



SCOUTMASTER BUCKY

Test Lab - Psychology Merit Badge Workbook

ScoutmasterBucky.com or ScoutmasterBucky@yahoo.com or 612-483-0665

Test Lab - Psychology patches are 1-1/2 inch in size and are available for \$4.99 each (plus shipping) through Scoutmaster Bucky. Email for information: ScoutmasterBucky@yahoo.com

Scouts participating in a Scoutmaster Bucky Scouts BSA Test Lab merit badge opportunity, whether online or in person, should consider using the Psychology Test Lab page for requirements, resources, and expectations: <https://scoutmasterbucky.com/test-labs/psychology/>

THE TEST LAB FOR THE PSYCHOLOGY MERIT BADGE IS EFFECTIVE UNTIL DECEMBER 31, 2026. AT THAT TIME, THESE REQUIREMENTS WILL DISAPPEAR AND THE SURVEYS WILL BE CLOSED. [CLICK HERE TO GO TO SURVEY](#)

REQUIREMENT 4 REQUIRES PARENT / GUARDIAN PERMISSION.

REQUIREMENT 1a: Define psychology in your own words and explain its impact on daily life.

Psychology (in your own words):

Its impact on daily life:



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REQUIREMENT 1b: Identify two famous psychologists and describe their contributions to the field.

PSYCHOLOGIST #1:

Name:

Contributions to the field:

PSYCHOLOGIST #2:

Name:

Contributions to the field:



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REQUIREMENT 2a: Write a script for a short (1–2 minute) skit that demonstrates how a leader might apply the study of psychology to better lead a group. Share your script with your counselor.

Skit Title and Characters:

Script:



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REQUIREMENT 2b: With the help of others, rehearse and perform your skit for your counselor (in-person or by recorded video). Explain to your counselor the plot and discuss the connections between psychology and leadership that are shown in your skit.

Performed for your counselor (in person or recorded video) and date:

Plot:

Connections between psychology and leadership shown in your skit:

REQUIREMENT 3a: In your own words, define mental health.

Mental health (in your own words):



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REQUIREMENT 3b: Discuss with your counselor the concepts of protective factors, risk factors, and resilience for the mental health of youth close to your age in your community. Share ideas about how your community could strengthen the resilience of young people.

Protective Factors:

Risk Factors:

Resilience:

Ideas for how your community could strengthen the resilience of young people:



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REQUIREMENT 4a: For two weeks, create a tracking log and record daily how you spend your time at school, in Scouting, and at each of your other activities with your friends, family, and others close to you. Think about how these things made you feel and draw your own emoji next to each entry to summarize your feelings from each experience.

PARENT / GUARDIAN PERMISSION: IS REQUIRED.

Parent's / Guardian's Name

Phone or Email

Parent's / Guardian's Signature

Date

☐

permission

Two-Week Tracking Log - Week 1 (draw your emoji next to each entry):

Day / Date	School	Scouting	Friends, Family, and Others
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



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Two-Week Tracking Log - Week 2 (draw your emoji next to each entry):

Day / Date	School	Scouting	Friends, Family, and Others
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

REQUIREMENT 4b: Review your two-week tracking log with your counselor and discuss the trends you notice about the activities you did and the emotions you felt.

Trends in your activities:

Trends in your emotions:



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REQUIREMENT 5a: In your own words, define empathy and give examples of how you might show empathy to others.

Empathy (in your own words):

Way to Show Empathy #1:

Way to Show Empathy #2:

Way to Show Empathy #3:



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REQUIREMENT 5b: Discuss the importance of resilience and how Scouting experiences develop resilience.

Why resilience is important:

How Scouting experiences develop resilience:



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REQUIREMENT 6: Describe how the Scout Oath and Law help create a community of hope and support in Scouting. Write a short personal oath or law that expresses how you can create hope and support in your troop or community. Explain to your counselor why you chose those words.

How the Scout Oath and Law help create a community of hope and support:

Your personal oath or law:

Why you chose those words:

REQUIREMENT 7: Identify three career opportunities that would use skills and knowledge in psychology. Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field. Research the prospects for employment, starting salary, advancement opportunities, and career goals related to this career. Discuss what you learned with your counselor and whether you might be interested in this career.

Career Opportunity #1:



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Career Opportunity #2:

Career Opportunity #3:

Selected Career Opportunity:

Training:

Education:

Certification Requirements:

Experience:



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Expenses:

Prospects for Employment:

Starting Salary:

Advancement Opportunities:

Career Goals:

Whether you might be interested in this career:

REQUIREMENT 8: Complete the survey to complete the test lab requirements. [Click here](#)

**You will need to complete the survey and follow its instructions
in order to gain credit for completing this Test Lab Merit Badge**