

**COUNSELOR
AND CIT
21-22
PORTFOLIO**



FIRST & LAST NAME

WHAT IS THE COUNSELOR AND CIT PROGRAM?

Counselors and Counselors-in-Training (CITs) serve a critical role in the 4-H Camping program. Teens are used to fill these roles due to their ability to relate to campers and provide a safe and open dialogue with campers. Because of the level of responsibility, this position requires teens to be highly self-motivated and responsible, with great communication skills and leadership. Counselors are assigned campers to directly supervise for the duration of the camp experience. CITs serve in a learning position where they support Counselors and develop the skills needed to become a Counselor. Throughout the year, Counselors and CITs are invited to engage in an assortment of volunteer opportunities as well as leadership and team-building projects.

WHAT DO I DO WITH THIS PACKET?

A big part of 4-H involves developing life skills through hands-on activities. This packet serves as a Record Book or a Project Book to help teens track their activities, community service, and training hours.

Your 4-H Record Book emphasizes development of important life skills. Proper completion of a Member Record Form and Project Record Form(s) each year will help build your skills in goal setting, decision making, and record keeping. These are skills you will need throughout your lifetime if you plan to succeed! The design of 4-H Record Forms places emphasis on the types of 4-H involvement most important to help you achieve desired experiences, and it helps you to develop and practice some of the skills listed here.

Ultimately, your 4-H Member and Project Records will form an excellent summary of your 4-H career. You will use information in the 4-H records to complete 4-H resumés, All Star forms and in making application for jobs, scholarships and honors. Your 4-H records may become a personal scrapbook which will be cherished for many years.

GET THIS DONE

DUE

TO DO:

<u>Nov. 9</u>	<u>Attend Counselor/CIT Orientation with a parent</u>	<input type="checkbox"/>
<u>Nov. 30</u>	<u>Submit Application</u>	<input type="checkbox"/>
<u>Nov. 30</u>	<u>Complete 4-H Online with parent</u>	<input type="checkbox"/>
<u>by Jan 31</u>	<u>Complete interview with 4-H Staff</u>	<input type="checkbox"/>
<u>Feb 1</u>	<u>Pay \$50 deposit after position offered</u>	<input type="checkbox"/>
<u>Feb 1</u>	<u>Review and Sign Standards of Behavior for Volunteers with parent (included in packet)</u>	<input type="checkbox"/>
<u>April 15</u>	<u>Complete Scholarship Application (if applicable)</u>	<input type="checkbox"/>
<u>May 1</u>	<u>Make final camp payment</u>	<input type="checkbox"/>
<u>by June 16</u>	<u>Obtain required 24 hours of training</u>	<input type="checkbox"/>
<u>_____</u>	<u>Attend final mandatory training day(s)</u>	<input type="checkbox"/>
<u>by June 16</u>	<u>Complete and turn in this packet</u>	<input type="checkbox"/>
<u>June 27 - July 1</u>	<u>Go to camp and be the best Counselor/CIT ever!</u>	<input type="checkbox"/>
<u>_____</u>	<u>_____</u>	<input type="checkbox"/>

4-H CAMP COUNSELOR JOB DESCRIPTION

A. Be the leaders in developing a wholesome camp spirit:

- Be friendly to everyone.
- Learn and use first names.
- Set a good example.
- Help the campers feel at home.
- Encourage campers to participate in all activities, to take care of equipment and 4-H Center property, etc.
- Respect the campers' right to have ideas.
- Bring out the hidden talents of campers.
- Go over the camp schedule with campers as often as necessary.
- Carry out instructions of camp director(s) or program leader.
- Preside at meals.
 - Inform campers of procedures used in meal service and clearing of tables.
 - Lead and direct table conversation.
- Give special attention to
 - Seeing that no one is left out.
 - Encouraging good eating habits.
 - Checking on illnesses or injuries and, if necessary, reporting them to the 4-H Center nurse/EMT.
 - Getting campers to various locations on time.
 - Promoting safety at all times.
 - Getting quiet after "lights out".
 - Encouraging every camper to be considerate of fellow campers as well as staff.
 - Maintaining necessary discipline by helping campers understand the limits prescribed for group living situations.
- Promote the six Pillars of Character...trustworthiness, respect, responsibility, fairness, caring, and citizenship.

B. Serve as a class assistant or helper and/or teach a class.

C. Assist with a group of campers (sometimes called by another name such as "pack").

D. Assist with other duties as assigned (ex: pool spotter, program set-up, etc.)

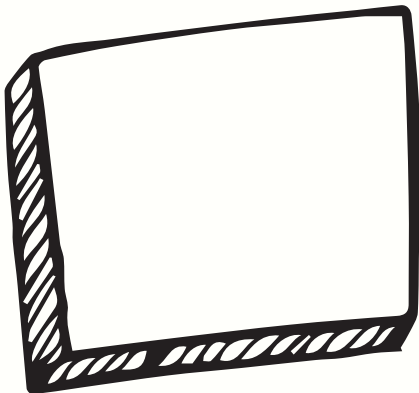
E. Help with recreation, evening programs, and campfire activities.

F. Help to evaluate camp on the basis of the camp objectives.

G. Be responsible to the Camp Director(s) or the person he/she designates.

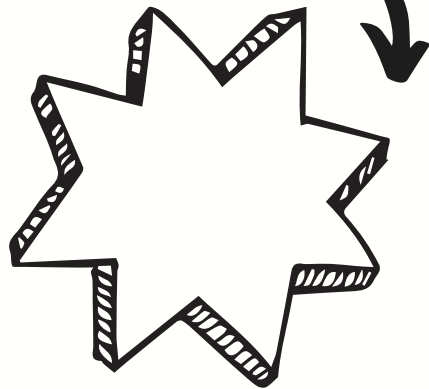
ALL ABOUT ME!

I am _____ years old and I live in _____



Me!

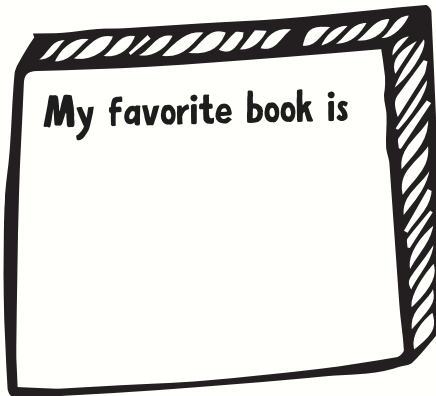
My favorite activity is



My favorite food is



My favorite book is



My favorite subject is



MY EVENT CALENDAR

July

August

September

October

12 - Teen Club
13- Zoo Crew
14 - Homeschool
27 - Paint Night

November

3- Zoo Crew
4- Teen Club
9 - Orientation
11- Homeschool
18 - Homeschool
23 - Apple Pie
30 - 4-H Online Due
- Application Due

December

1- Zoo Crew
2- Teen Club
3- Teen Holiday Party
22- Paint Night

January

2- Zoo Crew
3 - Teen Club
19 - Day at the Capitol
26- Paint Night
28 - Teen Training

February

1- \$50 Deposit Due
- Standards of Behavior
Due
2- Zoo Crew
3- Teen Club
23- Paint Night

March

2 - Zoo Crew
3 - Teen Club
23 - Paint Night

April

5 - Teen Training
13- Zoo Crew
14 - Teen Club

May

4- Zoo Crew
5- Teen Club
25- Paint Night

June

1- Zoo Crew
2- Teen Club
4- Mandatory Training #1
16 - Mandatory Training
#2
20-24 - State Congress
27-1 - Camp

21-22 ACTION PLANNING SHEET

(GOALS AND IDEAS DO NOT HAVE TO BE 4-H RELATED)

MAJOR GOAL

IDEA DUMP ZONE
(TO DEAL WITH LATER)

3 MAJOR TASKS FOR 21-22

1. _____

2. _____

3. _____

NOTES:

3 MINOR TASKS FOR 21-22

1. _____

2. _____

3. _____

NOTES:

FOCUS ON WHAT MATTERS NOW - DUMP THE REST FOR LATER!

LEADERSHIP *legacy*

My definition of leadership:

Qualities of a good leader:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

A leader I admire and why:

My leadership legacy (how I want to be remembered):