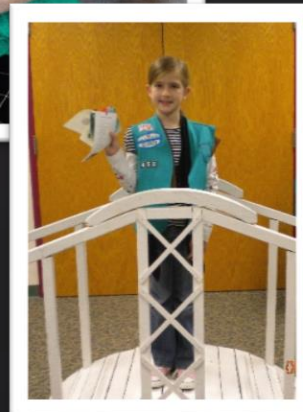




## Courtney Rowe

Kansas City, MO



# Quick Trips with Courtney: Finals Survival Guide

Courtney Rowe has been a Girl Scout for 11 years as a member of Troop 453 in Service Unit 611. She is currently a freshman at Northwest Missouri State University.

Courtney's Gold Award project addressed the issue of rising suicide rates during finals weeks. By creating videos as a teen, Courtney was able to share vital information peer-to-peer rather than the information coming from adults. These videos will serve to help students find stress relieving techniques, so they are less inclined to engage in self-harm during times of stress. In addition, she made a bookshelf with resources students at her high school can access when they're contemplating self-harm or struggling with a different mental illness.

Courtney worked Northwest Missouri State students and faculty to develop her videos and share them with the appropriate audiences. By implementing both a video series and a physical shelf with resources, Courtney made her information accessible to a wide audience of students. It is her hope that the information will also make it to teachers and their families. To ensure the project continues, Courtney made the videos available online and worked with school faculty to make sure the resources are replenished over time.

**Because of Girl Scouts... I have been given some of the most wonderful opportunities to show my leadership capabilities and have a platform that allows me to fight for causes I believe in on a larger scale.**

gsksmo