in one program area, we recommend choosing the activity or goal that you are most proud of and that really showcases what you accomplished and learned.

Please follow to the format below. We do reserve the right to edit as needed.

Biography Format

Please complete in first person (In earning The Congressional Award, I ...)

Maximum 175 words

Include ALL four program areas

Name (as you would like it to appear in the program)
City, State

Advisor: Name of your current Advisor

Affiliations: (4-H, AmeriCorps NCCC, Army, Boy Scouts, etc.)

Two sentences regarding your Voluntary Public Service activities

Two sentences regarding your Personal Development activities

Two sentences regarding your Physical Fitness activities

Two sentences regarding your Expedition/Exploration activities

You may add an additional sentence regarding your overall experience in The Congressional Award

Over for sample biography > > >

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 especially proud of, please submit 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.