



THE CONGRESSIONAL AWARD
THE U.S. CONGRESS AWARD FOR YOUTH

TAKE THE CHALLENGE.
EARN THE AWARD.

国会奖

CACC 中文学校家长信息分享会

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国会奖简介

6 Award levels

- 3 certificates: Bronze, Silver, Gold
- 3 medals: Bronze, Silver, Gold

4 program areas

- Voluntary Public Services
- Personal Development
- Physical Fitness
- Expedition

国会奖简介

Goals on Gold/Silver medals.

- Better to get it before your college application
- Silver is achievable in 12 months.
- Gold medal needs 24+ months (non-consecutive is OK)
- Your friends are not competing against you.

金奖和银奖的意义

Proof of your overall development

每年大约700人获得金奖。 Irvine每年都有30+金奖

– Level 7：国会奖金奖，AMO，USAMTS金牌，USACO白金 (7.5)，ISEF Finalist

– Level 6：国会奖银奖，AMC10满分，USACO-Gold，谷歌Code Jam或Facebook黑客资格赛，

– Level 4：AIME, USACO-Silver

Level 2: 总统义工金奖

金奖和银奖的意义

一文看懂到底哪些美国学生奖项才有含金量

<https://www.usfamilye.org/blog/jm238m8sb7nrx5d5h6efxw8h8fg63>

<https://www.usfamilye.org/blog/jed83w5h8mj8hrbad79zbzpmgp7x82>



国会奖-Certificate

CERTIFICATES	Bronze Certificate	Silver Certificate	Gold Certificate
Voluntary Public Service	30 Hours	60 Hours	90 Hours
	No Minimum Months	No Minimum Months	6 Months
Personal Development	15 Hours	30 Hours	45 Hours
	No Minimum Months	No Minimum Months	6 Months
Physical Fitness	15 Hours	30 Hours	45 Hours
	No Minimum Months	No Minimum Months	6 Months
Expedition	1 Day	2 Days	3 Days

国会奖-Medals

MEDALS	Bronze Medal	Silver Medal	Gold Medal
Voluntary Public Service	100 Hours	200 Hours	400 Hours
	7 Months	12 Months	24 Months
Personal Development	50 Hours	100 Hours	200 Hours
	7 Months	12 Months	24 Months
Physical Fitness	50 Hours	100 Hours	200 Hours
	7 Months	12 Months	24 Months
Expedition	2 Day, 1 Night Trip	3 Day, 2 Night Trip	5 Day, 4 Night Trip

Gold Medal Summit



Plan & Action

- 注册前准备:

- mark the date, find advisor, 尽快注册

- 指定分阶段计划:

- 大学申请前能实现的远期目标

- 近期目标: 满足条件就可以尽快提交

- 选择501(c)(3)机构:

- 可多个机构。结合个人兴趣和特长

- 记录时间

- PROGRAM BOOK , Workbook, Workshop

Registration / Advisor

- Register ASAP
 - <https://www.congressionalaward.org/>
 - 13.5 years old
- Advisor: 父母亲戚,
 - 可以是邻居。可两家结组
- Expedition:
 - 自己planned, 可以有家人同行, 但不包括参观未来的大学。
- PE: 体育方面的时间, 可以用作个人发展
- 义工 (例如501(c)(3)非盈利机构)
 - 不能涉及教会/政治/盈利性机构,
 - 不能用来得学校学分
- 提交:
 - <https://congressionalaward.submittable.com/>
 - 金奖需要在2月初提交, 其他级别无限制



Thank You

Q&A