

# FX CAMPS

PROVIDING A WHOLE CAMPER PROGRAM  
FOR THE BODY, SOUL, & SPIRIT



QUAKER RIDGE CAMP

## FX Camp Counselor Training

### Tips for Successful Counseling:

1. Build bridges to each camper through learning their names quickly.
2. Try to gain the respect of the campers by showing them individual attention.
3. Help your group of campers to learn to function as a unit.
4. Share with your campers your personal expectations of them.
5. Look for the "teachable moments" with each one.
6. When communicating, first try to understand their view before presenting yours.

### Age Characteristics:

#### Grades 4-5

**Physical:** Strong, Active

**Emotional:** Little control of emotions, don't rely on adult approval, but need those relationships.

**Social:** Dislikes outward display of emotion, indifferent to opposite sex, Hero-worshipper, friends a major role in lives.

**Intellectual:** Memorizes easily, curious, demands fairness & justice.

**Spiritual:** Developing value system, capable for making decision for Christ, emotions mix with Bible knowledge.

#### Grades 6-8

**Physical:** strong, healthy, active, hungry

**Emotional:** unpredictable, embarrassed easily, self image based on physical factors

**Social:** Security with peers, critical of others

**Intellectual:** Begin to think abstractly & logically. Impulsive. Wants to be treated like an adult.

**Spiritual:** Has doubts of God. Keen sense of right & wrong. Wants to serve

#### Grades 9-12

**Physical:** Habits forming for life, extreme concern for appearance, excessively hungry.

**Emotional:** Emotions intense & fluctuating, need for excitement & stimulus, desires group security.

**Social:** Attraction to opposite sex. At times, rebellious to authority, copies ideal of an adult.

**Intellectual:** Needs reasons. Concern for the future.

**Spiritual:** Doubts arise, has great ability, may desire to serve. Religion becomes personal.

## Working as a TEAM

QRC Staff, FX Directors, & FX Point People

Staff Assistants

- Speaker
- Band members

Station Staff

- Archery, etc.

Counselors

Campers

Following this structure will promote an enjoyable week of interaction, as we provide a respectable network of staff at FX Camps.

Summer

2016

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### Basic Principles for Counselors:

- You are working with other peoples children, so please be careful.
- Your best function would be to redirect a behavior, rather than allowing it to effect the group in a negative way.
- Let your actions give the campers a reason to respect you.
- Campers may not recognize you as an authority, or they may resent all authority, be mindful.
- When Campers do not respond to you, please discuss it with a Director.
- Try to be aware of the need to report something a camper shares, that could harm them or others. (Mandatory)

### *Working with other Counselors.....*

#### **Pray for each other**

**Support & encourage each other.**

**Allow for differing styles.**

**Do not encourage campers to come to you instead of their counselor.**

**Do not criticize any part of the camp ministry in front of campers.**

**Learn from each other-do not be afraid to ask for help.**

### Handling Camper Conflict

Try to introduce the 3 P's of harmony; Respect another's **PROPERTY** **PRIVACY**, & **PERSON** on the first night. This will set a tone for boundaries for the week.

Advocating & modeling these Christian Principles will assist when conflict arises:

- ◇ How to discuss without escalation.
- ◇ How to say & accept "no".
- ◇ How & Why to forgive.
- ◇ How to love when people act ugly.
- ◇ How to pray for someone else.
- ◇ How & when to use an arbitrator.

## Final Day Clean Up

All campers & counselors should help clean up on Saturday, to be complete before coming to chapel. Have each camper pack up & move ALL of their belongings out of the cabin, into the hall. Assign a few to clean up all trash around the cabin.

Try to keep the entire group together until complete. The Counselor should stay with their group. Leave the cabin & grounds ready for the next group. Take out the bag of trash.



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## Spiritual Counseling

### 6 Basic Needs of Young People

1. The need to believe that life is meaningful & has purpose.
2. The need for a sense of community.
3. The need to be appreciated & loved.
4. The need to be listened to & heard.
5. The need to feel that one is growing in faith.
6. The need for practical help in developing a mature faith.

### EFFECTIVE COUNSELORS....

Listen

Listen

Listen

*It is not what you know,  
it is how you listen.*

## Introducing Spiritual Conversation

One on one experiences tend to lead to conversations

~

How did you come to camp?

Tell me about your home life.

Are you a Christian?

Would you like to share about your spiritual walk?

\*Once a foundation is established, you can gauge if the camper would like to talk further:

*Try to avoid being judgmental of them or their family.*

Offer to be a listening ear & pray with them.

Safe Counseling-  
Where to counsel & what to avoid

-When feasible, counsel in teams.

-If counseling alone, always be in sight of others. (not alone in a dorm or building)

-Show compassion while maintaining your counselor/camper relationship.

-Try to keep an eye on the time, & be mindful of the schedule. If more than 10 minutes is required, ask for help from another adult.

- Be aware of appropriate touch for campers, you may hold a hand for prayer, or give a side hug or hold a sobbing camper, but be mindful of appropriate affection.

## Decision Follow Up

Since one of the main purposes of FX Camps is to encourage campers to make critical life decisions, it is a good practice to ask questions of the campers, having THEM tell YOU about any decisions they are considering. Please be age appropriate with your terms, while still being straight about:

What they are doing?  
Why they feel the need?  
How this will effect them?  
Where do they go from here?  
\*An appropriate amount of contact after camp would be encouraged for follow up on any spiritual decision, after sharing with the Camp Directors.



Summer  
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## Helpful Verses: Entry Points

-Assurance of salvation	John 5:24
-Guilt/Forgiveness	I John 1:9
-Lack of meaning	Eccl. 12:8, 13
-Fear of death	John 11:25-27
-Desire for maximum living	John 10:10
-No basis for values	Eph. 4:17-5:21
-Separation from God	Rom. 3:22b-24
-Frustration with sin	I John 2:1
-What hell is like	Luke 16:19-31
-Good works	Eph. 2:8-10
-The old life and the new	Eph. 4:17-24
-You are a new creation	2 Cor. 5:17

## *Sharing the Message of Salvation*

- John 10:10      God has a very special plan for you!
- Romans 3:23      All have sinned.
- Romans 6:23      The penalty is death (Separation from God).
- Romans 5:8      Jesus Christ is the Son of God, who saved us by dying in our place. He paid the penalty for our sins. He conquered sin when God raised Him from the dead.
- John 1:12      One must receive Him and repent from their sins (turn away from sin and walk back towards God).
- Mark 8:34-36      Jesus becomes our Savior and Lord when we honestly desire to follow Him.
- John 3:16      God did all this because He loves you and desires a relationship with you.

\*Do you desire to follow Jesus? Do you want to have a relationship with Him?

-Prayer:

- Ask for forgiveness of sins.
- Receive Jesus as Lord and Savior
- Ask Holy Spirit to guide through life.
- Pledge to follow God and His will daily.

Remember: It is not a prayer that saves them; God must do the work through His Holy Spirit in their heart. It is not a matter of us convincing a camper that they must pray a particular prayer or talk them into getting saved. Our responsibility is to share with them the truth of God's Word and be available to assist them in their response to God's call.