

## What makes an effective counsellor?

Along with the opportunities to work with children at **Camp Shamrock** there are also demands in being a counsellor.

**Teamwork** is a crafted combination of people's strengths and weakness all of which result in a "group chemistry."

We believe **Camp** can prove to be a powerful experience for both child and counsellor. By prayerfully applying ourselves to this task we can produce a dynamic within **Camp**, which will profoundly effect us long after **Shamrock** has finished.

Remember you are part of a team. *Consideration* of others is essential and everyone must stay *focused* on our goal of serving. Problems seed when you lose sight of these essentials.

Past surveys have shown that most counsellors' feel "*service to others*" is what makes camp so special. We are in a community environment, which puts you in intimate relationship with others. You don't have to be pretentious. The sense of community makes you realize that whatever work you do it is for the overall benefit of the camp.

**Stress** is an unavoidable factor in life and **Camp** is no exception. Since we have an extremely responsible work in caring for the children it is essential that stress management be handled effectively.

Do not allow frustrations to grow. The directors are very aware of the types of problems, which arise in this work. Ignoring a frustration will allow it to grow into anger. Deal with it quickly.

**Time out** - Solitude is a balm to the weary soul but remember you have been entrusted with the care of children therefore time out to regenerate must be coordinated. None of us are at liberty to “take off” without ensuring our duties are covered by others. One person will be appointed for the scheduling of this.

There are times in which the team has to function at its maximum potential. These moments do not allow us to slack.

**Bedtime** – The campsite is situated in a relatively safe environment however we are living in an age in which children are more vulnerable. It is essential the team is vigilant at dark. Adult supervision over children using the toilets at night is required. Make certain your children remain in their tents.

**Meal times** – Counsellors are expected to “spread themselves” among the children at meal times. This reduces the risk to children who may be tempted to run around during the serving of hot food. It also enables some degree of discipline.

**Teaching** – You should be in correspondence with the teaching coordinator no later than May 1<sup>st</sup>. They will be introducing you to the theme and content while knitting your skills into the programme. Counsellors are expected to be fully supportive.

**Keep it clean** – Keeping the campsite clean is important. Part of this routine involves “tent inspection.” Every tent will be inspected each day for tidiness and cleanness. The counsellors are expected to help their children with this task. *Many important lessons are learned at youth, one of them is, “if you make a mess you clean it.”*

Ideally we would prefer to spend “hands on time” with our staff before Camp starts. This is not always possible since many will be arriving from various countries just prior to its launch.

It is important therefore to read the information, which we release to staff. All of this material is available on the Internet.

Contact us if you need clarification.

Directors  
Camp Shamrock