

Notebook Pages Review

You will have time to review the staff and delegate notebook pages. The goal of this review is NOT for you to prepare yourself to teach these lessons-SCs are trained and prepared to do that!, but the goal IS to remind you of the curriculum and to give you the time to see the way that elements of the camp are intentionally structured for delegate learning. As well, part of the awesomeness of being a Mt. Adams staff member is that we get to continue to discuss and wrestle with concepts as we continue to practice and grow in our own character and competence- so your observations and questions will spark that discussion through this training (and beyond!)

As you read, use this form to record the following;

1. What do you notice? About camp structure, lesson design, content?
2. What questions do you have?
3. What personal reflections do you have?

Because there is NO WAY we are giving you enough time to read ALL of the notebook, I have outlined significant pages for you to review. Use the space below each section for notes to bring to small and large group discussion.

Staff pages 1-5

- Council Time Block Overview, First Council Meeting Key Concepts for Camp & Challenge

Staff pages 9-20

- The Head, Heart, Hands Model

Staff page 22

- The Real Life Eight Essentials "Gauntlet"

Staff pages 35-37

- School Groups Overview

Staff page 57

- Behind Closed Doors Overview

Staff pages 67-68

- Challenge Overview

Delegate Pages

E: Four Big Lies

F: Four Levels of Happiness

2,3: Head, Heart, Hands Model

4-6: The Eight Essentials

14: Four Levels of Happiness Defined

15-21: Five Love Languages

33: Leadership Words Defined

42: Stages of Team Building

44: Facilitation Skills

Returning JCs JC Manual Reflection

1. What is an example of a time at camp that you wore each of the JC "hats"?

Supporter

Leader

Observer

2. What was a valuable "aha" you had in council time as a JC? (Did you see something from a different angle? Did you get some guidance from your SC? Did you expand your own knowledge or understanding?)
3. What was something intentional you did in planning or setting up for your dorm that was valuable during camp?
4. Describe something that happened at camp a JC year that was really different than how you experienced it as a delegate; what was the learning in that?
5. Look at the "Words of Wisdom"; what would you add, based on your experience?

Training Agenda

Day 1:

- 9:00AM: Head JCs, Sue arrive
- 10:00AM: JCs arrive at Megan's house, settle in, greetings
- 10:15AM: Gather in the park for ice breaker (~~Sam~~ and ~~Talita~~)
 - a. Icebreaker—JCs randomly choose an adhesive nametag with the name of a famous character or duo (i.e. Peanut butter and jelly, Harry and Ron, Frodo and Samwise, etc). Their task is to figure out who they are and who their partner is. This can be a way to get the laughs going and JCs to get a bit more comfortable with each other. Perhaps we can use these pairs to start off our hike? Intentionally assign returning JCs a nametag that will pair up with a new JC?
- 10:45AM: Depart for Nature Hike, email being sent out to remind about comfortable shoes
 - a. Have JCs pair up and talk about a question or topic, rotate every question.
 - a. Be intentional about 1st years/returners (~~Sam~~ and ~~Talita~~-prepare a typed up list of questions...could we even have a little card? Something they could reuse at camp for convo starters?)
- 12:15 PM: Complete hike, head back to Megan's
 - a. Brown bag lunch
 - b. Move in and set up time
 - c. Travel to church (Bring some of the snacks, bring laptops/tablets)
- 1:30 PM: Refresher on names (~~Sam~~/~~Talita~~): Church
 - a. Watch Clear Vision
 - b. Debrief Directions:
 - a. What is your why? What is your story? **(Could we send this out as a question over email before camp to give some time to think before arrival?)**
 - b. Activity: "Do it again a different way"
 - i. Awareness, Choice, Influence (Credo in the Center)
 - c. You're here for a reason, trust your training
 - d. Head JCs and Sue talk about expectations for training, camp
 - e. *Authenticity, transparency, intentionality, **Note-taking, staying awake**
- 3:00PM: Break
- 3:25PM: Curriculum: time to read the staff pages
 - a. Sue Intro general big picture of camp/SC planning process
 - a. Council (HHH)
 - b. School Groups (CCC)
 - c. BCD
 - d. MWBFO
 - e. Clinics
 - b. Provide an reading guide/overview that is a note-taking sheet, too
 - a. What did you notice? What questions do you have?
 - c. Partner/Small Group
 - d. Large Group
- 5:30PM: Dinner
- 6:15PM: ~~John/Noelle~~ Director's Vision/Curriculum Overview
- 7:30PM: Head back to Megan's. Shower, etc
- 8:30 PM: Inside Out
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Training Agenda

Day 2:

- 9:00AM: Breakfast
- 10:00 AM Discuss Inside Out
 - o What are your islands?
 - o How does this fit with camp? With HHH? Four Big Lies?
- Return to deeper discussion of curriculum. . . HHH in particular.
- BCD Overview/"Humanizing" Activity
- 11:00 Break
- **11:15AM: SC Slideshow, encourage get-to-know-ya**
- 11:30AM: Begin talking about JC Roles
 - o JC Hats
 - o "This is Water" in here. Maybe as a set up to the day- awareness and choice
 - o Arrival roles (Project Check List)
 - o Council Time
 - o On the course
 - Half Sheets
 - o Intentionality with the SCs. Reflection from course training: SCs might be using walking time to plan
 - o Dorm Time
 - o Launch Questions vs "Trying to go deep and emotional"
 - o School Groups. . . Bonfire Planning
 - o Slide Show: Set Ups in Dorms and Classrooms
- 12:30PM: Cabin Partners, time to plan intentional community building ~~Sun~~ and ~~OW~~ Big Talk
- 1:15PM: Lunch (Working lunch?)
- 1:45PM: BOB
- 2:15PM: Ice Breaker/Energizer (~~Sun/Tuesday~~)--> screaming toes, racing human knots. Have the group share their own?
 - o ~~Annie's Method~~
 - o Active Listening, discussion facilitation techniques
 - a. A JC talks to Annie about an issue or problem they may be having, Annie demonstrates active listening.
 - b. Annie facilitates discussion, pointers and strategies
 - c. **Partner up-Intentional Cabin Partners?**
 - o Topics to discuss with Delegates
 - o 3:45PM: Break
- 4:00PM: Begin Bonfire Prep (Do you want to have a Google Doc ready?)
- 5:30PM: Dinner/SCs arrive
- 6:15PM Scenarios, let's discuss which ones we want to do?
 - o **Ice Breakers (Assign JCs to bring three ice breakers/energizers to share)**
 - o Dominating in Groups
 - o Distraught Delegates
 - o Circle Activity
 - o One on One Goals with Sue
 - o Manual Review (Guided Notes with Returners)
- 8:00PM: Break: Snacks
- 8:15 **MWBFO Overview**

Day 3:

- 9:00AM: Breakfast
- Pack/Clean @ ~~Megan's~~
- 10:00AM: Bonfire prep time
- 11:00AM: Credo discussion
- 12:30PM: Clean up, Goal Setting (**Share?**)
- **Lunch: Simple soup, PB&J, THANKS ~~Megan!~~**
- 1:15PM: Training closure (JC leads)
 - a. **Sun and Moon**

SC/JC Initial Meeting. On Day Zero, you will have time to get to know your JC and discuss the week. The following list was compiled to help you with topics to discuss, if you need a little guidance!

Topics for SC/JC talk

- ♥ Personal family and school info
- ♥ Bucket list
- ♥ How did your JC's delegate experience impact their life
- ♥ Goals
 - Personal goals
 - Goals as a JC
- ♥ Role/expectations
 - With teaching
 - On Challenge Course
 - With sharing (JC vs delegate)
- ♥ What do they see as their role/their expectations
- ♥ Share Love Language, communication expectations
- ♥ My challenges for my male JC (From Leslie)
 - Always seek the quiet or fringe delegate
 - Model well rounded male behavior to empower others to be strong but sensitive, steering away from macho stereotypes
- ♥ When to meet and touch bases
- ♥ Any favorite readings, quotes, poems, experiences to share?
- ♥ Questions?

SC/JC Daily Meetings

On Day Zero, please establish a meeting time and place. Many choose to meet in the mornings before breakfast- remember to plan to be in the dining hall at least five minutes before the start of breakfast. Depending on time, you may choose to do some of these things "on the fly" throughout the day as well.

Personal

- Check in with the JC on previous day-highs and lows, observations, etc -how did dorms go?
- Check in with the JC on individual goals. (All JCs established one goal while at training)
- Share any of your own learning from the previous day.

Continued on Back

Council Prep

- Ask about the **"pulse" of the group**-what feedback has the JC gathered from the group?
- Overview the schedule and curriculum for the day
 - What are the **"Essential Learning"** elements for the day (the big idea)?
 - Identify places for JCs to be prepared with **energizers/activities**. (Help them see what the mood or feeling might be at that time in the day and how much time the activity should be allowed to take, so they can be intentional about the choice of energizer).
 - Identify any **supplies** you would like to ask the JC to grab (and when to do this)
 - Identify places in the day that the JC may be looking to be mindful about **service**: grabbing water, etc
 - Identify any places in the curriculum you may ask the JC to do one or more of the following:
 - Tally **who speaks/how often** (these people may be silenced in a later activity)
 - Be a **"supersleuth"** -check in personally with individual delegates
 - Name the **"snapshot"** moment from the session that captures some aspect of the team or growth, etc
 - Take notes on **non verbal behaviors**-use as a launch to discuss the way leaders are watched and observed at school
 - **Role model communication** behaviors/active listening techniques (ask them to tell you about the post-it notes activity that Annie did with them at training)
 - **Ice Breakers/Energizers**- ask them to explain **WHY** they chose the activity
 - Taking **photos** in council time
 - Write down **everything you hear people say** (not WHO said it) and read it back as a feedback technique
 - Complete a **character card** and share out with council
 - Be a **time keeper**
 - use for our intentional record keeping
 - give you feedback on engagement levels

Preparing for/reflecting on Challenge Course

- Review their role as observer/identify an observation task from above
- Explain why you are choosing the element
- **Help your JC complete the Challenge Course Feedback form for ALL elements you use**

SC Name

Event

1. How much experience has the group had on the course together (prior to this event)?
2. Set up (Story, Question, Challenge)
3. Special Instructions
4. Why was this event chosen?
5. What processing model was used and/or what questions were asked at the end of the activity?
6. Additional Notes (Unexpected outcomes, "I wish I would have done...")

ICEBREAKERS

Energizers

60 second race
Zip Zap Zoom
Quack Diddle E O SO
King Elephant
Bear, Salmon, Mosquito
Rock, Paper, Scissors Train
Ride my Pony

Big Booty
Shuffle Your Buns
Partner Tag/Cyclops Tag
Person To Person
Birdie on a Porch I Have
Friends Who
Screaming Ninjas

Bob the Weasel
Human Knot
Pterodactyl (Zip Bong)
Animal Noises
Psychiatrist
Chicken Baseball
Beach ball Questions

Who Am I?
Pirates Life
The Game
Baby, Do You Love Me?
Ultimate RPS
Toaster/Mixer/Elephant
Chivalrous Couples

Refocuser

Counting Game "Zen
Counting"
M&M Categories
Object in Room
2 Truths and a Lie

60 sec. race
Eye Contact
Story Time
Touch Someone Who...

Snowball Fight / Mt.
Adams Quotable
Mirror
Pick A Side
Icelandic Foot Tag

Psychiatrist
~~Black Magic~~
Little Feet / Scary Feet

Name Games

Animal Sounds
Line Drop Down
Say Your Name
Name Olympics
Name Toss Ball Game

Gotcha!
"Circle Tag"
Compass Name Game
Whampom
Bumpity Bump Bump

Webbing Loop
The Name Game
Animal Name Game
Pass A Ball
Whomp 'Em

3 - 2 - 1 Name That Person
Cinderella
Face - Off

ICEBREAKERS

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Junior Counselor Reflection and Feedback

SC Name _____

Council JC Name _____

Please comment on the strengths and weaknesses of the JC, considering the following criteria:

1. Communication
2. Punctuality
3. Follow through
4. Observation/Awareness
5. Helpfulness
6. Flexibility
7. Taking Initiative
8. Ability to receive feedback
9. Understanding of Curriculum Concepts and Skills
10. Consistency in Demonstrating Commitment to Servant Leadership

Strengths of JC	Weaknesses of JC

Would you recommend this JC to return next year? _____

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