



N.C. Cooperative Extension  
Union County Center  
4-H Youth Development  
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**Dear Future Counselor-in-Training (CIT) Applicant:**

**As the summer season approaches, Union County 4-H Youth Development Program's Counselor-in-Training (CIT) Program registration is underway. The CIT Program is a competitive, service learning opportunity designed for teens, 14 years of age or older, who want to further develop their leadership, citizenship, and communication skills as well as gain experience in planning and implementing activities for young children. You must have an interest in working with children. You must be willing to work hard and be a responsible leader.**

**CITs are expected to lead various activities based on topic(s) that he or she may be interested in sharing with the younger campers, and assist the staff with tasks pertinent to the Summer Fun program. The participants are held to high expectations. They are expected to meet the responsibilities given to them and set an example to the younger campers as well as their fellow peers.**

**The CIT Program is an exciting experience Union County 4-H Youth Development Program is pleased to introduce to the area teenagers. This program is ultimately about discovering what you are capable of, finding your inner leader, and creating a lasting experience.**

**There is a minimal cost of \$50 to participate in the program. This fee is due at the first training session in May. The fee helps reduce cost of program, training materials, and uniform. Enclosed you will find the application for the program. Please submit it to the 4-H Youth Development office as soon as you can. The deadline is April 6, 2018 at 5 p.m. Spaces are competitive and limited. On March 29, the Union County 4-H Youth Development Program will host an informational session at 6 p.m. for youth and parents who need more information about the CIT program. If you are interested in attending, please RSVP by March 26, 2018.**

**If you have any questions regarding the program, please contact the local 4-H office at 704-283-3735 or 704-283-3740. I look forward to hearing from you.**

**Sincerely,**

A handwritten signature in black ink that reads "Crystal Starkes".

**Crystal Starkes  
4-H Agent**



# Counselor-in-Training Program



## Program Overview:

The Counselor-in-Training Program is designed to teach leadership, citizenship, and communication skills to teenagers, 14 years of age or older\*. The program is a trained service learning opportunity that is defined by the following criteria: community service and an intensive training on leadership, behavior & conflict management, ages and stages of children, team building, and program planning. Each week, CITs will work alongside the 4-H Program Assistant and Summer Fun Interns to execute the programs and educate the younger children in a fun manner. As a part of their experience, CIT participants will be responsible for keeping a journal to document their experience, completing First Aid/CPR certification training hosted by the 4-H program, meeting periodically with 4-H staff, and completing the necessary trainings. After training, the participants of the CIT program will be confident, more enthusiastic, and ready to educate the youth during the Summer Fun program.

## Program Requirements:

- Participants must be **14 years of age or older\***
- Commit to at least two weeks during a designated program week
- Completed Application
- Must pay a fee of **\$50**, which is due at first training session.
- Attend the **two** mandatory training sessions (May 18 & June 8 )
- Notify 4-H Program Assistant or 4-H Agent if you will not be able to work a scheduled day for a valid reason.
- Please do not sign up for a week that you know will conflict with already arranged schedule.

### As a CIT, youth will:

- Be mentored by Leadership team
- Be a part of a day camp set up
- Document their experience
- Set and track goals
- Get to know other participants in his or her age group
- Help all participants to engage in the program experience
- Foster the purpose of 4-H
- Be a great role model
- Build lasting friendships
- Learn valuable 21st Century leadership skills
- Make lifelong impressions on

## To Apply:

Completed applications are due by April 5, 2019. The fee is **not** required until you have been accepted into the program. Acceptance into the program will be announced by April 12, 2019 via a letter to the address on your application.

Applications can be faxed to 704-283-3734, Attn: Crystal Starkes, e-mailed to [crystal\\_starkes@ncsu.edu](mailto:crystal_starkes@ncsu.edu), or mailed to: Union County 4-H Youth Development, Attn: Crystal Starkes, 3230-D Presson Road, Monroe, NC 28112.

For more information, **contact Crystal Starkes at 704-283-3735 or via e-mail at**

# Summer 2019 Counselor-in-Training Application

## General Information:

Name: \_\_\_\_\_

Name you prefer to be called: \_\_\_\_\_ Birthdate: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you a returning CIT? \_\_\_\_\_

Are you currently a member of 4-H? \_\_\_\_\_ If so, how long? \_\_\_\_\_

Have you ever participated in a 4-H Summer Fun program? \_\_\_\_\_

How did you hear about the Counselor-in-Training Program? \_\_\_\_\_

## Placement Selection:

Please X which two camps you would like to serve as a CIT. If a camp has an \*\*asterisk beside it then CITs must be 15 years old or older. This selection should be based on your interest and strength in those areas. You may select more than two, but you are only required to serve for two weeks of camp. For instance, if I am a fan of art and drawing, I would select the camp that focus on creative arts.

X	Camp Program	Date
	Exploring 4-H	June 10-13
	Let's Get Creative	June 17-20
	STEM Bytes	June 24-28
	Christmas in July & Day of Service	July 1-2
	STEAM Explorers	July 8-12
	Project Runway	July 15-19
	Kid Chef	July 24-26
	Going for Gold**	July 29-August 1
	Nature Wonderland	August 5-9

\*\* - CITs must be 15 years old or older

## Selection Process:

- Completed applications will be reviewed by a committee.
- Applications will not be considered "complete" until ALL components are received including: application and references.
- Selections will be made and participants will be notified by April 5, 2019.
- All applications will remain confidential.
- North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

## Office Use Only:

## References:

Please list two references (not including family members - include names, phone numbers, organization, and job title.

*Tip:* A good reference is from someone who knows you well and will be able to speak their best knowledge of you. This could be your principal, counselor, a teacher, coach, club leader, or other adult community leaders.

Reference#1 Name \_\_\_\_\_

Telephone #: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Reference#2 Name \_\_\_\_\_

Telephone #: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Organization: \_\_\_\_\_

## Participant Agreement:

I certify that all information provided is correct. I have read through and understand the Counselor-in-Training Program requirements and policies. If selected, I will meet and abide by the requirements set forth.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

## Parental Permission Form:

Parent/Guardian:

Your child expressed an interest in the Counselor-in-Training Program. By applying for this program, your child is making a commitment to take part in remarkable new program being introduced to Union County 4-H. This form is to verify that you are aware of your child's interest and understanding of the NC 4-H Code of Conduct and Disciplinary Procedures, program requirements, and dates. Upon the selection to participate, the CITs are expected to attend all programs and activities unless there is a valid reason such as illness, doctor visit, school activity, death in the family. Please make sure your child has chosen two weeks that do not conflict with your schedule already planned for the summer. You are responsible for reading this information in full before signing this form. Please keep the program overview and letter as a reference. Applications will be reviewed in confidence and applicants will be notified in writing of the selection decision. At the orientation in May, if selected and not already a member of 4-H, your child will be expected to fill out the 4-H Enrollment Form and Medical Release form in addition to the application.

**I have read and understand the Counselor-in-Training Program requirements. My son/daughter has my support and permission to participate in the 2019 Counselor-in-Training Program.**

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

## Why Counselor-in-Training

1. Why should you be selected to participate in the Counselor-in-Training Program?

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2. What do you expect to gain from this experience?

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3. What are the main qualities of a leader? How do you exemplify those qualities? List examples.

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4. What are your strengths? What are your weaknesses? What steps are you taking to make it a strength?

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5. Based on one of the weeks, you have chosen what is an activity you would like to do with the campers?

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**If you need additional space, you may write on a separate sheet**