

## Professional and Personal Development at Camp

*Put into words what you have learned at Camp*

**Flexible:** while working with children in an outdoor setting I learned to adopt to sudden changes. When plans change on the spot I can regroup quickly, identify the next step, and maintain a positive attitude.

**Adaptable:** when I find myself outside my comfort zone, I assess the situation and develop strategies to adopt to my new circumstances. Living in a cabin with 12 people for several weeks, eating whatever meals I am given, and having minimal personal time taught me how to make the most of every experience and thrive through it.

**Problem solving:** when I work with people, especially children, it is inevitable that problems of various shapes and sizes arise. Through my camp experience I learned to do a quick assessment of the situation, think of two to three possible steps, and select the best one depending on the desired outcome.

**Teamwork:** in a camp environment you heavily depend on your fellow staff members, and they on you. I learned that we either all succeed, or all fail to various extent. Each individual has to put others first and go the extra mile. When we do this, our team is powerful and achieves our mission.

**Social awareness:** our campers and staff come from a variety of backgrounds, and from every part of the socio-economic scale. They each have their own personal struggles, family history, and in many cases, a special need. Working with them made me aware of the diversity that is present in every area of our lives and taught me to be curious, understanding, mindful and caring.

**Emotional intelligence:** when working with people you must learn to understand your emotions: how they work, how they affect your thinking, and inform your actions. I learned to identify my own feelings and how they push me towards certain actions or behaviors. I practiced handling negative emotions in a productive way. It is also important to detect other people's feelings and understand the reasons behind their actions. Working with children I learned to identify cause and effect and come alongside my campers in a way that helps them grow personally in difficult situations.

**Organization:** when you are in charge of a group of children, you need to know where they are at all times and where they need to go next. At the same time, you also have to juggle several activity leading responsibilities yourself. You need to make sure everyone's needs are met, every task is accomplished, and it is all getting done in a timely manner. Through this experience my organization skills were continually refined and improved.