

CAMP DARK WATERS



STAFF RESOURCE GUIDE

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From the Director's Clipboard...

Howdy! Travis here. I thought I'd write a quick note to tell you how happy I am that you'll be joining us this summer. Camp's been around now for darned near forever. The reason it's lasted so long is because it's a special place. Now, I don't mean the land is special, or the buildings, or anything like that. It's special because of you. The staff are what makes Camp Dark Waters special. Each of you are going to leave your mark here this summer. You are what will make this summer an amazing experience for the campers and for each other. I realize that you could be making more money flopping Whoppers at Burger King if you wanted to, but instead chose to work here. So, before we begin, I just wanted to say thank you. I appreciate you and all of the sacrifices you've made to be here and I know the campers are going to love you.

During orientation, we'll be trying to get a lot of information to you to help you do your job better. In fact, there's too much information to get through in just one week. That's why you have this in your hands right now. It's important that you come to camp with a professional attitude. You've been hired to do a job - a very important one. Please arrive at camp with a positive attitude, ready to learn and work. Please read all of the information in this packet before you arrive. I'm looking forward to this summer and getting a chance to work with you. I hope you feel the same.

- Travis



Mission Statement (or why are we here?)

Camp Dark Waters serves its community of campers and staff by running recreational activities which are fun and serve to nurture the spiritual, intellectual, physical, and emotional life of young Friends and others. Based on the Quaker testimonies of Peace, Education, Simplicity, Stewardship, Equality, and Integrity, our diverse community builds new friendships in a "family" atmosphere. We live and play together and learn to appreciate one another in our outdoor camp setting.

Philosophy

The child-centered philosophy of Camp Dark Waters is the same now as it was in 1928. Here, we believe that contributing to the growth and development of an individual is the greatest single act a person or organization can accomplish. We believe strongly in the value of a cooperative democratic group living experience. In keeping with its Quaker tradition, Camp Dark Waters believes that there is "that of God" in each person.

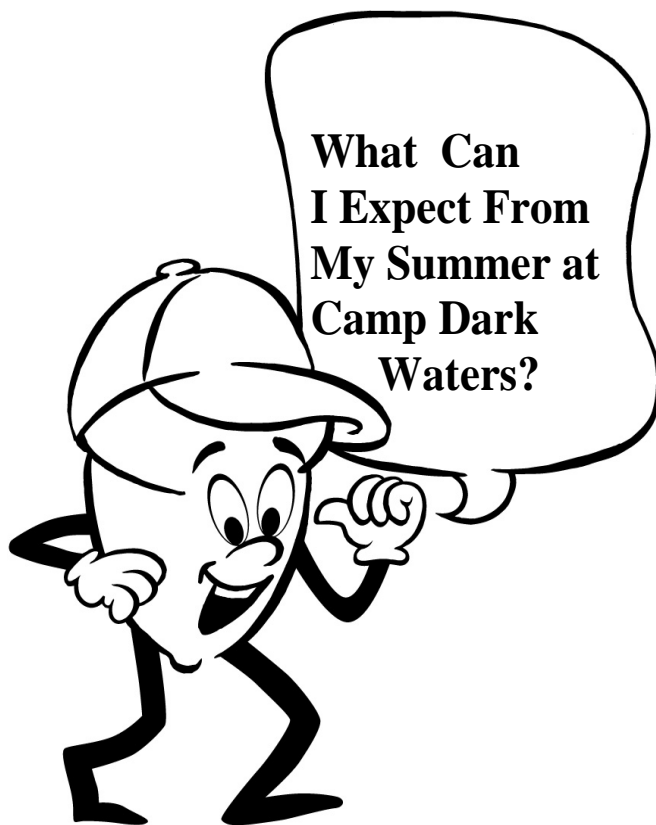
Our free choice activity program is based on flexible planning, attention to each camper's needs, and the belief that a child's summer activities should offer alternatives to the regimentation of most school curricula. Campers are encouraged to develop their own individuality by participation in both activities with which they are familiar and new experiences. Our program provides for large group activities, individual skill development, creative expression in the arts, and participation in a variety of sports and games. We plan activities of interest to the youngest and oldest campers, as well as programs which are enjoyed by all ages. We balance active and competitive programming with quiet and meditative activities in the interest of developing the mind and spirit as well as the body.

Our Campers

Our campers come mostly from the Philadelphia region and South Jersey. Many more come from New York and Washington D.C. In recent years, we've had campers from over 20 different States, as well as Russia, Spain, England, Belgium



and Germany. We take pride in the diversity of our camper population. At any given time, children from all racial, religious, and socio-economic backgrounds will be in camp. The Dark Waters Scholarship Fund makes tuition possible for many families who wouldn't otherwise be able to afford a camp experience for their children. Regardless of who our campers are, or where they come from, we consistently teach not just tolerance, but an appreciation and respect of the unique differences each of us brings to our community.



What Can I Expect From My Summer at Camp Dark Waters?

As you approach a job at Camp Dark Waters, the single most important thing to realize is that it will be unlike anything you have ever experienced! The following lists are intended to give you some insight into what you can expect.

I Can Expect....

- To be nervous before arriving about whether I'm going to like the people and whether they'll like me
 - To make some of the best friends I've ever had - among campers and staff.
 - To feel good about the work I've done
 - To learn a lot about others and myself- to teach others at the same time
 - To find out just how great my sense of humor is
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- To do some of the most embarrassing things I've ever done
 - To have the greatest time doing some of the most embarrassing things I have ever done
 - To work hard
 - To work very hard
 - To have fun
 - To feel frustrated
 - To laugh
 - To be exhausted - and beyond exhausted at times
 - To be outdoors- a lot!
 - To miss home- and occasionally wonder why I came
 - To feel needed
 - To grow
 - To experience incredible challenges, along with my campers
 - To feel overwhelmed at first
 - That the money I earn could never quite adequately pay me for all that I do
 - To live in close quarters with others who may be very different from myself
 - To be expected to follow rules - even when I don't agree with them
 - To love getting mail beyond my wildest dreams
 - To make mistakes and find out I'm not the only one to do so, and it's okay
 - To work with others who are not as dedicated as I am
 - To work with others who are very dedicated

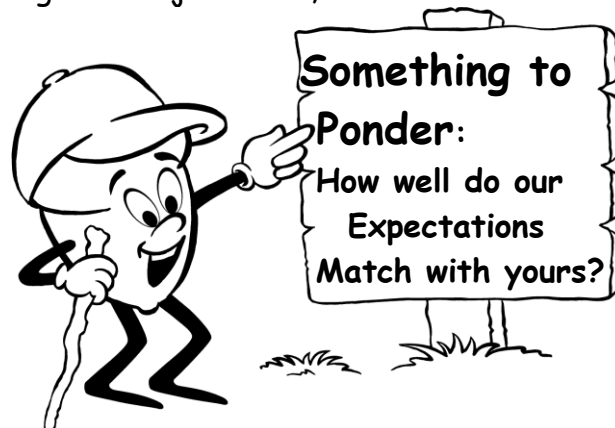
- To be given more responsibility than I have ever had before
- To be expected to try my best, not be the best
- To make a huge difference in other people's lives
- To do things I never would have thought I'd be able to do, or be capable of doing
- To never have the exact same view of myself, of others, or of life, again
- To cry or be very sad when it's time to say goodbye
- To sing Dark Waters songs all winter long
- To have had an experience with so many memories to take home with me that no one will quite understand- no matter how many photos I share or how long I talk

I Should NOT Expect.....

- To be on vacation
- To be asked to do things I'm not able to do
- To ever be bored
- Hotel accommodations
- A lot of privacy
- To have a lot of time to myself
- Things to always go the way I planned
- Gourmet food
- To have my own needs met all of the time
- A lot of contact with the outside world
- To ever regret my camp experience
- To ever forget my camp experience



The reality is, this may be the most difficult job you ever had or will ever have. But, if you're ready to give this job 100%, it will also be the most rewarding.





Some of Our Past Counselors Have Summarized Camp Dark Waters as Follows:

- Camp Dark Waters provides support and constructive criticism of both counselors and campers

 - Camp Dark Waters permits campers to be thoughtful, responsible, creative human beings who have only to be themselves
 - Camp Dark Waters allows you to just be yourself- caring, affectionate, and loving
 - Camp Dark Waters provides an opportunity for a person to develop an appreciation of the world around him/her through fun, friendship and challenge, while learning to work together.
 - Camp Dark Waters shows children the opportunities in the world, allowing them to choose their own goals and supporting them in the pursuit of these goals, but also teaching children consideration for others while following their goals.
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- ⇒ Enjoy working with children and genuinely care about their well-being
 - ⇒ Appreciate the out-of-doors
 - ⇒ Have high self-esteem and a positive outlook on life
 - ⇒ Be honest, responsible, and conscientious with a desire to carry out your work assignment to the best of your ability
 - ⇒ Be a team player
 - ⇒ Be flexible and easy-going - even when the "unexpected" occurs
 - ⇒ Have a good sense of humor and the ability to have "fun" with campers on their level
 - ⇒ Have the ability to instruct the activities to which you are assigned with patience and understanding
 - ⇒ Be a positive role model for children and take this responsibility seriously
 - ⇒ Get along with, enjoy being with, and respect, people of all ages who are coming from different backgrounds
 - ⇒ Have the ability to recall your own trials and triumphs as a youth to better understand your campers.



Counselor Job Description

Purpose:

To perform the duties of a counselor by

- helping campers in his/her group learn:
 - Enjoyment and appreciation of the out-of-doors
 - New skills
 - Self-sufficiency skills and develop a sense of self-worth
 - To Accept and carry through responsibilities
 - Tolerance, consideration and appreciation of others
 - The intrinsic value of new experiences and new understandings
 - Positive conflict resolution skills
- Carry out and evaluate activities
- Ensure the health and safety of campers during all aspects of camp life

Qualifications

1. An understanding of, and a desire to work, to play and to give constructive guidance to children while living in a group setting
2. Good physical health
3. Good management and organizational skills
4. Good character, integrity, and adaptability
5. Enthusiasm, sense of humor, patience, and self-control
6. Previous experience working with children
7. Minimum age of 17
8. Current CPR and First Aid Certification

Responsible to: Program Director, Assistant Director, and Director

General Responsibilities:

- Live in a cabin and provide leadership and guidance to a group of 8 -14 campers (along with at least one other counselor) who are assigned to his/her group
- To become acquainted with the physical and social background of the individual camper.
- Identify and develop the camper's abilities and interests
- Observe and monitor the camper's health and social progress. Report any deviations from what seems normal in the camper's health to the camp nurse
- Set a good example for campers and others including cleanliness, punctuality, sharing clean-up and chores, good sportsmanship, table manners, and respect for personal belongings
- Lead and assist activities as assigned
- Endeavor at all times to keep the morale of group and camp at a high level

- Share in alternating responsibilities with other staff
- Be flexible, cheerful, and have a team spirit
- Daily supervision of campers at activities, meals, on work crews and in cabins.
- Supervise campers in cabin clean-up, rest hour, and free time
- Ensure that the campers emotional, mental, and physical needs are met
- Discuss any problems regarding campers or other counselors with a member of the administrative staff

Alternating Responsibilities

To provide a broader participation and to provide equal distribution of assignments, there will be alternating responsibilities with other counselors such as, night area duty, crew duties (camp chores) and planning of events

In Service Training

- Attend and fully participate in pre-camp staff orientations
- Attend and fully participate in weekly staff meetings
- Make use of staff resource library
- Develop personal and job related goals

Time Off

Counselors have three 48-hour off-duty periods during the camp season. Leaving and arriving times are coordinated with the Program Director. In addition, we strive to allow each counselor one activity period off each day, although it is not always possible.

Closing Camp

Participate in inventory and cleaning of equipment and facilities for winter storage the day after campers leave

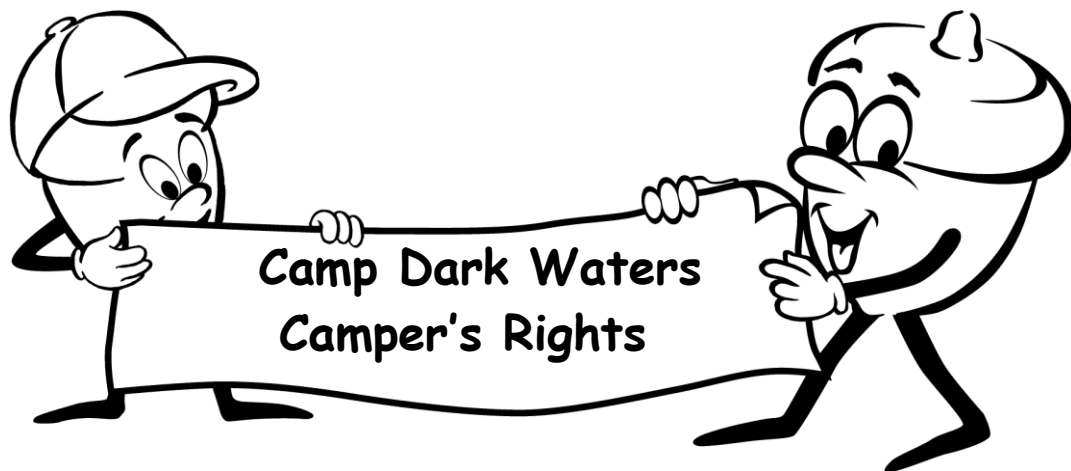


Creating a Supportive Cabin Environment

Our camp community can be viewed as a microcosm of our greater society. The cabin then, would serve as the family. Imagine that you are a camper living in your cabin. Are the answers to the following questions, "YES!"?

1. Does it feel good to live in my cabin this summer?
2. Do I feel that I am living with people I like and trust, and who like, trust, and care about me?
3. Is it comfortable, fun, and exciting to be a member of the group?

4. Do others listen to what I am saying?
5. Do I listen to others?
6. Am I willing to take risks
7. Am I able to openly show affection?
8. Within our cabin group are we able to support one another's achievement?
9. Are we able to say what we think without being criticized?
10. Has our cabin set rules that are understood, fair and appropriate?
11. Do I/we accept the leadership of my/our counselors?
12. Do my/our counselors spend time with me/us because they want to?



To help you achieve a supportive cabin environment and to ensure a safe and fun experience for all of our campers, we have adopted and posted the following camper rights from the November 2000 issue of the NJEA Review:

- ❑ **I have the right to be happy and to be treated with kindness.** This means that no one will laugh at me, ignore me or hurt my feelings
- ❑ **I have the right to be myself.** This means that no one will treat me unfairly because I am fat or thin, fast or slow, strong or weak, boy or girl. I am different because I am myself
- ❑ **I have the right to be safe.** This means that no one will hit me, kick me, push me or pinch me. I will be free from physical threats
- ❑ **I have the right to hear and be heard.** This means that no one will yell, scream, or shout and my opinions and desires will be considered in any plans we make
- ❑ **I have the right to learn about myself.** This means that I will be free to express my feelings and opinions without being interrupted or punished.

This is posted in each cabin and can help you in setting cabin rules and resolving conflicts. If a camper is infringing on another's rights, then all activity stops and a discussion should take place explaining why that isn't okay or acceptable.

Sample Daily Schedule

Why do we drive on a Parkway and Park on a Driveway? Just wondering.....

7:30 Reveille
 7:45 Set-up
 8:00 Breakfast
 9:00 Cabin Clean Up
 10:00 Assembly; starring Towanda
 Musical Art: Cleo
 Archery: Dan + Iraida
 Ultimate: Micah
 Collage: Willow
 Trailblazers: PASSING TESTS, with Cliff
 MAD: Solie HAD: Heather
 SWIM CLASS- **Oops**(Meg = Alice, Garth); **I'm Hungry**(JBraxx, Katie)



11:00 Assembly; introduced by Tuscarora
 Pillow Making: Alice
 Camouflage: Cleo
 Camp Records: Garth
 Deer Survival: Katie + Micah
 Sand Construction: Dave
 MAD: Iraida HAD: Julie
 SWIM CLASS- **Word Up**(Cliff=Dan, Willow); **Where are my pants?**(Heather,



Joe)

12:00 Counselor Swim
 12:15 Set up
 12:30 Lunch
 1:50 Rest Hour
 2:50 Assembly; with Nicky B.
 Fishing: Matt
 Waterball: Julie
 Nukem: Jason
 String Bracelets: Willow
 MAD: Garth HAD: Cleo



GO TO ARK ROAD- Look behind you! (**Micah, Solie**); Aw shucks! (**Dan, Iraida**);
 Fooey! (**Alice, Dave**); Fldfjhkekjogfg! (**Alana, Richard**)

4:00 Assembly; produced by Watseka
 Canoe Class: Heather + Joe
 Dr. Ball: Micah
 Creative Writing: Julie
 Free Swim: Solie + Dave
 Trailblazers: COOKING, with Matt and Rich
 MAD: Katie HAD: Cliff



5:00 Counselor Swim
 5:15 Set-up
 5:30 Dinner
 7:00 Evening Activity
 9:00 Taps



Somewhere between adolescence and adulthood there occurs in human development an age which is physically and psychologically impossible. It is that unfathomable stage known as the camp counselor. A creature undefined by psychologists, misunderstood by camp directors, worshipped by campers, either admired or doubted by parents, and unheard of by the rest of society.

A Counselor is a rare combination of doctor, lawyer and Indian Chief. He is a competent child-psychologist with a sophomore textbook as proof. She is an underpaid babysitter with neither television, nor refrigerator. He is a strict disciplinarian with a twinkle in his eye, a minister to all faiths with questions about her own. He is a referee, coach, teacher, and advisor. She is the example of adulthood in worn out sneakers, a sweatshirt two sizes too big and pants adorned with holes. He is a song leader, entertainer, and play director. She is firmly planted in her beliefs and an inch of mud. He is a comforter in a leaky tent on a Cold night who has just loaned out his last pair of dry wool socks. She is a teacher of the out-of-doors, knee deep in poison ivy.

A counselor dislikes wake up bells, waiting in line, inspections, and rainy day activities. He is fond of sunbathing, exploring, teaching new games, an old car named illusion, singing, warm campfires, and torn jeans. She is good at the locating of swimming suits, killing spiders, fixing bloody noses and broken axe handles, catching fish and playing the guitar. He is poor at crawling out of bed, remembering the snack, and getting to bed early.

Who but he can cure homesickness, air out wet bedding, play sixteen games of go fish in succession, whistle dixie through his fingers, carry two heavy packs, speak Pig Latin in French, sing 37 verses of "A Boom Chicka Boom", and eat four helpings of Sunday dinner?

A counselor is expected to repair 10 years of damage to Randy in two weeks, make Terry into an adult, rehabilitate Gary, allow Cindy to be an individual, and help John adjust to the group. She is expected to lead these children in fun and adventure, even though her head aches and her body is sore, to teach them to live outdoors, even though he spends nine months a year in Philadelphia, New York, Chicago; to teach indigenous activities, when she can't even spell the word, to guide youngsters in social adjustment, when he hasn't even reached legal age, to insure safety and health with a sunburned nose, a band-aid on his thumb and a blister on his heel.

For all of this, he is paid enough to buy a second textbook in psychology, some aspirin, new socks, two tires for the old car, and some new sneakers. You wonder how he can stand the pace and pressure. You wonder is she really knows how much she is worth. And somehow, you realize you can never pay her enough when she leaves in August, waves good-bye, and says, "See you next year".

Characteristics And Interests

This information will help you better understand children's developmental levels. This information is also useful when designing and planning activities for your campers. This is a guideline, so it's important to keep in mind that these developmental levels do vary from child to child. We will be talking more about this during orientation.

7-10 Year Olds (Mostly Totomi and Winnebago Cabins)

- ◇ Still very attached to parental figures; will use you as a replacement in positive and negative ways
- ◇ High energy level- opportunities for physical activities are very important
- ◇ Loves to talk- especially about self, home, and family
- ◇ Quarreling, loud voices, fighting, and just beginning to challenge adults, dependant on adults to settle the situation or trouble; needs security
- ◇ Highly jealous of those closest to adult leaders (affection must be equally divided)
- ◇ Asks many questions- hardly ever bored
- ◇ Interest/ attention span is short
- ◇ Creative, imaginative, and adventurous

10-12 Year Olds (Cotoxin, Nicky B, Tunesassa, and Tuscarora Cabins)

- ◇ Strong attachment to an adult
- ◇ Needs to feel like they belong
- ◇ Seeking self-identity- sometimes including rebellion
- ◇ Likes to develop new skills, learn new things
- ◇ In grown up, responsible one minute, the opposite the next
- ◇ Tends to lack self-confidence and may be self-conscious, shy, and introspective
- ◇ Needs opportunities to make decisions and choices
- ◇ Group spirit is at its height; likes to do things as a team
- ◇ Bored by too much repetition
- ◇ Counselor example is a strong influence
- ◇ Mood swings
- ◇ Anger is a major defense against confusion, isolation, and feeling abandoned
- ◇ Can sustain interest, especially on projects they have assisted with planning

12-14 Year Olds (Mostly Onondaga, Arapahoe, Towanda, and Watseka Cabins)

- ◇ Have a great need to be understood
- ◇ First serious effort to separate from parents and explore "who am I"?
- ◇ Peer relationships extremely important
- ◇ Peer group influence is strong
- ◇ Handles responsibility well; wants adult attention but must be treated with respect (a relationship based on mutual trust and respect is of utmost importance)
- ◇ Worships role-models
- ◇ Needs to feel like they belong
- ◇ Often strongly expresses opinions
- ◇ Unpredictable
- ◇ Feels physically awkward
- ◇ Much self-interest and concern; deeply concerned with appearance
- ◇ Developing a value system- a philosophy of life



So, what are we teaching our campers?

Here at Dark Waters we realize that we are teaching skills on two different levels. Teaching specific skills such as how to set up a tent focuses on first level skills. These

include how to tie the correct knots, which poles go where, and why a ground cloth is important. At the same time, we're teaching another level of skills that will impact our campers for the rest of their lives in ways that extend far beyond specific activity areas. These are second level skills. Second level skills are Life-Long Learnables. These include communication, social thinking, problem-solving, emotional, organizational, and responsibility skills. The best part of these skills is that they happen at the same time as the first level skills. While learning how to set up a tent, campers can also be taught by a skilled leader how to:

- | | |
|------------------------------------|--------------------------------|
| ⊕ Follow explicit directions | ⊕ Be calm when making mistakes |
| ⊕ Learn by watching another person | ⊕ Correct mistakes |
| ⊕ Ask questions to help learn | ⊕ Be patient |
| ⊕ Practice a skill | ⊕ Be persistent |
| ⊕ Problem solve | ⊕ Work with others |
| ⊕ Think independently | ⊕ Compromise |

And much, much more!!!



LEVEL ONE SKILLS = ACTIVITY SKILLS
LEVEL TWO SKILLS = LIFE SKILLS
LIFE SKILLS = HELPING PLANT THE
SEEDS OF GROWTH IN OUR
CAMPERS!

It's truly important that we never lose sight of the fact that the true growth our campers receive come from these level two skills. Understanding and being able to identify the level two skills is one factor that separates a great counselor from a good one. While one hour might not be enough time to become an expert in pottery, it's plenty of time for you to help a camper improve on their life skills!

General Tips for Working With Campers

1. **Use a Camper's Name** when speaking to them. It makes what you say more personal. It also tells the camper you know who they are and care about them. Finally, it also gives what you say more impact.
2. **Take Campers away from the group** if you need to remind them about something personal or to speak with them about their behavior. Shaming campers in public only embarrasses the camper and less likely to change negative behaviors
3. **Don't stand over campers.** Instead kneel or sit down. Having a grown person towering over a camper is intimidating and scary.
4. **Make eye contact** when you are speaking. Your look could be serious or concerned, but never threatening. Looking directly at a camper says that you're serious and speaking directly to them.
5. **Give praise whenever possible.** Campers intrinsically want to feel appreciated. Catching them in the act of doing something right greatly increases the likelihood that they will continue to make good decisions



6. **Talk slowly and calmly** instead of yelling. If you're always loud and screaming, campers will begin to tune you out.
7. **A hand on the shoulder is more effective than yelling.** If done in a non-threatening way, a light hand can be reassuring to a camper and can steady or focus a child's attention without having to become disciplinarian.
8. **Avoid power struggles.** They don't end well for anyone. Instead...
 - a. use countdowns
 - b. give choices or options
 - c. offer to help them
 - d. make them "right" about what they are right about.
9. **Tell campers that transitions are coming** by saying, "we have five minutes before we have to _____". This helps prepare campers for the change coming.
10. **Have fun** or at least fake it until it becomes fun. If campers don't think that you're enjoying what you're doing, why should they? Campers will believe more than you think about what you say. If you say that you're having the time of your life at an activity, they will begin to think that they are also.
11. **Get to know your campers.** Having a relationship built on trust and care will go a long way towards avoiding conflicts. If you've spent time learning their likes and dislikes about camp and more, you'll have influence with them.
12. **Don't make threats or promises you can't keep.** Campers very quickly lose respect for counselors who don't follow through with what's said. Avoid making outlandish statements such as, "if the cabin doesn't quiet down right now, you're all going to bed at 5:00 tomorrow!" That isn't realistic and can't be done. When the campers don't quiet down and you can't make them go to bed at 5:00, you have no credibility left.

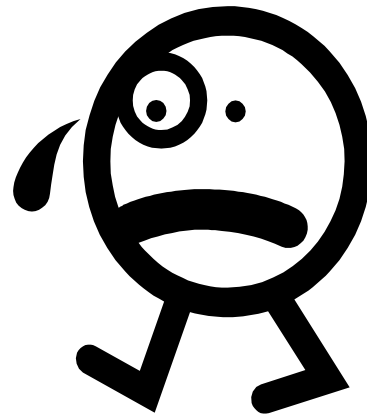


Tips That Will Change You From a Good Counselor to a Great One:

1. Your job is to maintain an environment and atmosphere that is physically and emotionally safe for all campers
2. Address undesirable behavior (put-downs, teasing, cussing, anything mean or hurtful) immediately. If you don't the message the campers receive is that those behaviors are ok. You don't have to make a big deal about it, just say, "excuse me", or "that's not ok here" usually will end such behavior.
3. Be proactive, not reactive. If you see campers getting too carried away, redirect them - before there's trouble. You wouldn't wait until two campers that were pushing and shoving to begin punching to step in, so why would you wait for other undesirable actions?
4. Whenever possible, avoid being alone or out of sight of others with a camper. You should always try to have two adults present. If that isn't possible, at least make sure that there are other campers present and that you're not one-on-one with a camper.
5. Use routines whenever possible. Try to do the daily tasks the same way so that the campers know what to expect. Campers often misbehave when they feel "lost" in a situation
6. When attempting to get a camper to stop a specific behavior, try giving them something else to do in its place. (Otherwise, they are likely to go back to doing the undesired behavior)
7. Children on their feet will move. If you need everyone in one place, consider having the group sit down.
8. Never humiliate or embarrass a child for any reason. You will lose all respect. Always allow the child an opportunity to "save face". Give them an out and make it easy for them to take.

What Do You Do With a Homesick Camper?

Homesickness is one of the most common and most challenging behaviors you'll likely encounter this summer. Our experience shows that almost all children miss something about home while they are away at camp. Also surprising is that age doesn't seem to play a large factor in predicting if a camper will



become homesick. The most important factor seems to be experience staying away from home. If a camper has had successful sleepovers at friend's houses, grandparents, or with youth groups, less homesickness is normally seen.

Since it is very likely that you'll be dealing with some homesickness in your cabin this summer, here are some tips and tricks that will help you deal with it effectively:

1. **Try to talk privately** with homesick campers. Crying in a public situation is an embarrassing situation. Instead, take the camper outside of the cabin, or away from the group when you talk. Plus, homesickness is often contagious. If one of your campers starts crying, more will soon follow!
2. **Calm them down before you try to talk** with them. A camper screaming and crying isn't going to listen to what you have to say. Instead, simply ask the camper to take some deep breaths with you. Begin breathing deeply while exaggerating your breathing noises. Soon, the camper will begin matching your breaths and calming down. Don't try to talk about being homesick until the camper's calmed down for a few minutes. If the camper begins to escalate again while talking, simply ask them to start breathing again with you. **IT WORKS!!!!**
3. **Keep a watchful eye** for signs that a camper is beginning to feel homesick. Times that campers are particularly likely to begin missing home are during meals, at bedtime, early in the morning and during free times. Catching homesick feelings early will help you to help the camper through those feelings.
4. **Keep your campers active.** Homesickness causes a vicious cycle. Campers don't feel like doing an activity because they miss home, so then they sit and think about home, which makes them feel worse and less likely to want to do an activity. Break the cycle early. If you see a camper that looks down or "mopey", get them engaged in something quickly.

5. **Find out what a camper was excited about doing** before coming to camp. Often you'll find that a camper was really excited about an activity like fishing and hasn't had the opportunity to do it yet. You'd be amazed at how fast homesickness will go away if you just take the camper fishing, or arrange for him/her to be selected the next time it's offered.
6. **Tell them it's ok** and that a lot of people feel homesick when they're away from home. Camper's feelings are never silly or foolish. Let them know that it's ok for them to miss home. It means that they love whom ever they live with.
7. **Let them know if you've ever been homesick.** Normalizing their feelings by telling about your experiences when you went off to camp or college etc... shows them that you were able to make it through and so can they.
8. **Don't tell a camper they can call home.** Only the administrative staff will make the decision to allow a camper to call home. More often than not, allowing a camper to call home only makes the issue worse.
9. **Stop talking and get busy!** In some cases, enough is enough! Allowing a camper to continually dwell on feelings of sadness and grief won't help the camper get over it. Instead, stop talking and get busy!
10. **Pair a homesick camper with an experienced camper.** Often, campers who've overcome homesick feelings in the past are very willing to try to help others. Sometimes an older sibling can help too. Just make sure you've talked to him/her first to make sure he/she's willing.
11. **Don't feel like you have to handle it alone.** The administrative staff's role is to be there for you. If you're not sure what to do, ask for help. It's not a sign of weakness. Besides, the administrative staff has probably had a few more years of experience so their "bag of tricks" might contain something you could learn.

That's all for now. They'll be much, much more when orientation begins in just a few short weeks. If you have questions, please give me a call at camp (609) 654-8846. See you soon!!!!!!