



**Music, Art and Adventure
Summer Camp 2023
Counselor-In-Training
Application**

1. What do you want/hope to learn from being a CIT?

2. What type of music and/or art do you enjoy creating?

3. What are your favorite things to do outside?

4. Have you ever helped others solve a conflict? If so, tell us about it. If not, imagine what you might do to help two people solve a conflict, and write that here.

More about our CIT Program:

Purpose

The purpose of the CIT Program is to provide students opportunities to build strong leadership and decision-making skills designed to make them future counselors, role models, and leaders.

What is the role of a CIT?

CITs work alongside 2 counselors, who are their mentors for the entirety of camp. Throughout the course of camp, CITs learn about and demonstrate responsibility, leadership, effective communication techniques, management, decision-making skills, and how to be a role model to the campers.

Expectations

- CITs are to help ensure the safety of campers and themselves at all times
- CITs are expected to assist with activities throughout the day, and to assist staff to ensure that camp runs smoothly.
- CITs are role models and act as authority figures for campers. Examples include being respectful of the Presidio park and ensuring that campers treat nature and one another respectfully.
- CITs act as another set of eyes and ears at camp. Any incident (bullying, teasing, hitting) witnessed should be brought to the attention of counselors immediately.
- CITs eat snacks and lunch with campers everyday.
- CITs must be present and available during all hours of camp, unless prior arrangements have been made.

CIT HANDBOOKS

This year, we are trying something new! At the beginning of camp, CITs are given a Music, Art and Adventure CIT Program Handbook that is their reflective journal, in which they can write down their observations throughout the day and reflect back upon their experiences.

End of Day Meetings

At Camp, Counselors are one of the CIT's most valuable learning resources. Each afternoon, CITs meet with the counselors to discuss how their day went and what they observed. Within their CIT Handbook are pages for them to record notes throughout the day, as well as during their meeting with their counselor. Each page has space for the following:

- **A tough problem/low point** they encountered during the day (something they may need some support on)
- **Something positive** that happened during the day
- **Observations from Counselor:** This is an area for counselors to write down any comments or observations on how the CIT performed
- **For tomorrow:** This space is for counselors to write down something they wish to see the CIT do for the following day. It could be to change a problem into something positive, to give them a goal, etc.
- **Personal Reflection:** During the day, CITs can write down and reflect upon how their day has progressed and note what happened.

The purpose of these pages is to provide tangible evidence of their growth as leaders and role-models, skills that will not only benefit them as potential counselors of the future, but in their daily lives.