



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIT TRAININGS



## TRAINING TOPIC

## GOALS

### WEEK 1

Camp Orientation: What Does it Take to be a Great Counselor?

Learn about the necessary skills required to be an effective Summit Y camp counselor.

### WEEK 2

Career Assessment

Explore your passions and take a look at many of the career options available to suit your interests.

### WEEK 3

Resume Building

Study the elements of a good resume and design your own with the guidance of LIT counselors.

### WEEK 4

CPR and First Aid Certification

All LITs will learn how to prepare and respond to emergency situations. Certification included!

### WEEK 5

Interview Skills and Dressing for the Part

Practice interviewing and learn how to dress appropriately for a job or volunteer interview.

### WEEK 6

Public Speaking 101

Eliminate the fear of speaking in front of others and practice delivering a speech with confidence!

### WEEK 7

Working with Diverse Abilities

Learn about the various needs of children with special needs and how to best support them.

### WEEK 8

Putting Your Skills to the Test

Take the skills you've learned in camp and apply them as we let you participate as counselors all week!

All trainings occur each Monday at the Summit YMCA. Students will be bussed to/from location on that day.

Questions? Visit [THESAY.ORG/CAMP](https://thesay.org/camp)

or contact:  
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## BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

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[www.theSAY.org](http://www.theSAY.org)

[f](https://www.facebook.com/summitarea.ymca) [summitarea.ymca](https://www.facebook.com/summitarea.ymca)

## SUMMIT YMCA

A branch of the Summit Area YMCA.

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Summit, NJ 07901 | (F) 908 273 0258

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## 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

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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)