

Co-counselor Exercise:

This exercise has been designed with the intent to open communication lines. Over the years, some of these situations have presented themselves. As a program staff, we hope to make you aware of the possibilities with the hope you and you co-counselors will develop an excellent cabin relationship with a better understanding of the others' needs. Use this as a tool to enhance communication.

I will get frustrated if I feel.....	Never	<---Scale--->										Look Out!!!	I won't chat	<---Scale--->										Let's talk soon!!
you are rarely around	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
I make all the decisions	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
you make all the decisions	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
I always help shape the behavior	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
the kids dig you more than me	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
I have little support from you	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
you don't care about the camp rules	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
you have a negative attitude	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
you don't listen to my ideas	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
you are not having fun. What's up?	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
Other _____	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		
Other _____	1	2	3	4	5	6	7	8	9	10	Don't know	1	2	3	4	5	6	7	8	9	10	I think I will talk		

I am not exactly sure what to expect with my frustration level, but I know these things will upset me: _____

These things will make me happy.	Who Cares??	<---Scale--->										WOW Thanks!!!
Feedback on how I am doing.	1	2	3	4	5	6	7	8	9	10	Not sure	
A few kudos per day would be great.	1	2	3	4	5	6	7	8	9	10	Not sure	
Some positive reinforcement.	1	2	3	4	5	6	7	8	9	10	Not sure	
Respecting my stuff.	1	2	3	4	5	6	7	8	9	10	Not sure	
Respecting my needs.	1	2	3	4	5	6	7	8	9	10	Not sure	
Including me in the big decisions.	1	2	3	4	5	6	7	8	9	10	Not sure	
Asking me genuinely "How I am doing"	1	2	3	4	5	6	7	8	9	10	Not sure	
Supporting me.	1	2	3	4	5	6	7	8	9	10	Not sure	
Other _____	1	2	3	4	5	6	7	8	9	10	Not sure	

What do you want to do for cabin Orientation?

Do we want to do anything special for our group?

What cool stuff did you bring to give to the kids.
I may/won't feel left out if it comes solely from you.

If you are frustrated with my behavior, I would prefer to be approached by:	Suggesting we talk later.	Give it to me straight. I can take anything.
	Forwarning me you are upset.	Bury your feelings. I don't care.....
	Leaving me a note explaining how you feel.	Give me some examples of why I have upset you.
	Honesty is the best policy.	Approach me anytime.

It is a good idea to have a five minute check-in 3 times per day Twice per day Once per day Couple of times during the week Never What will work for us?