

AMERICAN  HERITAGE

WORLDWIDE

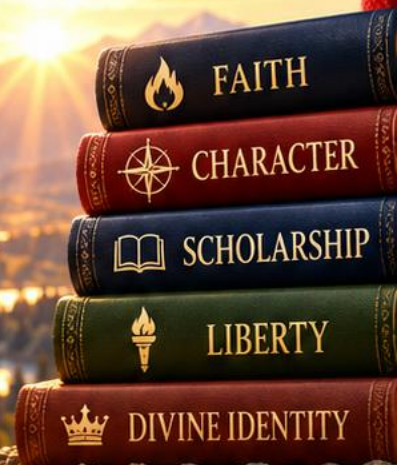
CHARACTER > SCHOLARSHIP > LIBERTY

MASTER PROJECT

STUDENT WORKBOOK

GRADES 6–8

*Modern US Heroes.
Disciple Leaders.*



*"Become more useful
in the Hands of the Lord
in building the Kingdom
of God on Earth."
— AHS Mission Statement*

*Inspiring minds through transformational
teaching and learning in the light of the restored gospel.*

Welcome to your Master Project!

This year you will come to know the Master, Jesus Christ, by closely studying the life of a Christlike hero of your choice. Each step in this workbook takes about 20–30 minutes and guides you to create one page of your Master Project Notebook. Complete the steps in order, and store each finished page in your binder within the proper section.

As you prayerfully and thoughtfully study your hero, do your best work, and prepare for your final presentation, you will come closer to your Savior and become more committed to moving His cause forward throughout your life. You will become “more useful in the Hands of the Lord in building the Kingdom of God on Earth” (AHS Mission Statement).

Materials You Will Need

Gather these before you begin	
☐ 3-ring binder (1–1½ inch is ideal)	☐ Printer and printer paper
☐ Cardstock for printing the cover, spine label, and dividers	☐ Laptop or computer with internet access
☐ Clear plastic page protectors	☐ Phone or camera for photos and recording your presentation
☐ A personal notebook for research and notes	☐ Sticky tabs for marking sources (optional)
☐ Pens, pencils, and highlighters	☐ Creative Tribute supplies (depends on the option you choose in Step 25)

Printing the workbook	Filling in digitally (recommended)
• Print single-sided so pages fit neatly in your binder. • Fill in each page by hand with your best handwriting. • Three-hole punch finished pages or use page protectors.	• Click inside any box to type your answer. • Boxes grow as you type, so write as much as you need. • Save often, then print your finished pages for your binder.

What's inside (Steps 1–32)

Phase	Steps	Pages
Launch	1–4	Read the Hero Bios, Explore Heroes, Choose Your Hero, Notebook Cover and Dividers
Research	5–11	Hero Notes, Timeline, My Sources, Tell It Back
Reason	12–17	Character Chart, Christlike Attribute, Favorite Story, Most Important Truths, Cause of Christ
Relate	18–22	Favorite Quotes, An Attribute I Will Develop, Service Plan, Service Log
Record	23–30	Service Report, Memorization, Creative Tribute, Me and the Cause of Christ, What I Have Better Mastered, Dedication, Table of Contents

Present	31–32	Prepare Your Presentation, Presentation Tips
----------------	-------	--

Read the Hero Bios

About 20–30 minutes

Goal: Get to know the heroes you could study this year.

What to do

1. Read each hero's short bio on the following pages and think about which are the most interesting to you.
2. Add the names of a few who are the most interesting to you, below.

THINK ABOUT: Whose life shows a Christlike attribute you admire? • Whose story would you like to know more about?

- Talk about the heroes with a parent as you read.

☐ I read the introduction. ☐ I read every hero's bio.

Heroes Who Interest Me	
#	Hero
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Master Project Hero List

American Heritage Worldwide · Grades 6–8

Choose an American hero whose life you would like to know deeply and whose example can help you come closer to Christ. Read through the short bios below, pick three heroes who interest you, and talk them over with your parents before making your final choice.

This list is not a complete list of every hero worth studying. If you would like to study someone who is not listed here, such as a hero from another time period or one of your own ancestors (a grandparent, great-grandparent, great-great-grandparent, or earlier), talk with your Coach, who can approve your choice. Your hero should be someone whose life demonstrated service, love, courage, faith, integrity, or other Christlike quality, and whose example and actions help others to better follow Jesus Christ.. You must be able to support this with books, articles, family records, or interviews.

Heroes marked with ★ are also studied in this year’s history course.

Heroes at a glance

Category	Heroes
Latter-day Saint Leaders and Missionaries	Willard Bean, Ezra Taft Benson, Henry B. Eyring, Heber J. Grant, Gordon B. Hinckley, Marjorie Pay Hinckley, Camilla Eyring Kimball, Spencer W. Kimball, Neal A. Maxwell, Thomas S. Monson, Russell M. Nelson, Dallin H. Oaks, LeGrand Richards, N. Eldon Tanner
Christian Leaders, Writers, and Artists	★ Pope John Paul II, C. S. Lewis, Eric Liddell, Minerva Teichert, ★ Mother Teresa
World War II	★ Roddie Edmonds, ★ Anne Frank, ★ Oskar Schindler, ★ Irena Sendler, ★ Corrie ten Boom, ★ Raoul Wallenberg, Kitty de Ruyter-Bons, ★ Desmond Doss, ★ Fred Korematsu, Douglas MacArthur
The Cold War and Vietnam	★ Gail Halvorsen, ★ Hugh Thompson Jr., ★ Lech Wałęsa
The Civil Rights Movement	★ Ruby Bridges, ★ Claudette Colvin, ★ Fannie Lou Hamer, ★ Martin Luther King Jr., ★ John Lewis, ★ The Little Rock Nine, ★ Thurgood Marshall, ★ Rosa Parks, ★ Jackie Robinson
Education and Overcoming Adversity	Helen Keller, Annie Sullivan, Booker T. Washington
Science and Medicine	Ben Carson, George Washington Carver, ★ Frances Oldham Kelsey, ★ Jonas Salk, Nikola Tesla
Modern-Day Courage	★ Welles Crowther, Stephanie Nielson

Latter-day Saint Leaders and Missionaries

Willard Bean (1868–1949)

Willard Bean was a champion boxer known as the “Fighting Parson” who was called on a mission to Palmyra, New York, with his wife, Rebecca. For more than 20 years they lived on the Joseph Smith farm, where they faced prejudice with kindness and slowly won the respect of their neighbors. Willard helped the Church acquire important historic sites, including the Hill Cumorah.

Ezra Taft Benson (1899–1994)

Ezra Taft Benson grew up on a farm in Idaho and became a leading expert in agriculture. He served as U.S. Secretary of Agriculture and later as the 13th President of The Church of Jesus Christ of Latter-day Saints. He urged members to “flood the earth” with the Book of Mormon and taught that pride is the great stumbling block to coming unto Christ.

Henry B. Eyring (born 1933)

Henry B. Eyring earned a doctorate from Harvard and taught at Stanford before becoming president of Ricks College (now BYU–Idaho). He was called as an apostle in 1995 and has served in the First Presidency under several prophets. He is known for his gentle, humble teaching and his counsel to look for the hand of God in our lives each day.

Heber J. Grant (1856–1945)

Heber J. Grant lost his father when he was only nine days old and grew up in poverty with his widowed mother. Through determination and hard work, he became a successful businessman and later the 7th President of the Church. During the Great Depression, he helped create the Church welfare program to care for those in need.

Gordon B. Hinckley (1910–2008)

Gordon B. Hinckley served a mission in England during hard economic times and later helped the Church share the gospel through radio, film, and print. As the 15th President of the Church, he led a great wave of temple building and created the Perpetual Education Fund to bless young members around the world. He was known for his optimism, humor, and faith that “things will work out.”

Marjorie Pay Hinckley (1911–2004)

Marjorie Pay Hinckley was the wife of President Gordon B. Hinckley and the mother of five children. She traveled the world beside her husband, lifting others with her cheerful spirit, humor, and deep faith. She taught that joy comes from serving others and finding delight in everyday life.

Camilla Eyring Kimball (1894–1987)

Camilla Eyring Kimball was born in the Mormon colonies of Mexico and fled with her family during the Mexican Revolution. She became a teacher and later married Spencer W. Kimball, supporting him through many trials and his service as President of the Church. She loved learning all her life and encouraged women to gain an education and serve others.

Spencer W. Kimball (1895–1985)

Spencer W. Kimball grew up in Arizona and faced many serious health problems, including throat cancer that left him with a soft, raspy voice. As the 12th President of the Church, he urged members to “lengthen your stride” and greatly expanded missionary work around the world. In 1978 he received the revelation extending the priesthood to all worthy male members.

Neal A. Maxwell (1926–2004)

Neal A. Maxwell served as a soldier in World War II and later became a university leader and Church commissioner of education. As an apostle, he was known for his thoughtful, carefully worded talks about discipleship and becoming like Christ. During his long battle with leukemia, he taught others how to endure trials with faith and patience.

Thomas S. Monson (1927–2018)

Thomas S. Monson was called as a bishop at age 22 and cared for more than 80 widows in his ward. As the 16th President of the Church, he taught members to follow promptings from the Spirit and to go to the rescue of those in need. He was known for his many visits to the sick, the lonely, and the forgotten.

Russell M. Nelson (1924–2025)

Russell M. Nelson was a pioneering heart surgeon who helped develop the heart-lung machine used in open-heart surgery. He was called as an apostle in 1984 and became the 17th President of the Church in 2018. He taught members to hear the Savior, let God prevail in their lives, and help gather Israel on both sides of the veil.

Dallin H. Oaks (born 1932)

Dallin H. Oaks was born in Provo, Utah, and lost his father when he was seven years old. He became a lawyer, a law professor, president of Brigham Young University, and a justice of the Utah Supreme Court before being called as an apostle in 1984. Known as a strong defender of religious freedom, he became the 18th President of the Church in 2025.

LeGrand Richards (1886–1983)

LeGrand Richards served as a missionary, mission president, and Presiding Bishop before becoming an apostle. He wrote *A Marvelous Work and a Wonder*, a book that helped missionaries explain the gospel to people around the world. He was known for his enthusiasm, humor, and love of missionary work, which he continued into his 90s.

N. Eldon Tanner (1898–1982)

N. Eldon Tanner was a teacher, businessman, and government leader in Canada who became known for his honesty. He was called as an apostle in 1962 and served as a counselor in the First Presidency to four Church presidents. He was nicknamed “Mr. Integrity” because people trusted him completely.

Christian Leaders, Writers, and Artists

★ Pope John Paul II (1920–2005)

Karol Wojtyła grew up in Poland and lived through both Nazi and communist rule before becoming Pope John Paul II in 1978. He encouraged the people of Poland and Eastern Europe to stand for faith and freedom peacefully, helping bring about the fall of communism. After a man tried to kill him in 1981, he visited the man in prison and forgave him.

C. S. Lewis (1898–1963)

C. S. Lewis was a British professor and writer who fought in World War I and later returned to faith in Jesus Christ as an adult. He wrote *Mere Christianity*, which explains the Christian faith in simple, powerful terms, and *The Chronicles of Narnia*. His books have helped millions of readers understand and love the Savior.

Eric Liddell (1902–1945)

Eric Liddell was a Scottish runner who refused to race on Sunday at the 1924 Olympics because he wanted to keep the Sabbath day holy. He switched to a different event and won the gold medal in the 400 meters. He then served as a missionary in China and died in a Japanese prison camp during World War II, where he spent his last days caring for others.

Minerva Teichert (1888–1976)

Minerva Teichert was an artist who studied painting in Chicago and New York before returning to raise her family on a ranch in Wyoming. She painted hundreds of scenes from the scriptures and pioneer history, including many from the Book of Mormon. A teacher once challenged her to paint “the great Mormon story,” and she devoted her life to it. Her artwork still teaches and inspires Church members today.

★ Mother Teresa (1910–1997)

Mother Teresa was a Catholic nun who spent most of her life serving the poorest people in Calcutta, India. She founded the Missionaries of Charity, which cared for the sick, the dying, and the homeless in many countries. She received the Nobel Peace Prize in 1979 and taught that we can do “small things with great love.”

World War II

Rescuers and Victims of the Holocaust

★ Roddie Edmonds (1919–1985)

Roddie Edmonds was an American soldier captured by the Germans in 1944. When the prison camp commander ordered the Jewish prisoners to step forward, Edmonds ordered all of his men to step forward together and declared, “We are all Jews here.” His courage saved about 200 Jewish American soldiers, and Israel later honored him as one of the “Righteous Among the Nations.”

★ Anne Frank (1929–1945)

Anne Frank was a Jewish girl who hid with her family in a secret annex in Amsterdam for two years during World War II. She kept a diary that shows her hope, faith, and courage even in terrible circumstances. After her family was discovered, she died in a concentration camp, but her diary has been read by millions and still teaches the world about kindness and hope.

★ Oskar Schindler (1908–1974)

Oskar Schindler was a German businessman who owned factories during World War II. Though he began the war seeking to make money, he came to see the suffering of the Jewish people and spent his entire fortune protecting his Jewish workers. He saved about 1,200 Jewish men, women, and children from death.

★ Irena Sendler (1910–2008)

Irena Sendler was a Polish social worker who helped smuggle about 2,500 Jewish children out of the Warsaw Ghetto during World War II. She hid them with families and in convents and wrote their real names on slips of paper that she buried in jars so they could be reunited with their families later. She was arrested and sentenced to death but escaped and continued her work.

★ Corrie ten Boom (1892–1983)

Corrie ten Boom was a Dutch watchmaker whose family hid Jewish people in a secret room in their home during World War II. The family was arrested, and Corrie and her sister Betsie were sent to a concentration camp, where Betsie died. After the war, Corrie traveled the world teaching about God's love and forgiveness, even forgiving a former guard from the camp.

★ Raoul Wallenberg (1912–c. 1947)

Raoul Wallenberg was a Swedish diplomat who went to Budapest, Hungary, in 1944 to help rescue Jewish people from the Nazis. He handed out protective passports and set up safe houses, saving tens of thousands of lives. In 1945 he was arrested by Soviet soldiers and never returned; his fate remains a mystery.

Soldiers, Survivors, and the Home Front

Kitty de Ruyter-Bons (born 1930s)

Kitty de Ruyter-Bons was born on the island of Java, in present-day Indonesia. As a young girl during World War II, she and her family spent three and a half years in a Japanese prison camp. Her mother taught her to choose love and hope instead of hatred, and after the war Kitty joined the Church, raised a family, and went on to share her story of faith and forgiveness with audiences around the world.

★ Desmond Doss (1919–2006)

Desmond Doss was a Seventh-day Adventist who joined the U.S. Army during World War II but refused to carry a weapon because of his faith. As a combat medic on Okinawa in 1945, he rescued about 75 wounded soldiers under enemy fire, lowering them one by one down a steep cliff while praying, "Lord, please help me get one more." He received the Medal of Honor without ever firing a shot.

★ Fred Korematsu (1919–2005)

Fred Korematsu was a Japanese American born in California who refused a government order during World War II to report to a prison camp for Japanese Americans. He was arrested and lost his case before the Supreme Court, but he never stopped believing that the order was wrong. Nearly 40 years later, his conviction was overturned, and he spent the rest of his life speaking out for fairness and equal rights.

Douglas MacArthur (1880–1964)

Douglas MacArthur was an American general who led Allied forces in the Pacific during World War II. After the war, he oversaw the rebuilding of Japan, helping the country write a new constitution based on freedom and peace. He called for thousands of Christian missionaries and Bibles to be sent to Japan to help its people rebuild spiritually.

The Cold War and Vietnam

★ Gail Halvorsen (1920–2022)

Gail Halvorsen was an American pilot and Latter-day Saint from Utah who flew supplies into Berlin during the Berlin Airlift of 1948–1949. After meeting hungry children at the airport fence, he began dropping candy to them from his plane on tiny handkerchief parachutes. Known as the "Candy Bomber," he showed how a small act of kindness can bring hope to thousands.

★ **Hugh Thompson Jr. (1943–2006)**

Hugh Thompson Jr. was an American Army helicopter pilot during the Vietnam War. In 1968, when he saw American soldiers attacking unarmed villagers at My Lai, he landed his helicopter between the soldiers and the villagers and helped rescue women, children, and elderly people. He was later honored with the Soldier's Medal for his moral courage.

★ **Lech Wałęsa (born 1943)**

Lech Wałęsa was an electrician at a shipyard in Gdańsk, Poland, when he led workers in forming Solidarity, the first free labor union in a communist country. A devout Catholic, he led peaceful protests despite being arrested and watched by the government. He received the Nobel Peace Prize in 1983 and later became the first freely elected president of Poland.

The Civil Rights Movement

★ **Ruby Bridges (born 1954)**

In 1960, when she was just six years old, Ruby Bridges became the first Black student at an all-white elementary school in New Orleans. U.S. marshals walked her to school each day past crowds shouting at her. Ruby prayed for the people who were being cruel to her, asking God to forgive them, and she grew up to spend her life promoting kindness and understanding.

★ **Claudette Colvin (1939–2026)**

In 1955, when she was 15 years old, Claudette Colvin refused to give up her bus seat to a white passenger in Montgomery, Alabama. She did this nine months before Rosa Parks and was arrested for it. She later became one of the people in the court case that ended bus segregation in Montgomery.

★ **Fannie Lou Hamer (1917–1977)**

Fannie Lou Hamer was a sharecropper in Mississippi who was fired and later beaten for trying to register to vote. She kept working to help Black citizens gain the right to vote, often singing hymns like “This Little Light of Mine” to give others courage. Her deep Christian faith gave her strength to love and forgive even those who hurt her.

★ **Martin Luther King Jr. (1929–1968)**

Martin Luther King Jr. was a Baptist minister who led the civil rights movement in the United States. Following the teachings of Jesus Christ, he taught people to fight injustice with love and nonviolence rather than hatred. His “I Have a Dream” speech in 1963 inspired a nation, and he received the Nobel Peace Prize in 1964.

★ **John Lewis (1940–2020)**

John Lewis grew up on a farm in Alabama, where he practiced preaching to the family's chickens, and he later studied to become a minister. As a young man, he joined peaceful marches and sit-ins and was badly beaten while marching for voting rights in Selma in 1965. He later served in the U.S. Congress for more than 30 years and encouraged others to get into “good trouble” for what is right.

★ **The Little Rock Nine (1957)**

The Little Rock Nine were nine Black teenagers who enrolled at the all-white Central High School in Little Rock, Arkansas, in 1957. They faced angry crowds, threats, and cruelty every day, and the President had to

send soldiers to protect them. Their courage and quiet dignity helped open the doors of education for students across the country.

★ Thurgood Marshall (1908–1993)

Thurgood Marshall was a lawyer who used the law to fight for equal rights. In 1954 he won the famous case *Brown v. Board of Education*, in which the Supreme Court ruled that separating schools by race was against the Constitution. In 1967 he became the first Black justice of the U.S. Supreme Court.

★ Rosa Parks (1913–2005)

Rosa Parks was a seamstress and faithful church member in Montgomery, Alabama. On December 1, 1955, she refused to give up her bus seat to a white passenger and was arrested, which led to the Montgomery Bus Boycott. She said her faith in God gave her the strength to stand up quietly for what was right.

★ Jackie Robinson (1919–1972)

Jackie Robinson became the first Black player in modern Major League Baseball when he joined the Brooklyn Dodgers in 1947. Though he faced insults and threats, he kept a promise not to fight back, and he drew strength from his Christian faith. His courage and self-control opened the door for others, and every major league team has retired his number, 42.

Education and Overcoming Adversity

Helen Keller (1880–1968)

Helen Keller lost her sight and hearing as a baby after a serious illness. With the help of her teacher, Annie Sullivan, she learned to read, write, and speak, and she became the first deaf-blind person to earn a college degree. She spent her life writing, speaking, and working to help people with disabilities, and she drew strength from her faith in God.

Annie Sullivan (1866–1936)

Annie Sullivan grew up poor and nearly blind, and she spent part of her childhood in a poorhouse after her mother died. After surgeries partly restored her sight, she became the teacher of Helen Keller and taught her to communicate by spelling words into her hand. Her patience and persistence opened the world to Helen and inspired new ways of teaching deaf-blind children.

Booker T. Washington (1856–1915)

Booker T. Washington was born into slavery and worked in salt furnaces and coal mines as a boy while teaching himself to read. He founded Tuskegee Institute in Alabama, where thousands of Black students gained an education and job skills. His autobiography, *Up From Slavery*, shows his belief in hard work, education, and faith in God.

Science and Medicine

Ben Carson (born 1951)

Ben Carson grew up in poverty in Detroit, and his mother pushed him to read and learn even though she had little schooling herself. He became a world-famous pediatric neurosurgeon and, in 1987, led the first surgery to successfully separate twins joined at the head. He credits his faith in God and his mother's belief in him for turning his life around.

George Washington Carver (c. 1864–1943)

George Washington Carver was born into slavery and worked his way through school to become a respected scientist and teacher at Tuskegee Institute. He developed hundreds of uses for peanuts and sweet potatoes, helping poor farmers in the South improve their soil and their lives. Carver believed his discoveries came from God and spent his life humbly serving others.

★ Frances Oldham Kelsey (1914–2015)

Frances Oldham Kelsey was a doctor and scientist working for the U.S. government who refused to approve a drug called thalidomide in the early 1960s because she wasn't convinced it was safe. Under heavy pressure from the drug company, she stood firm. Her careful, honest work protected thousands of American babies from serious birth defects that the drug caused in other countries.

★ Jonas Salk (1914–1995)

Jonas Salk was a doctor and scientist who developed the first safe and effective vaccine for polio, a disease that paralyzed and killed many children. When the vaccine was announced in 1955, he chose not to patent it so it could reach as many people as possible. When asked who owned it, he replied, "Could you patent the sun?"

Nikola Tesla (1856–1943)

Nikola Tesla was the son of a Serbian Orthodox priest who moved to America and became one of history's greatest inventors. He developed the alternating current (AC) electrical system that powers homes around the world today. Tesla believed that his work should serve and bless all of humanity.

Modern-Day Courage

★ Welles Crowther (1977–2001)

Welles Crowther was a young businessman and volunteer firefighter who worked on the 104th floor of the World Trade Center. On September 11, 2001, wearing a red bandana over his face, he led a group of people to safety and went back again and again to help others. He died when the South Tower collapsed, and survivors later identified him as "the man in the red bandana."

Stephanie Nielson (born 1981)

Stephanie Nielson is a wife and mother who was severely burned over most of her body in a small plane crash in 2008. Through a long and painful recovery, she relied on her faith in Jesus Christ and the love of her family. She has shared her story in her book *Heaven Is Here*, inspiring others to find hope and joy in hard times.

Explore Heroes

About 20–30 minutes

Goal: Discover three heroes you might like to study.

What to do

1. Look at the heroes you wrote down in Step 1, and choose the three who interest you most.
2. Spend a few minutes learning more about each one from a trustworthy source.
3. Fill in one card for each hero. Keep this page. You will use it in Step 3 to make your final choice.

NOTE: Want to study someone not on the list—another hero from this time period or one of your ancestors, such as a grandparent, great-grandparent, or great-great-grandparent? Share your suggested hero with your Coach to approve.

Hero Option 1:			
Category:		Lived:	
Something I learned:			
Why this hero interests me:			

Hero Option 2:			
Category:		Lived:	
Something I learned:			
Why this hero interests me:			

Hero Option 3:			
Category:		Lived:	
Something I learned:			
Why this hero interests me:			

Choose Your Hero

About 20–30 minutes

Goal: Prayerfully choose the hero you will study this year.

What to do

1. Share your three hero options from Step 2 with a parent. Talk about which hero could best help you come closer to Christ.
2. Pray about your choice.
3. Record your hero below. If your hero is not on the Hero List, have your Coach approve your choice.
4. Write a paragraph (3–5 sentences) explaining why you chose your hero.

☐ I shared my three options with a parent.

☐ I prayed about my choice.

My Hero:			
Category:		Lived:	
On the Hero List?	☐ Yes ☐ No	Coach approval:	

Sentence starters

- I chose ____ because...
- When I learned that ____, I felt...
- I want to be more like ____ because...
- I hope studying ____ will help me...

Why I Chose My Hero *Keep this paragraph. You will use it in your presentation.*

Set Up Your Notebook

About 20–30 minutes

Goal: Create the binder that will hold your Master Project.

What to do

1. Get a binder (1–1½ inch works well).
2. Print your cover page, section dividers, and optional spine.
3. Add the cover, four divider pages, and spine to our binder. Use protective plastic holders for added protection.
4. Optional: Decorate each divider with a picture, quote, or design that fits your hero throughout the year.

WHY IT MATTERS: Your Master Project Notebook is a permanent record of your study. Make it something you, your family, and someday your own children will be proud to look at. Choose colors, paper, and pictures that fit your hero.

Checklist

- ☐ My cover page is filled in and has a picture of my hero.
- ☐ My spine label is filled in (optional).
- ☐ My four section dividers are in order and decorated.
- ☐ My Step 2 and Step 3 pages are at the front of my binder.

Section	What goes in it	Steps
Front	Cover, dedication page, table of contents, Hero Choice pages	1–4, 30
Research	Hero Notes, Timeline, My Sources, Tell It Back sign-off	5–11
Reason	Character Chart, Christlike Attribute, Favorite Story, Most Important Truths, How My Hero Moved Forward the Cause of Christ	12–17
Relate	Favorite Quotes, Attribute Goal, Service Plan	18–22
Record	Service Report, Memorization, Creative Tribute, Me and the Cause of Christ, What I Have Better Mastered	23–29

Master Project

Research · Reason · Relate · Record

Picture of my hero

My Hero

Scholar Name

School Year

Spine Labels (Optional)

1" Binders

MASTER PROJECT		
My Hero		
Scholar Name		
Year		

1½" Binders

MASTER PROJECT		
My Hero		
Scholar Name		
Year		

2" Binders

MASTER PROJECT		
My Hero		
Scholar Name		
Year		

RESEARCH

Gather what you learn about your hero.

Good research means reading and listening carefully, taking good notes, and keeping track of where you learned each thing.

In this section

- Hero Notes (Steps 5–8)
- My Sources (Step 10)
- Timeline (Step 9)
- Tell It Back sign-off (Step 11)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

REASON

Think deeply about who your hero was.

Good reasoning means looking past what your hero did to discover who they were: their character, their Christlike attributes, and the truths their life teaches.

In this section

- Character Chart (Steps 12–13)
- My Hero's Christlike Attribute (Step 14)
- Favorite Story (Step 15)
- Most Important Truths (Step 16)
- How My Hero Moved Forward the Cause of Christ (Step 17)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

RELATE

Connect your hero's life to your own.

Good relating means asking what your hero's example means for you today, and choosing to follow it.

In this section

- Favorite Quotes (Steps 18–19)
- Service Plan (Steps 21–22)
- An Attribute I Will Develop (Step 20)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

RECORD

Write what you have learned on your heart.

Good recording means capturing what you have learned in ways that will stay with you in your heart and mind for a long, long time.

In this section

- Service Report (Step 23)
- Memorization (Step 24)
- Creative Tribute (Steps 25–27)
- Me and the Cause of Christ (Step 28)
- What I Have Better Mastered (Step 29)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

Research 1: Early Life and Family

About 20–30 minutes

Goal: Learn about your hero's beginnings.

Tip: Read the instructions for steps 5–8 before beginning your research. In a separate notebook, write down key points for each of these steps together while watching videos, reading articles, etc. Then, for each step, you can use your notes to quickly complete the requirements.

What to do

1. Find at least two sources about your hero: articles, books, videos, or family records.
2. Read or watch, then take notes below. Use the form to guide you.

THINK ABOUT: Where and when was your hero born? • What was their family like? • What childhood experiences shaped who they became?

Hero Notes	
Important Detail 1:	
Important Detail 2:	
Important Detail 3:	

My Sources			
Title:		Author/Site:	
Title:		Author/Site:	

Research 2: Trials and Turning Points

About 20–30 minutes

Goal: Learn how your hero responded to adversity.

What to do

1. Find at least two sources about the challenges your hero faced.
2. Look for how your hero's faith, courage, or integrity was tested, then fill in the form.

Trials My Hero Faced		
#	A challenge my hero faced	How my hero responded
1		
2		

A Turning Point	
What happened:	
How it changed my hero's life:	

Faith in Challenging Times	
What helped my hero through hard times?	
A Christlike trait my hero showed:	

My Sources			
Title:		Author/Site:	
Title:		Author/Site:	

Research 3: Life's Great Work

About 20–30 minutes

Goal: Learn what your hero is known for and how their work blessed others.

What to do

1. Find at least two sources about your hero's most important work.
2. Look for what your hero accomplished, who it blessed, and why they did it, then fill in the form.

My Hero's Great Work		
#	What my hero accomplished	Who it blessed and how
1		
2		

The Work Behind It	
Talents, character, or skills my hero used:	
How my hero persevered through adversity:	

The Heart Behind It	
Why my hero did this work:	
A Christlike trait my hero showed:	

My Sources			
Title:		Author/Site:	
Title:		Author/Site:	

Research 4: Faith and Legacy

About 20–30 minutes

Goal: Learn about your hero's faith and lasting influence.

What to do

1. Find at least two sources about your hero's faith and how they are remembered today.
2. Look for how your hero's faith shaped their choices and blessed others, then fill in the form.

My Hero's Faith	
My hero's relationship with God:	
A time my hero's faith guided a choice:	

Moving Forward the Cause of Christ		
#	What my hero did	How it related to the way Jesus lived
1		
2		

My Hero's Legacy	
How my hero is remembered today:	
What my hero left behind for others:	

My Sources			
Title:		Author/Site:	
Title:		Author/Site:	

Build Your Timeline

About 20–30 minutes

Goal: See your hero's whole life at a glance.

What to do

1. Look back at your Hero Notes from Steps 5–8.
2. Choose 6–8 of the most important events in your hero's life and list them in order.
3. For each event, write one sentence explaining why it mattered.

TIP: Choose events that shaped who your hero became, including trials and turning points. Use your own words. It is fine to use birth and death events on your timeline.

My Hero's Timeline			
#	Year	Event	Why it mattered
1			
2			
3			
4			
5			
6			
7			
8			

List Your Sources

About 20–30 minutes

Goal: Give credit to the sources you used in your research.

What to do

1. Look back at the My Sources boxes on your Hero Notes pages (Steps 5–8).
2. List every source you used below. You need at least four unique sources.
3. For each source, write the title, the author or creator, the type, and where and when it was published.

EXAMPLE: The Hiding Place | Corrie ten Boom | B | Chosen Books, 1971

TYPE: B = Book A = Article W = Website V = Video F = Family record or interview O = Other

My Sources				
#	Title	Author or creator	Type	Where and when published
1				
2				
3				
4				
5				
6				
7				
8				

Tell It Back

About 20–30 minutes

Goal: Practice telling your hero's life story in your own words.

What to do

1. Review your timeline from Step 9 and plan your story below.
2. Practice once on your own.
3. Tell your hero's life story out loud to a parent, sibling, or friend in about 2 minutes.
4. Ask your listener to fill in the sign-off box at the bottom of this page.

TIP: Tell it like a story, not a list. Look at your listener, and use only your plan to remind you what comes next.

My story includes

- | | |
|--|--|
| ☐ Where and when my hero was born | ☐ A trial or turning point |
| ☐ Important events from my timeline | ☐ How my hero moved forward the Cause of Christ |

My Story Plan	
Beginning:	
Middle:	
End:	

Listener Sign-Off			
Listener name:		Signature:	
One thing I learned about this hero:			
One thing the scholar did well:			

Character Chart, Part 1

About 20–30 minutes

Goal: Discover how your hero's heart shaped their actions.

What to do

1. Now, you'll study your hero's heart.
2. LEFT side: name an internal quality. Use the author's words when you can.
3. RIGHT side: record a quote or event (with the source) and what it led to.

INTERNAL (Cause): who my hero was inside	EXTERNAL (Effect): what showed on the outside
• Motivation, heart, and beliefs • Conscience and convictions • Spiritual life and reliance on God • Character traits (courage, humility, fear...)	• Public actions, words, and decisions • Consequences of their choices • Achievements and influence • Impact of their character on others or history

Be honest: your hero was not perfect. You may include a weakness they struggled with and how it showed, or how they overcame it.

EXAMPLE

INTERNAL (Cause) →	EXTERNAL (Effect)
Marjorie Pay Hinckley had deep faith in Heavenly Father.	"If I could choose one thing for my children, I would want them to develop faith in our Heavenly Father" (Pearce 16). She turned to God in prayer whenever trials came.

INTERNAL (Cause) →	EXTERNAL (Effect)
1.	
2.	
3.	

Character Chart, Part 2

About 20–30 minutes

Goal: Explain how your hero's character helped them fulfill their mission.

What to do

1. List the three internal qualities from your Step 12 Character Chart.
2. Explain how these qualities, together, helped your hero fulfill their mission.
3. Consider how life would be different if your hero had not chosen Christlike character.
4. Write a short reflection on what your hero's chart teaches you about governing yourself.

How My Hero's Character Shaped Their Mission

Internal qualities from my chart	How these qualities helped my hero fulfill their mission
1.	
2.	
3.	

What If? *How would life be different for you and others if your hero had not chosen Christlike character in the face of adversity?*

REMEMBER: The internal gives rise to the external. Sentence starters:

- My hero's chart shows that what is in a person's heart...
- Because my hero governed their ____, they were able to...
- To govern myself better, I will...

What My Hero Teaches Me About Self-Government

My Hero's Christlike Attribute

About 20–30 minutes

Goal: Connect your hero's character to the Savior.

What to do

1. Choose **one** Christlike attribute from your Character Chart that **best** defines your hero.
2. Find one scripture or quote that shows the Savior with that same attribute.
3. Write 3–4 sentences connecting your hero, the attribute, and Jesus Christ.

WHERE TO LOOK: Search the attribute in the Topical Guide or Guide to the Scriptures in Gospel Library, or ask a parent to help you find a verse.

My Hero's Defining Attribute and the Savior's Example

Attribute:		Scripture:	
Why this attribute best defines my hero:			
Find and write a quote from a Church leader teaching about this attribute:			

Sentence starters

- Like the Savior, my hero showed ____ when...
- This scripture teaches me that Jesus Christ...
- Because my hero followed the Savior's example of ____, ...

Connecting My Hero to the Savior

Favorite Story

About 20–30 minutes

Goal: Reflect on a meaningful moment in your hero's life.

What to do

1. Look through your Hero Notes and choose your favorite story about your hero.
2. Retell the story in your own words (one paragraph).
3. Explain why the story is meaningful to you and what truth it teaches.

About the Story			
Story title:		When it happened:	
Source:			

The Story in My Own Words

What the Story Means	
Why it is meaningful to me:	
The truth it teaches:	

Most Important Truths

About 20–30 minutes

Goal: Identify the lessons your hero's life teaches.

What to do

1. Look back at your Hero Notes, Character Chart, and Favorite Story.
2. Reason from your research to find three important truths your hero's life teaches.
3. Write each truth as a complete sentence and show where you saw it in your hero's life.

WHAT IS A TRUTH? A truth is a lasting principle that applies to everyone, not just your hero. Example from Corrie ten Boom's life: "When we forgive others, the Lord can heal our hearts."

Truths I Learned From My Hero		
#	The truth	Where I saw it in my hero's life
1		
2		
3		

About 20–30 minutes

Goal: Explain your hero's contribution to the Lord's work.

What to do

1. Review your Hero Notes from Step 8 (Faith and Legacy).
2. Plan your paragraph: your main idea, two examples, and the difference your hero made.
3. Write one paragraph using your plan and the sentence starters.

WHAT IS THE CAUSE OF CHRIST? The work of bringing people to Jesus Christ: living and teaching His truth, serving others as He did, standing for what is right, and helping others feel His love.

Sentence starters

- My hero moved forward the Cause of Christ by...
- For example, when my hero...
- Because of my hero's example, people today...

How My Hero Moved Forward the Cause of Christ

Favorite Quotes, Part 1

About 20–30 minutes

Goal: Find words from or about your hero that speak to you.

What to do

1. Look through your Hero Notes and sources for quotes by or about your hero.
2. Choose two quotes that inspire you. Record each quote, who said it, and the source.

TIP: Choose quotes that touch your heart or teach a truth. Your favorite may become your memorization in Step 24.

My Three Favorite Quotes			
Quote 1:			
Said by:		Source:	
Quote 2:			
Said by:		Source:	

Favorite Quotes, Part 2

About 20–30 minutes

Goal: Finish reflecting on your favorite quotes.

What to do

1. Copy Quote 1 and Quote 2 from your Step 18 page into the boxes below.
2. For each quote, write a few sentences explaining why it is meaningful to you.

Sentence starters

- This quote is meaningful to me because...
- It reminds me that...
- Because of this quote, I want to...

Quote 1:

Why Quote 2 Is Meaningful to Me

Quote 3:

Why Quote 3 Is Meaningful to Me

An Attribute I Will Develop

About 20–30 minutes

Goal: Begin following your hero's example.

What to do

1. Choose one of your hero's Christlike attributes that you would like to develop in your own life.
2. Write a goal to practice it for the next 12 weeks, through the end of your Master Project.
3. Check off each week you work on your goal. You will reflect on your progress in Step 29.

A GOOD GOAL IS SPECIFIC: Instead of "I will be kinder," try "I will write one kind note to a family member every Sunday."

The Attribute I Will Develop

Attribute:	
Why I want to develop it:	

My 12-Week Goal

What I will do:	
When I will do it:	
How I will keep track:	
Who can help me:	

Weekly Tracker *Check off each week you work on your goal.*

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12

Plan a Christlike Act of Service

About 20–30 minutes

Goal: Plan a way to serve others the way your hero did.

What to do

1. Think about how your hero served others. Look at the ideas below for inspiration.
2. Plan about one hour of service connected to your hero's work or one of their Christlike attributes.
3. Share your plan with a parent for approval. You will complete your service in Step 22.

If your hero...	You could...
• Helped the poor or sick • Shared the gospel • Protected or rescued others • Taught or encouraged others • Served their country	• Collect food, clothing, or hygiene kits • Share an uplifting message or talk with a friend • Help a neighbor, sibling, or someone who is left out • Tutor or read with a younger child • Write thank-you notes to veterans or first responders

My Service Plan			
What I will do:			
Who I will serve:			
How is it like my hero?			
When:		How long:	
What I need:			

Parent Approval			
Parent name:		Signature:	

Complete My Christlike Act of Service

About 60 minutes

Goal: Serve others the way your hero did.

What to do

1. Carry out the service you planned in Step 21 (about 1 hour). It may take place outside this step.
2. Take 1–2 photos of your service, if you can.
3. Right after you serve, fill in this log while it is fresh. You will use it to write your Service Report in Step 23.

REMEMBER: "When ye are in the service of your fellow beings ye are only in the service of your God" (Mosiah 2:17).

Service Log			
Date:		Time spent:	
Who I served:			
Who served with me:			
What I did:			
How people responded:			
How I felt:			
How this was like my hero:			

☐ I took 1–2 photos or a video of my service.

☐ I thanked those who helped me serve.

Service Report

About 20–30 minutes

Goal: Record what you did and what you learned.

What to do

1. Use your Service Log from Step 22 to write a report about your service.
2. Attach 1–2 photos of your service in the boxes below.
3. Add a comment from someone who served with you or whom you served (optional).

SENTENCE STARTERS: For my service, I... • I chose this because my hero... • I learned...

My Service Report

Attach photos of your service here.

--	--

Comment From Someone Who Served or Was Served (Optional)			
Name:		Relationship:	
Comment:			

Choose Your Memorization

About 20–30 minutes

Goal: Carry your hero's words in your heart.

What to do

1. Choose a quote by or about your hero that inspires you to be better.
2. Write it below, then explain why it is meaningful to you.
3. Practice 2–3 minutes a day and check off each day. You will recite it in your presentation.

MEMORIZATION TIPS: Say it out loud. • Learn one line at a time. • Write it from memory. • Recite it to your family.

My Memorization

About My Memorization

Said by:		Word count:	
Source:			
Why it is meaningful to me:			

Practice Tracker *Check off each day you practice.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Creative Tribute: Choose and Plan

About 20–30 minutes

Goal: Plan an original tribute to your hero.

What to do

1. Choose one way to create your tribute: piece of art, music, video, or poem.
2. Decide what your tribute will show: an event, a trait, or a theme from your hero's life.
3. Make a plan and a first draft in the space below.

Choose One			
☐ Art A drawing, painting, sculpture, or other 2-D or 3-D piece	☐ Music An original song or instrumental piece	☐ Video A short film, slideshow, or animation (2–3 minutes)	☐ Poem At least four stanzas of four lines each (quatrains)

My Plan	
My tribute will show:	☐ An event ☐ A trait ☐ A theme
Describe it:	
Why I chose it:	
Materials or tools I need:	

Sketch, lyric draft, storyboard, or first stanza:

Creative Tribute: Create

About 30–60 minutes

Goal: Bring your tribute to life.

What to do

1. Use your plan from Step 25 to create your tribute.
2. Check off each part as you finish it. You may keep working outside this step if you need more time.
3. Record each work session below, and ask a parent to check your progress.

Progress Checklist *Use the column for the option you chose.*

Art	Music	Video	Poem
☐ Final sketch done	☐ Lyrics or melody written	☐ Storyboard done	☐ Rhyme pattern chosen
☐ Materials gathered	☐ Music arranged	☐ Images or clips gathered	☐ All stanzas drafted
☐ Main piece created	☐ Practiced several times	☐ Video recorded or built	☐ Read aloud and revised
☐ Details and finishing	☐ Performed from memory	☐ Edited and reviewed	☐ Final copy written

Work Sessions

#	Date	What I worked on	Time
1			
2			
3			
4			

Next Steps

What is left to finish:	
-------------------------	--

Parent Progress Check

Parent name:		Signature:	
--------------	--	------------	--

Creative Tribute: Finish and Share

About 30–60 minutes

Goal: Complete your tribute and add it to your notebook.

What to do

1. Finish your tribute and add it to this page: a photo of your art, a link or QR code to your music or video, or the final copy of your poem.
2. Give your tribute a title.

My Creative Tribute			
Title:		Type:	☐ Art ☐ Music ☐ Video ☐ Poem

Attach a photo, link, or QR code, or write the final copy of your poem here.

Me and the Cause of Christ

About 20–30 minutes

Goal: Commit to following your hero's example.

What to do

1. Look back at your Christlike Attribute (Step 14), Attribute Goal (Step 20), and Service Report (Step 23).
2. Answer the two questions below to gather your thoughts.
3. Write one paragraph about how your hero inspires you to move forward the Cause of Christ.

Gather My Thoughts	
How does my hero inspire me?	
What have I done, or what will I do differently, because of what I learned?	

Sentence starters

- My hero inspires me to move forward the Cause of Christ by...
- Because of my hero's example, I have...
- From now on, I will...

Me and the Cause of Christ

What I Have Better Mastered

About 20–30 minutes

Goal: Recognize how you have grown through your Master Project.

What to do

1. Look at your Step 20 Weekly Tracker and think about how you have grown.
2. Write 1–2 paragraphs about what you have better mastered through your Master Project.

My Attribute Goal			
Attribute:		Weeks completed:	
How I have grown:			

Sentence starters

- Because of my Master Project, I have better mastered...
- At the beginning, I... Now I...
- The hardest part was... but I learned...

What I Have Better Mastered

Assemble Your Notebook

About 20–30 minutes

Goal: Complete your permanent record.

What to do

1. Write your Dedication page: dedicate your Master Project to someone and explain why.
2. Put every page in order using the checklist below, then fill in your Table of Contents.
3. Proofread by reading your work aloud, and ask someone else to read it too.

Notebook Checklist *Check off each page as you put it in order.*

Front	Research (behind its divider)
☐ Cover ☐ Dedication ☐ Table of Contents ☐ Read the Hero Bios (Step 1) ☐ Explore Heroes (Step 2) ☐ Why I Chose My Hero (Step 3)	☐ Hero Notes (Steps 5–8) ☐ Timeline (Step 9) ☐ My Sources (Step 10) ☐ Tell It Back (Step 11)
Reason (behind its divider)	Relate (behind its divider)
☐ Character Chart (Steps 12–13) ☐ Christlike Attribute (Step 14) ☐ Favorite Story (Step 15) ☐ Most Important Truths (Step 16) ☐ Cause of Christ (Step 17)	☐ Favorite Quotes (Steps 18–19) ☐ Attribute Goal (Step 20) ☐ Service Plan (Step 21) ☐ Service Log (Step 22)
Record (behind its divider)	Proofreading
☐ Service Report (Step 23) ☐ Memorization (Step 24) ☐ Creative Tribute (Steps 25–27) ☐ Me and the Cause of Christ (Step 28) ☐ Better Mastered (Step 29)	☐ I read my whole notebook aloud. ☐ Someone else read it. ☐ I fixed spelling and mistakes. ☐ My Table of Contents is filled in.

Proofreader

Name:		Signature:	
--------------	--	-------------------	--

I dedicate my Master Project to:

Table of Contents

Section	Page
Dedication	
Read the Hero Bios	
Explore Heroes	
Why I Chose My Hero	
RESEARCH	
Hero Notes	
Timeline	
My Sources	
Tell It Back	
REASON	
Character Chart	
My Hero's Christlike Attribute	
Favorite Story	
Most Important Truths	
How My Hero Moved Forward the Cause of Christ	
RELATE	
Favorite Quotes	
An Attribute I Will Develop	
Service Plan and Log	
RECORD	
Service Report	
Memorization	
Creative Tribute	
Me and the Cause of Christ	

What I Have Better Mastered	
-----------------------------	--

Prepare Your Presentation

About 20–30 minutes

Goal: Get ready to share your hero with others.

What to do

1. Plan a 5–7 minute presentation. Write a few key words for each part below.
2. Choose images and short video clips to include. Slides are optional.
3. Rehearse once for a parent, including your memorization, and time it.

My Presentation Outline		
#	Part	Key words and notes
1	Why I chose my hero (Step 3)	
2	My hero's story and key events (Step 9)	
3	My hero's Christlike attributes (Steps 12–14)	
4	My favorite story (Step 15)	
5	How my hero moved forward the Cause of Christ (Step 17)	
6	My Creative Tribute (Step 27)	
7	My service experience (Step 23)	
8	My memorization (Step 24)	
9	What I have better mastered (Step 29)	

Visuals I will use

☐ Pictures

☐ Videos

☐ Master Project Binder

☐ Slides

Rehearsal Sign-Off			
Listener name:		Signature:	
Time (minutes):		Checks:	☐ Memorization ☐ Did not read

Presentation Tips

About 20–30 minutes

Goal: Share your hero and your growth with confidence.

REMEMBER: You have come to know, respect, and love your hero. Your presentation is your chance to help others feel the same way.

Before You Present

- Practice with your outline, not a script. Know your story well enough to tell it from your heart.
- Set up your visuals ahead of time: pictures, clips, slides, or props.
- You may dress as your hero or wear clothing from their time period (optional).
- Invite family members, such as parents, grandparents, and siblings, to watch.

While You Present

- **Be an orator, not a reader.** Glance at your note cards, but look at your audience.
- **Tell stories.** Stories help your audience come to love and respect your hero the way you do.
- **Speak clearly and with dignity.** Avoid filler words like "um," "like," and "and yeah."
- **Recite your memorization from memory.** Pause before you begin so it stands out.
- **Share your heart.** Help your audience understand why this hero matters to you.
- **Save questions for the end.** Keep the audience listening during your presentation, and invite questions afterward.

Recording Tips

- Record in a quiet place with good light in front of you, not behind you.
- Keep the camera steady. Ask someone to hold it, or use a stand.
- Do a quick 10-second test to check sound and lighting.
- Keep your presentation to 5–7 minutes.