



Four Primary Components A Teen Leadership Course

There are four primary components of the Counselor Training Program:

Counseling Clinics

JC's participate in a 7 week counseling course through which they learn the principles of communication, teamwork, child development and behavior management. JC I's and II's have an opportunity to engage in age appropriate, guided group discussions on a wide range of adolescent issues. JC III's and IV's receive "hands-on" counseling experiences in day camp units.

Teaching

JC's choose a series of camp activities in which to concentrate. These are called "majors". By completing requirements in their majors, JCs acquire skills necessary to instruct in those areas. Through "Camp Tests" JCs earn awards in activities other than their majors, helping them learn to assist in additional activity areas and to become versatile instructors.

Service

JCs learn the principle of service to others and the value of "giving something back" to the community in which they live through a variety of service activities, projects and events.

Social

JCs work hard - and play hard! As a group they enjoy some special social opportunities every summer. These social events help to create positive relationships and promote teamwork.

TRADITION - LEADERSHIP - EXCELLENCE



Understanding the Task

Learning the skills to become a great instructor and leader.

Being a Junior Counselor takes commitment, determination, and self-reliance. During the four (4) year program JC's are mandated to fulfill certain requirements throughout the summer, some easier than others. These requirements are presented through a series of different scenarios, but the bulk of them are within the campers chosen major. The Junior counselor can only complete one year of the chosen major per summer. Each major has a set number of point assigned to it and at the end of a Junior Counselors 4 year training they should have gained 4 major points in total.

- 1 year major = 1 point
- 2 year major = 2 points
- 3 year major = 3 points

The end goal is to teach our JC's how to become trained instructors and strong leaders.

The major activities throughout camp are offered as '**majors**' to our Junior Counselors. Each activity has a set list of requirements to fulfill. Some of these requirements include but are not limited to:

- **Teaching Hours-** Teaching hours allow the JC to help get hands on experience under the guidance of a counselor. The amount of teaching hours required will depend upon the year of the Junior Counselor.
- **Maintenance Hours-** Maintenance hours give a 'behind the scenes' look at how activities are run and maintained. It is essential that a Junior Counselor understands that not only is it important to teach an activity but to also maintain the activity area and equipment. Under the guidance of a staff member Junior Counselors will have a maintenance project to complete..
- **Activity Seminars-** Again this is yet another learning opportunity for the Junior Counselor. Usually this is run by the Department Head of the activity area, the JC's will be taught lessons on the activity. For example, in sailing they will learn about navigation, sail theory, and basic racing.
- **Passing awards/Projects-** Depending on the activity area JC's will be required to either complete awards or propose and finish a project. For example in Archery it is expected that the JC's completes their Archer 1st award, but in Wood/Practical Arts the JC will be asked to present a written proposal on a project. This is to ensure that the JC is not only learning how to become a great teacher of the activity but also had an understanding and ability to show the skills they are teaching.



First Year Requirements

Candidates for a first year certificate must:

1. Participate in a minimum of one week in five of the major camp activities*
Archery, Art, Drama, Practical Arts, Riflery, Sailing, Swimming, Tennis, Landsports

*These may include the candidate's chosen major

2. Meet all of the requirements of a major or part of a major (totaling one point)
 - One one-year major
 - The first year requirements of a two or three-year major

One Year (1 pt.) Majors

Archery
Arts Cluster
Drama
PA (woodworking)
Riflery

Two Year (2 pts.) Majors

Swimming
Tennis
Landsports
Arts & Crafts
Watersports

Three Year (3pts.) Majors

Sailing

3. Must compile a minimum of 3 teaching/assisting evaluations.
4. Begin Camp Test One (Explained on camp test page)
5. Participate in all sessions of the JC Land Sports Clinic
Clinics will cover the organization, coaching, and officiating of sports and games (i.e. Baseball, Basketball, Field Hockey Track, Soccer, Ultimate Frisbee, etc.)
6. Complete the American Red Cross Level V or equivalent in Swimming.
7. Attend all sessions of the Counseling Clinics
8. Participate in JC service activities
9. Display an attitude and behavior consistent with the values and philosophy of the Counselor Training Program and the Cape Cod Sea Camps.



Second Year Requirements

Candidates for a second year certificate must:

1. Meet all of the requirements of majors or parts of majors (totaling two points)
The Junior Counselor must meet the requirements of two separate majors, equaling 2 major points.
2. Complete Camp Test 1 (one). Begin working on Camp Test 2 (two).
3. Must compile a minimum of 3 teaching/assisting evaluations.
4. Participate for two days each in three assigned units assisting in the organization and teaching of a G.A.P. (General Activities Period)
5. Design and implement 1 (one) mod (elective).
6. Attend all sessions of the Counseling Clinics
7. Participate in JC service activities
8. Display an attitude and behavior consistent with the values and philosophy of the Counselor Training Program and the Cape Cod Sea Camps



Third Year Requirements

Candidates for a third year certificate must:

1. Complete any majors not acquired during the first or second years of the program and/or
2. Meet all of the requirements of a major or part of a previously committed major (totaling one point)
 - One one-year major
 - The second year of a two-year major
 - The third year of a three-year major
3. All JC III's must compile a minimum of 3 teaching/assisting evaluations. *(Can be done through previously completed majors.)*
4. Complete Camp Test 2 (two).
5. Teach a total of 8 hours in each completed major and, whenever possible, at all levels (beginner to advanced) (NOTE: This is a year requirement and may not double for major requirements)
6. Attain a minimum of one teaching evaluation for each week of teaching (per activity)
7. Complete assigned responsibilities and demonstrate leadership skills in specific age groups or units as followed:
 - One week in the Crew unit - ages 4 and 5
 - One week in the Lower Camp units - ages 6 to 9
 - One week in Middle or Upper Camp units - ages 10 to 13
8. Design and implement a weekly mod (occupation).
9. Attend all sessions of the Counseling Clinics
10. Participate in JC service activities
11. Display an attitude and behavior consistent with the values and philosophy of the Counselor Training Program and the Cape Cod Sea Camps