



# Appel Farm Arts Camp

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## COUNSELOR IN TRAINING (CIT) PROGRAM

### What is the CIT program?

The Counselor In Training (CIT) Program allows campers ages 16 and 17, or campers going into 11th or 12th grade, who are enrolled in the four or eight week sessions, to develop and enhance the important skills needed for future education and professional development. CITs will have the opportunity to complete a guided study in the major of his or her choice, learn about the college/job process, create portfolios and audition pieces, and leave camp with tangible, practical pieces of work and skills. CITs are still campers. Like other campers, CITs will live in a bunk, participate in majors, minors, and camp events, but will also assume additional responsibilities, and earn a few special privileges and benefits. Successful CITs will be eligible to participate in our Camp Internship program for 18-19 year olds.

### What responsibilities will CIT's have?

The CIT program encompasses three main themes: Learning, Leadership, and Service. CITs are expected to act as a role model, consistently showing respect for each member of the community, promoting the philosophies of Appel Farm, abiding by the rules of the community, and encouraging the rules and policies among other campers.

The following are responsibilities of a CIT:

- 🍏 **Learning:** CIT's will complete a guided study in one of the Major classes, working closely with an Instructor to learn the valuable skills needed to participate in the chosen art field on a collegiate or professional level and practical job and life skills for the future. As part of the guided study, CIT's will create portfolios of their work and audition pieces for visual, media, and performing arts programs. Every guided study will be tailored to fit the CIT's interests and goals in collaboration with our knowledgeable staff and their areas of expertise. These fun, energetic, insightful, and supportive partnerships allow for maximum CIT potential, and it all happens while at camp!
- 🍏 **Leadership:** CITs will serve as a Big Sister/Brother to one of our youngest campers (ages 7-11). As their Big Sister/Brother, CITs will support a young camper in transitioning to Appel Farm, working through difficulties such as homesickness and making friends. CITs will also help a camper to understand the culture and fun of camp! CITs will accompany their "littles" on special off-camp trips such as berry picking, write messages to receive during mail-call, and spend quality time with their little throughout their stay at camp. CITs will also help with bunk supervision at various times throughout the summer.
- 🍏 **Service:** Our hope is that CITs will give back to the Appel Farm community through helping to make camp a comfortable, kinder, more thoughtful place for everyone to live. CITs will be involved in giving back to camp in many ways including service projects, camp beautification, workshops, and general concern for camp and campers. CITs will learn the importance of being a giving, helpful, reliable member of the community.
- 🍏 CITs are expected to attend all meetings and training sessions, complete all projects and responsibilities with promptness, conduct themselves with a positive attitude and professional mannerisms. CITs are expected to uphold all camp rules. Any CIT with behavior unlike that of a role model for other campers, may be dismissed from the program.

# For the Counselor In Training

## How will the CIT program help me?

The CIT program is an excellent learning and leadership experience. Through guided study, we will help you feel more prepared and more ready for life outside of Appel Farm. You will leave camp with tangible items and practical skills that will help you more confidently apply to future programs of your interest. Even if you don't plan of pursuing one of our programs formally in the future, you will have gained valuable life skills. Through the leadership aspect of the CIT program, you will practice being a mentor through real world experience. You will earn community service hours while at camp, while forming lifelong friendships with like-minded peers. Ultimately, you will enjoy all of the rewards of being a senior camper at Appel Farm Arts Camp, while also maturing as a future leader!

## Additional Benefits as a CIT

In appreciation for your hard work and dedication to the program, your family will receive a tuition discount of \$240 off the 4-week session, or \$400 off the 8-week session tuition rates. You will also receive a CIT rebate of \$130 for a 4-week session, or \$200 for an 8-week session, after the summer for completing the program.

As a CIT, you will enjoy a few extra privileges on camp including the opportunity to use the phone weekly, having a free-time block during your daily schedule, and additional off-camp social outings with your fellow CIT friends. Participation in the CIT Program is optional; campers who are eligible and decide not to become CITs are welcome to participate in the regular camp program.

## How to Apply

Teenagers interested and eligible for the CIT program, should first enroll in one of our four or eight week sessions. Registered campers, who are eligible, will be invited to apply to the program. CITs should apply online or by using the downloadable form attached. Printed applications can be mailed to Appel Farm Arts Camp, P.O. Box 888, Elmer, NJ 08318. If you have any questions, please contact Cara Corradetti, Assistant Camp Director, at 856-358-2472 ext. 105 or by e-mail at [camp@appelfarm.org](mailto:camp@appelfarm.org).

## Sample CIT Daily Schedule

8:00 AM Wake Up (late sleep on Sundays)  
8:30 AM Breakfast  
9:00 AM Bunk Clean-Up  
9:30 AM Major 1 Class & guided study work  
10:45 AM Break  
11:00 AM Major 2 Class  
12:15 PM Break  
12:30 PM Lunch  
1:00 PM Rest Hour  
2:15 PM Time off (3 x week); Minor 1 CIT Class (3 x week)  
3:30 PM Break, Afternoon Snack  
3:45 PM Minor 2 (a fun, enjoyable activity of your choice)  
5:00 PM Free Choice  
6:30 PM Dinner  
7:30 PM Evening Activity  
8:30 PM Snack, Free Time, phone calls (2 x week)  
10:00 PM Back to bunk area  
11:00 PM Lights Out

# COUNSELOR IN TRAINING (CIT) APPLICATION

Name \_\_\_\_\_ Session \_\_\_\_\_

Please describe why you would like to be in the CIT program. \_\_\_\_\_

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In which Major would you like to complete your Guided Study? \_\_\_\_\_

You will collaborate with an Instructor to complete the guided study in your Major. What are three things you would like to accomplish in your guided study?

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Describe your experience, skills, and interests in this major area?

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What are your future hopes and dreams involving this major area? Are they professional or recreational?

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We ask our CITs to be role models for the other campers at Appel Farm. How do you plan to be role model to younger campers and your peers?

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What are some ideas you have for a service project for the Appel Farm camp community this summer? How would your service project benefit the community?

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