



## Counselor-In-Training (CIT) Program

Camp Discovery is introducing an opportunity for campers interested in developing leadership skills through a Counselor-In-Training (CIT) program. Selected candidates will attend camp at a reduced fee, and will have on-the-job experience assisting experienced counselors and leaders. Applicants may apply to be a CIT for up to two years. This may be a chance to discover hidden talents that could help define the future.

CITs will have the opportunity to learn skills that are helpful and supportive of other campers and counselors such as:

- assisting skill-instructors
- activity planning and organization
- leading recreation activities
- settling minor conflicts
- assisting new campers to settle in and make friends
- participating in "Ask the Doctor" session
- recognizing needs of others and getting help

CITs will assist cabin groups throughout the camp day under the supervision of an experienced adult counselor. There will be regular breaks and daily opportunities to discuss leadership experiences, deal with difficulties, and support each CIT in this transition role.

Importantly, CITs are expected to know about their own epilepsy and follow their own health routines. CITs serve as an example to other campers that self-knowledge and advocacy for appropriate seizure response can reduce fear and stigma and increase confidence of others in them.

Requirements or qualifications:

- age 18 to 26 years old, with IEP in effect
- attended Camp Discovery for three years
- demonstrates interest in children and teens
- demonstrates supportive role to leaders
- accepts responsibility
- self-advocate for own health
- \*Completes Camper Registration form and all requirements
- \*Completes a letter of request to participate, addressing the points above plus personal reasons for wishing to be a CIT.
- \*Two letters of recommendation, at least one from a former counselor, addressing the requirements above.

There will be two mandatory training days that CIT participants must attend. Dates for the training are to be determined.

CIT opportunities are limited up to a total of eight, both male and female.

We hope that this new extension of the camping experience, expanding development of new skills, will be an exciting and rewarding one for everyone.