

# Counselor Guide

## The DREAM Summer Camps of 2013

This year, DREAM has developed more camps in Cabarete and the surrounding areas:

- DREAM Center
- La Cienaga
- La Union
- Abreu

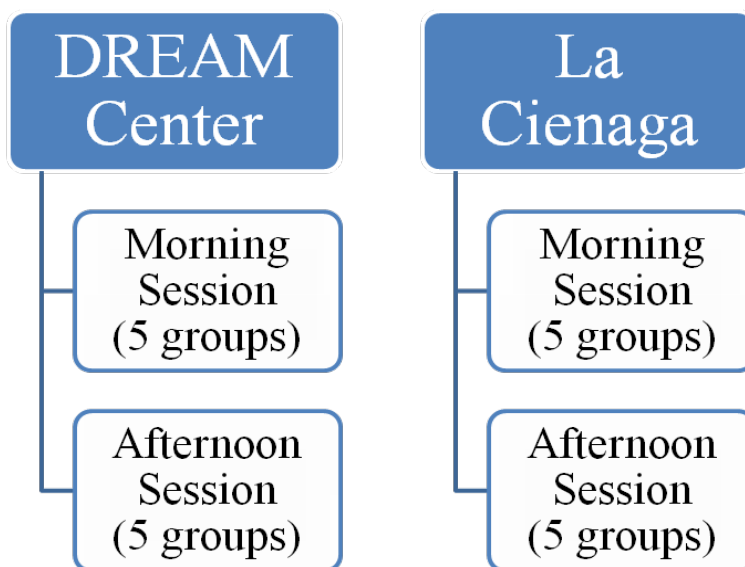
This guide will focus specifically on the DREAM Center and La Cienaga, which are very similar.

### 1. Introduction

The camps will begin July 8<sup>th</sup> and will end August 2<sup>nd</sup>. The children will sign up in mid-June. This year there will be more students attending camp, but the structure will be different than years past. DREAM Center will have 190 campers and La Cienaga will have 170 campers.

### 2. The Sessions

Each camp will have two sessions, one in the morning and one in the afternoon after lunch. The younger campers will be in the morning session and the older campers in the afternoon. Each session and each center will have 5 groups; therefore, 20 groups in total between the two camps. Each counselor will be in charge of two groups, a morning group and an afternoon group.



Each group will have 20 to 25 students, and each group will have 3 classes:

- Two academic: Math and Reading/Writing
- One recreational: Art, music, Deportes para la Vida (an HIV/AIDS awareness program), or swimming depending on which camp and age of the group

Every class will last 50 minutes. There will be a teacher and two counselors (one local and one international) in each class. After the first session, the students will go home for lunch and will stay home for the rest of the day. In years past, the campers have been provided lunch, but this summer the DREAM staff will have this time to rest and spend time with the other members of your DREAM team. After lunch, the second group of students will arrive and the second session will begin.

The day will begin at 8am and will end at 4.30pm for both local and international counselors.

### 3. Role of the Counselors

The three main roles of a counselor are as follows:

- Make sure that the students are behaving themselves
- Identify which students need the most help and tell the teachers
- Work with the students one-on-one or in mini-groups when they are doing group work or individual work; in other words, help facilitate their learning when the teacher has finished the lesson

Over the years we have collected advice from past counselors and from teachers. What works and doesn't work? The following tips will help you when you need it most!

- Take a break when it's necessary!!! Just not where the kids can see, then they'll be distracted.
- Let the teachers know which students need to sit in the front because they have vision problems or attention problems.
- Have lots of enthusiasm and energy, so that you can be an example for the class.
- Don't dance or move too much when the teacher is teaching (only if it's part of the lesson); otherwise, it will distract the students.
- If the teacher gives directions and you don't understand, ask them to repeat or to clarify the directions. If you don't understand the directions, then you can't help the kids with the assignment.
- Make sure that the campers are in a straight line *BEFORE* entering the class. If they aren't, the teacher will have to spend the first part of class time getting everyone to calm down.
- Ask ANYONE for help when you have any doubts, worries, or questions!

In art class we have the following pieces of advice:

- Don't do the project for the students. You can do your own and show them how you did it, but let them try it themselves.

- Don't pick up after the students. It's their responsibility.
- Make sure that the children write their name on their projects.
- When the time comes, make sure that all the students take their projects home with them. Otherwise, they will just get thrown out.

In swimming class:

- Always be with the students at the pool, when they go to the bathroom, and any other part of Hummingbird.
- Be careful on the stairs, when they are wet they are really slippery.

In reading/writing:

- Make sure that the students ask the teachers permission to go to the bathroom before going.
- When the teachers are giving instructions to the students, make sure that you are not being a distraction to the kids. Listen to the instruction, too, so that you know what it is that the students will be doing.
- Make sure they drink water before coming into class.

In math:

- Make sure that the students have their notebooks and that they enter the classroom by the number they are given.
- Know where they need to sit.
- Create a system so that you can make the line faster. For example, call numbers 1-7 up first and then 8-15, etc.
- When the teacher is talking make sure you aren't talking to the students or to the other counselor. Pay attention, too, so you can be an example for the children AND know what's going on.

In gym:

- Participate with the kids! If you are enjoying yourself with them, they will be more likely to participate, too.

Deportes para la Vida (remember: it's a HIV/AIDS awareness program)

- Participate in the energizers, but leave the activities to the children.
- Help with class control when the students are really energized and need to regain focus.

#### 4. Special Project

This year, we want to help the volunteers develop some extra skills, on top of what you will gain throughout camp. Therefore, we are going to help you each develop a special individual project for you and/or your group. With this project, you can put together a practical application of your studies or your interests to gain experience and take advantage of all the opportunities that you have at camp! For example, you can create a workshop for the community on public health.

## 5. Expectations of a Super-Counselor

### A. Be a good role model for the students.

The students will follow your behavior. If you have energy, they will have energy. If you are positive, they will be positive. If you are enthusiastic in class, they will be too. If you are quiet and concentrated on what the teacher is saying, the students will be too.

Simply put, be an active member in class!

### B. Make sure the students are listening to the teacher.

It is really important to keep the class silent when the teacher is giving instructions or giving a lesson to the student. If you keep the silence, the students will follow along with the teacher.

### C. If you have to speak individually with a student, take them outside of the classroom.

If you need to talk with your co-counselor about something (the behavior of a student, the schedule, or anything else), do so in the hallway outside the class. It is tough for a student to pay attention when their counselor is talking about interesting things behind them.

Furthermore, you can take a student out of class to talk with them if he or she is behaving badly, acting violently, or if he or she refuses to do an assignment. You will have to check with the teacher, but it is best to take the student out to talk for a few minutes and return with him more focused and disciplined.

### D. You deserve a break when you need it!

We love your help! We need your help! Without you as a counselor we would not be able to achieve all the wonders that camp beholds. So, if you need five minutes to take a lap, breath, or rest, please do so! A tired counselor isn't as useful as a rested counselor. So, rest and return better than ever.

### E. The teachers are in charge of teaching in the classes.

It's important to remember that teachers are giving classes, not the counselors.

## 6. Useful Advice

### **DO**

- Preserve the counselor-student relationship in the proper and most appropriate perspective – a friendship.

- Always listen. Hear what the child has to say. You might be able to give him or her an idea or a suggestion.
- Be real! Show trust, respect and understanding to the camper. An honest relationship will develop.
- With care and understanding – teach, support, and challenge the child. Help him or her to develop a sense of individuality and high self-esteem.
- Be a friend!
- Use your expertise and wisdom to provide enrichment, inspire dreams and realistic goals.
- Be honest with yourself. If you need a break or if you need help, don't wait to ask for a favor. We are a team and we help one another!

**DO NOT**

- Do not try to be a mother or father in situations that a relative or parent should handle.
- Do not lose your patience.
- Do not be overbearing when you are trying to tell a student what you believe is good for him or her.
- Do not wait for miracles with each student. Sometimes, some children are not going to try to create a close relationship with you.
- Do not have intimate relationships with students.
- Do not shout at students with they are behaving badly.

7. Your Day as a Counselor

The following list is your daily agenda. It is not a definitive list, but it's an idea of what it's like in the day of a counselor. All counselors will have a fixed schedule of the classes that they will have during camp.

8.00 AM	Arrive at camp. Meet with the whole team for 30 minutes. During this meeting, we will talk about the good and bad things that happened the day before and how we can improve. We will talk about the projects and the tasks that we will be addressing throughout the day.
8.30 – 8.45 AM	Energizer with all the groups of students and the Word of the Day.
8.45AM	The classes start. You will bring them to their class. When the students are in the class you will: take attendance and give it to the directors when they come to collect them, take notes and observe the students, help the students with their studies, etc.
11.15 -11.35 AM	Read a book to the group. To show the kids that it's a pleasure to read.
11.35 AM	End of the first session!

12.00 PM – Lunch for the counselors and the DREAM staff

1.15 – 1.30 PM	Energizer with all the students and the World of the Day.
1.30 PM	The classes start. Bring the students to their class.
4.00 PM	Read a book to the group.
4.30 PM	End of the day!

Some tasks to do after camp:

- Make sure that you have all the necessary materials for the next day. If you don't have everything that you will need, fill out a request form and give it to the director the day before you will need the materials. Make sure that all the trash is in the trash can!