



## MountainCamp 2010

### CIT 2.0 Application

#### Counselor-In-Training

Dear Applicant,

Thank you for your interest in The Mountain's new CIT program: **CIT 2.0**. This program is an exciting way to develop and enhance your leadership abilities through trainings and direct experience, to live in a community inspired by the principles of Unitarian Universalism with a close-knit group of peers, and also to develop program design and implementation skills.

The **CIT 2.0** program has similarities to MountainCamp's CIT programs of the past, but is distinctly different in how it is structured. For 2010, the program will include the following components:

***Small group dynamics*** – Participants will experience and learn about working with and within a small group by living with and working with the same group of six in a wide variety of situations under the guidance of a mentor.

***Training sessions designed specifically for the CITs*** will be dispersed throughout the 7-week session, which will include trainings on Unitarian Universalism, conflict management, peaceful communications, youth development, interfaith, and camp skills of all kinds. Trainings will be conducted by MountainCamp staff and by The Mountain's year round staff.

***Participation in camp workshops and camp-wide activities, which CITs will critique and discuss*** – This is an important step in the educational process, and it is a great way to think critically about conducting and creating new programming.

***Cabin groups experience*** – Each CIT will be assigned a cabin for each camp session with which they will spend time interacting with and mentoring campers while observing how the counselors problem-solve and relate to campers.

***Intentionally scheduled time for each participant to develop new MountainCamp programs*** – CITs will be trained on how to develop workshops and other camp programs, and time will be included in the CIT schedule for program development, critique, and implementation.

***Service projects and service trips at The Mountain and offsite, working with local community partners*** – CITs will participate in service work at least once a week that ranges from environmental sustainability projects to addressing poverty and hunger during the course of the program, at least one day out of each week.

***Multiple outdoor adventure trips with outdoor leadership training*** – Participants in the program will go offsite to experience and to be trained on how to properly lead various MountainCamp outdoor adventure trips, acquiring the outdoor skills required to keep our campers safe. These trips will occur at least once out of each week.

***First Aid/CPR training*** – The program will provide First Aid/CPR training, which is one of those most basic required skills to be a counselor.

The **CIT 2.0** program starts on **Sunday, June 13<sup>th</sup>** and finishes on **Saturday, July 31<sup>st</sup>, 2010**.

***This program is for rising 12<sup>th</sup> graders***

Mountain staff will review the applications and reference letters and accept individuals who are the best fit for the program by April 1<sup>st</sup>. Please put a lot of thought into filling out the application and know that there are a limited number of spaces available. Give the MountainCamp **CIT 2.0** reference forms to people (not relatives and preferably not individuals that have worked as staff at MountainCamp) who know your skills, character and experience level. The application and reference forms need to be completed and **received by March 20<sup>th</sup>, 2010** to be eligible for consideration. Mail completed forms to:

**The Mountain  
CIT 2.0 Application Form  
Attn: Brian Gifford  
PO Box 1299  
Highlands, NC 28741**

I look forward to receiving your application! If you have any questions, please don't hesitate to call or email me.

Thank you,

Brian Gifford  
MountainCamp Director  
(828) 526-5838 ext. 253  
[brian.gifford@mountaincenters.org](mailto:brian.gifford@mountaincenters.org)

## MountainCamp 2010

### CIT 2.0 Participant Overview

[youth.programs@mountaincenters.org](mailto:youth.programs@mountaincenters.org)

#### ***DESIRED QUALIFICATIONS***

- Interest in developing knowledge and leadership skills related to working with youth and adults in a camp environment.
- Enthusiasm for participating in service work at camp and in the greater community
- Ability and willingness to place the needs of campers and camp above personal desires
- Ability to follow directions and accept guidance and supervision
- Good judgment, integrity, maturity and flexibility
- Sense of humor, patience, and self-control
- Ability to work as a team member
- Possess an understanding and desire to implement the Principles of Unitarian Universalism

#### ***GENERAL RESPONSIBILITIES***

- Be a positive role model, setting good examples for younger campers.
- Fully participate in assigned activities.
- Learn about the environment in which each camper excels and is challenged in.
- Learn to recognize and respond to opportunities for problem solving and conflict resolution within the group.
- Assist in guiding cabin and individual campers in participating successfully in all aspects of camp activities.
- See that health, safety and other standards are maintained and followed by all campers.
- Assist Counselors in leading activities and trips.
- At all times, model and practice the philosophies and values of The Mountain, including the community standards.
- Set a good example for campers and others including cleanliness, punctuality, sharing clean-up of camp spaces and cabin chores, sportspersonship, and table manners.
- Respect others personal property, camp equipment and Mountain facilities.
- Clean and prepare CIT living space before, during and after each session.
- Possess mobility and agility over varying types of terrain throughout camp and off-site property.
- Actively participate in the CIT program trainings and activities.
- Follow ALL camper and staff rules and regulations.
- Ability to attend the full session (not arriving late or leaving early).
- Understanding, acceptance and implementation of The Mountain's youth programs rules and expectations, overall mission, and the Principles of Unitarian Universalism.

**I have read and understand my responsibilities and agree that I have the skills and abilities listed above.**

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**CIT 2.0** Applicant Signature

Date

# MountainCamp 2010

## CIT 2.0 Application

[youth.programs@mountaincenters.org](mailto:youth.programs@mountaincenters.org)

Full Legal Name \_\_\_\_\_ Social Security # \_\_\_\_\_

Preferred Name \_\_\_\_\_ Email Address \_\_\_\_\_

Permanent Address \_\_\_\_\_  
Street & Number \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Grade 9/10 \_\_\_\_\_ Birth date \_\_\_\_\_ Gender (circle one): M / F

### WORK EXPERIENCE (Paid or Volunteer)

List the most recent position first

Employer Name \_\_\_\_\_ Responsibilities \_\_\_\_\_ Dates (from/to) \_\_\_\_\_

### CERTIFICATIONS

List with expiration dates. Examples: First Aid, CPR, Lifeguarding, Swimming, Emergency Water Safety, etc.

### CAMP EXPERIENCES

List any organized camp experiences you have had (attach extra sheet if necessary)

Dates	Camp	Activities involved	Camper or Staff

### TRAINING AND LEADERSHIP

List all trainings that you have taken that are applicable to the position for which you are applying. Also, list any youth leadership roles that you have had.



If selected to participate in this program, I would strive to carry out a program within the framework of The Mountain's core values derived from the 7 Principles of Unitarian Universalism:

- ❖ The inherent worth and dignity of every individual
- ❖ Justice, equity and compassion in human relations
- ❖ Acceptance of one another and encouragement to spiritual growth
- ❖ A free and responsible search for truth and meaning
- ❖ The right of conscience and the use of democratic process
- ❖ The goal of world community with peace, liberty and justice for all
- ❖ Respect for the interdependent web of all existence of which we are a part

I understand that as a Counselor-in-Training I am a program participant and NOT an employee of The Mountain. I understand that I must follow all program participant guidelines including:

- ❖ I will not use unlawful drugs, alcohol or tobacco products.
- ❖ I will not engage in sexual relations.
- ❖ I will not bring or use firearms, fireworks, or weapons of any kind.
- ❖ I will not use violence in my words or actions.
- ❖ That as a CIT I am entrusted with the upholding of The Mountain's community standards and if I betray this trust I risk my current and future participation at The Mountain; my behavior - positive or negative - impacts the entire Mountain community.

**All information on this application is accurate to the best of my knowledge.**

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Applicant's Signature

Date

**MountainCamp 2010**  
**CIT 2.0 Reference**



**A place. An experience.**  
**A way forward for all ages.**

Thank you for completing this reference for \_\_\_\_\_. S/he has applied to be a participant in The Mountain Retreat & Learning Center's Counselor-In-Training (CIT) program. Working in a camp setting is an intense living situation; therefore it is important that a CIT enjoys and understands children, and works well in a team situation with other young people and adults. We would appreciate your careful analysis of the above applicant's character and skills. Your statements will be kept confidential. **Please return completed form to: Brian Gifford, MountainCamp Director. P O Box 1299, Highlands, NC 28741. References due by March 20<sup>th</sup>, 2010**

**CIT 2.0 PROGRAM INFORMATION:** The CIT's will live during the 7-weeks program as a community with one mentor and approximately 5 other program participants (male & female). CIT responsibilities include being an active part of camp activities, spending nights in a cabin with younger campers, participating in service work and trainings, and developing and facilitating camp programs. Applicants should have interest in developing knowledge and leadership skills related to working with youth and adults in a camp environment. CIT's need to have the ability to follow directions, accept guidance and supervision, place the needs of campers and camp above personal desires, work as a positive team member, and have good judgment when working with others.

How long and in what capacity have you known the applicant? \_\_\_\_\_

Why do you believe that this person is interested in the CIT program? \_\_\_\_\_

What could the applicant gain from this program? \_\_\_\_\_

**Please check all the words that can be used to describe the applicant:**

- |                                     |  |   |  |
|-------------------------------------|--|---|--|
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Loyal           | <input type="checkbox"/> Excitable          | <input type="checkbox"/> Well-liked    |
| <input type="checkbox"/> Skilled    | <input type="checkbox"/> Trustworthy     | <input type="checkbox"/> Idealistic         | <input type="checkbox"/> Aggressive    |
| <input type="checkbox"/> Fair       | <input type="checkbox"/> Tactful         | <input type="checkbox"/> Reliable           | <input type="checkbox"/> Frail         |
| <input type="checkbox"/> Stable     | <input type="checkbox"/> Outgoing        | <input type="checkbox"/> Creative           | <input type="checkbox"/> Mature        |
| <input type="checkbox"/> Alert      | <input type="checkbox"/> Consistent      | <input type="checkbox"/> Emotionally Stable | <input type="checkbox"/> Compassionate |
| <input type="checkbox"/> Fun        | <input type="checkbox"/> Shy             | <input type="checkbox"/> Serious            | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Dedicated  | <input type="checkbox"/> Friendly        | <input type="checkbox"/> Quiet              | <input type="checkbox"/> Patient       |
| <input type="checkbox"/> Orderly    | <input type="checkbox"/> Uses Initiative | <input type="checkbox"/> Role model         | <input type="checkbox"/> Follower      |
| <input type="checkbox"/> Loud       | <input type="checkbox"/> Cooperative     | <input type="checkbox"/> Spiritual          | <input type="checkbox"/> Responsible   |

Place a mark in the box that best notes the applicants capabilities:

	Poor	Fair	Good	Excellent	Unsure
Ability to interact with youth					
Relationship with peers					
Concern for others					
Responsibility level					
Warmth of personality					
Honesty					
Communication skills					
Ability to ask for help					
Leadership ability					
Common sense					
Desire to learn					
Adaptability/Flexibility					
Self-discipline					
Positive attitude					
Sense of humor					
Sound judgment					
Enthusiasm/Energy					
Work ethic					
Physical stamina/health					
Ability to accept supervision & guidance					
Adaptability to group living					
Engagement with diverse populations					

What would you identify as this applicant's greatest strength and/or weakness? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Do you know of any behaviors, activities, or associations which indicate the applicant is not reliable, honest, trustworthy, and of good conduct and character?     No     Yes    *If yes, please explain* \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ TITLE/POSITION \_\_\_\_\_

COMPANY/INSTITUTION \_\_\_\_\_

ADDRESS \_\_\_\_\_

DAY PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

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**CIT 2.0 Reference**



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P.O. Box 1299, Highlands, NC 28741 ■ tel 828-526-5838 fax 781-846-1295  
[www.mountaincenters.org](http://www.mountaincenters.org) ■ [info@mountaincenters.org](mailto:info@mountaincenters.org)

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