

Where Ya Been? Teaching Counselors How To “Get On Their Level”

Scott Arizala
The Camp Counselor
Consultant & Trainer

Where ya' been?

- Perspective - everyone is a CAMP COUNSELOR
- Finding our place – where we belong
- Connecting with campers as the CORE experience

Staff motivation & morale = competency & success

When you feel competent & successful it is easier to develop perspective on GOOD and BAD, so teach them skills that they can use to be successful.

Role Modeling... is the new Teaching



Pull, Don't Push¹



Role Model: someone that makes statements (say) and choices (do) that are consistent with good ideas, positive values and principled beliefs, someone we choose to or are compelled to listen to due to an intrinsic desire for connections and identification.

Intentional teaching – life skills & activity skills

- Do all the stuff above
- Actively seek to improve your skills

Communication Techniques & Strategies

Age appropriate communication = getting it / getting on their level

UCLA study on communication

- 7% words
- 38% tone
- 55% non-verbal

¹ From the book, “The Fred Factor” by Mark Sanborn



#1 **Smiling** and other body language

- Makes you happier and healthier
- approachable, inviting, friendly, easier to talk to, more fun, more in control, confident, responsible, respectful

Getting on the kids level

- easier to communication and engage
- respect
- seeing the world from their perspective

Your Face – What’s it saying?

- Conscious control = show emotions
- Unconscious reactions = reveal emotions

Eye contact

- respect
- listening/paying attention
- you care about what is being said
- you care about the person talking

Active listening – Learning how to read minds

- Eye contact
- Smile & Nod
- Paraphrase – Follow up ?’s & “What I got out of this is...”

Do

Make eye contact

Smile & Nod

Waits for others to finish speaking

If appropriate, take notes

Reacts with facial expression

Get on their level

Praises campers for positive communication

Say

“What I am hearing is...”

“I was interested in what you said about...”

“Did you mean...”

“Yesterday, when you mentioned...”

“Sounds like your upset, do you have more to add...”

Don’t talk about the rules!

- Using words to help camper understand our expectations
- Ask questions, state things in the positive, group oriented, peer explained
- Not just covering “what not to do”... rules, lectures, lack of participation, focus on the negative
- Help develop ways to be successful... the “how to do”



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