



Foothill Horizons Outdoor School Counselor Training Course

Who should attend?

This course is designed for high school Juniors and Seniors who are interested in learning about leadership and who want to volunteer for a week as a counselor at Foothill Horizons Outdoor School.

What will I learn?

You'll spend the day with other high school students attending workshop sessions on the following topics:

- ◆ **Child Development**
- ◆ **Communication**
- ◆ **Leadership**
- ◆ **Student Discipline**

Why should I attend?

Once you successfully complete the workshop, you will be better prepared to sign up for a week as a counselor at Foothill Horizons. During your counselor week, you'll actually get to practice what you learned during the Saturday training. You'll stay in the dormitories supervising a group of 6th grade students, serve as a teacher's aide during classes and hikes, and supervise students during activities like dancing, campfire, free play, and on a field trip to places like Moaning Caverns and Calaveras Big Trees State Park. You'll also get to share your experiences with, and learn from, our outdoor school teaching staff, visiting teachers and other high school counselors.

What should I bring to the training?

- Required: Your completed Counselor Application Packet signed by your parents and teacher or counselor
- Required: A pen or pencil
- Strongly encouraged: A Watch – cellphones are discouraged.
- Optional: A water bottle & notepad for taking notes
- Required: A willingness to meet new people, learn a lot, and participate in the day's activities
- Required: School appropriate clothes for a day of playing games, etc. (Check the weather!)

Where is the training? **Foothill Horizons Outdoor School** (transportation provided, see below)
21925 Lyons Bald Mountain Road
Sonora, CA 95370

When is the training? **Saturday, September 22, 2018 – 7:30am-5:00pm**
Transportation Provided to FHOS – Meet at Ceres River Bluff Park
7:30am – check in begins, must have your signed application
8:00am – buses depart for Sonora
9:30am – 3:15pm - Training Sessions (lunch will be provided)
3:30pm – buses depart Foothill to return to Ceres River Bluff Park
5:00pm – Arrive back at Ceres River Bluff Park

How do I sign up?

Contact your high school's career education or advising office and ask how to register. They will help sign you up for the course. You may also ask them for the dates available to volunteer as a counselor. Once you are registered, we'll expect you to attend and count you in for lunch. Please call 532-6673 if you need to cancel.

More questions? Call Diann Rastetter at Foothill Horizons at (209) 532-6673
Check out our website at: www.foothillhorizons.com (Choose the Counselors link on our home page)