



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIT WEEKLY OVERVIEW



	LEADERSHIP TRAINING TOPIC	GOALS
<b>WEEK 1</b>	Camp Orientation; What it Takes to be a Great Counselor	Learn about the necessary skills required to be an effective Summit Y camp counselor.
<b>WEEK 2</b>	Effective Communication	Through various activities, LIT's will learn and practice various communication skills needed to be a great counselor!
<b>WEEK 3</b>	Resume Building	Study the elements of a good resume and design your own with the guidance of LIT counselors.
<b>WEEK 4</b>	CPR and First Aid Certification	All LITs will learn how to prepare and respond to emergency situations. Certification included!
<b>WEEK 5</b>	Interview Skills & Dressing for the Part	Practice interviewing and learn how to dress appropriately for a job or volunteer interview.
<b>WEEK 6</b>	Public Speaking 101	Eliminate the fear of speaking in front of others and practice delivering a speech with confidence!
<b>WEEK 7</b>	Working with Diverse Abilities	Learn about the various needs of children with special needs and how to best support them.
<b>WEEK 8</b>	Putting your Skills to the Test	Take the skills you've learned in camp and apply them as we let you serve as counselors all week!

Trainings occur Tuesdays at the Summit YMCA. Students will be bussed to/from location on that day.

Questions? Visit [THE SAY.ORG/CAMP](http://THE SAY.ORG/CAMP)  
or contact:  
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## BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

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Berkeley Heights, NJ 07922 | (F) 908 508 1059

[www.theSAY.org](http://www.theSAY.org) | [summitareaymca](https://www.facebook.com/summitareaymca)

## SUMMIT YMCA

A branch of the Summit Area YMCA.

67 Maple Street | (P) 908 273 3330  
Summit, NJ 07901 | (F) 908 273 0258

@summitareaymca | @summitareaymca

## THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA.

95 Morris Avenue | (P) 908 273 7040  
Summit, NJ 07901 | (F) 908 273 5670

The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at [www.theSAY.org](http://www.theSAY.org)