



# United States Women of Today

## Focus on Women Individual Certification

You must complete and check off a total of five (5) requirements with at least one (1) in each of the four (4) areas, and one (1) additional, between May 1st and April 30th. Mail completed certification form to your state program manager.

Chapter \_\_\_\_\_ State \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

### Health and Personal Concerns

- Present or assist in the presentation of a health program at your local chapter, district or state meeting.  
Program: \_\_\_\_\_ Date \_\_\_\_\_
- Attend a self-improvement seminar or present one to your organization. Date \_\_\_\_\_
- Certify in CPR. Date \_\_\_\_\_
- Have a physical exam or breast self-examination. Date \_\_\_\_\_
- Other (something you have done that deals with Health and Personal Concerns.) \_\_\_\_\_

### Careers And Economics

- Attend a continuing education program or continue to advance your own career through vocational or college classes.  
Program: \_\_\_\_\_ Date \_\_\_\_\_
- Organize and/or present a careers or economics program to a WT organization. Date \_\_\_\_\_
- Attend a seminar on wills or have your will updated. Date \_\_\_\_\_
- Read an article related to this area. Subject: \_\_\_\_\_ Date \_\_\_\_\_
- Other (something you have done that deals with Women and Careers or Economics) \_\_\_\_\_

### American Involvement

- Be registered and vote. Date \_\_\_\_\_
- Attend a meeting of a governing agency (i.e. school board, city council, etc.) Date \_\_\_\_\_
- Participate in a program that deals with improving your country's well being. (i.e., recycling, conservation, etc.)  
Program: \_\_\_\_\_ Date \_\_\_\_\_
- Present a forum to your chapter, district or state meeting dealing with an aspect of US government structure.  
Program: \_\_\_\_\_ Date \_\_\_\_\_
- Other (something you have done that deals with American Involvement.) \_\_\_\_\_

### Women's Issues

- Present a program to your chapter, district or state dealing with Women in History.  
Program: \_\_\_\_\_ Date \_\_\_\_\_
- Compete in a Focus on Women essay contest. Date \_\_\_\_\_
- Be a member of another organization. Date \_\_\_\_\_
- Attend an event in your chapter or community that honors outstanding women. Date \_\_\_\_\_
- Other (something you have done that deals with Women's Issues.) \_\_\_\_\_