



# LEADER<sup>IN</sup> TRAINING



FOR EAGLE HILL STUDENTS WHO WANT TO BUILD LEADERSHIP SKILLS AND CREATE POSITIVE CHANGE

## Leaders in training will:

- Learn to teach outdoor adventure ropes
- Lead and mentor younger students
- Fulfill EHS community service requirement
- Practice communication and relationship-building skills
- Build their resumes for future summer employment
- Develop independence and readiness for college life



## Leaders in training will also be able to:

- Take select academic classes if desired
- Live in Harmsworth Hall and assist with dorm supervision
- Participate in off campus trips and activities
- Make new friends
- Be recognized by faculty as leaders on campus





# PROGRAM OBJECTIVES



Develop leadership skills and better prepare LITs to be future leaders on and off campus.

Provide veteran EHS students an experience with a higher level of both responsibility and privilege in the summer program.

Assist students in developing skills they could utilize throughout the academic year.

Provide opportunities to improve self confidence, self-awareness, communication skills, tolerance to adversity, and personal leadership styles.

Foster interest in leadership positions on campus during the regular academic year.

**Serves:** 10<sup>th</sup>-12<sup>th</sup> grade students

For more information and to apply please  
contact Sue Cranford at:  
413-477-6000 x1213.



## FREQUENTLY ASKED QUESTIONS

***In addition to assisting with the summer school program students, what specific classes or skills will my child be involved in as a part of this program?***

The Leaders-in-Training (LITs) have four classes: Leadership 101, Profiles in Leadership, Lifeguard Survey and Outdoor Adventure. The LITs will take the classes as a group. Outside of these classes, students also have the opportunity to complete a community service project throughout the summer, working at a local food bank and soup kitchen. A large part of the program is focused on how to work with people, problem solving, discussion skills, conflict resolution, and managing relationships (working, friendships etc). The program was put together to give these students opportunities to take responsibility for themselves and also help out with the younger students in a structured manner. They will have opportunities to try out the skills that they learn in class and then reflect upon the experience, discussing what worked, what didn't, and what they could do next time.

***How many students are enrolled in the program?***

We can take up to fourteen students including LIT IIs (students who are undertaking the program for a second time), all of whom are current EHS students who have displayed leadership skills over the course of the school year. Each student's advisor is consulted before students are enrolled and each prospective LITs must undergo an interview and application process demonstrating they have the initiative and interest in making the upcoming summer and LIT program a successful one.

***If my LIT needs to take a math and an English class, can they do that?***

It is our recommendation that LITs participate fully in the program as outlined; however, a strong candidate for the LIT Program who also needs other specific academic classes during the summer is permitted to take one or two of such classes. We believe that were an LIT to miss more than two LIT classes each day, it would detract from the experiential learning as a group. There are valuable skills and life lessons that are discovered and taught during the LIT classes together. There are also several days over the summer that the LITs are off campus for a good part of the class day. This could impact any other class they may be involved in outside of the LIT program.

***Where will LITs be living and who will overseeing them and providing guidance when their not in a classroom or involved in daily planned activity? In other words, post dinner and weekends?***

All the LITs live on the dorm floor in a different quad than the summer students. This will give them a little freedom that comes along with being an LIT, but also a dorm counselor to assist in the evenings. LITs must participate in all days of the summer program, including one activity that they are responsible for organizing and facilitating on the last weekend. LITs have workshops, check-in's, and other activities planned up until 9:00 pm every night. LITs have the same support they have throughout the school year; dorm staff in the dorms, advisors during the school day and weekend staff during the weekends, as well as, the teachers on campus.

# WORKSHOPS

## ***Working with Students/Behavior Management***

This workshop is geared towards behavior management techniques and hands on working with students. LIT training will cover a variety of difficult behaviors and how to work with them in an appropriate and positive manner. They will also be learning how to spot potential difficulties and approach them before they become a problem. Topics will include: discipline (how to, when to), homesickness, bullying, listening and communication.

## ***Activity Planning/Facilitation***

With staff support and guidance, LITs learn to plan, set up and run activities for groups of other summer students. From this they will learn organizational skills, time management, personal initiative, delegation and, accountability.

## ***Group Dynamics***

By living and learning within the LIT group the participants will have the opportunity to learn about how groups develop and the roles each plays in order for the group to achieve its goals. Through reflection and discussion the LITs are able to use their own experiences when helping younger participants navigate their social and learning situations.

## ***Role Modeling/Leadership Styles***

Through hands on activities and observation of leaders on campus, LITs are able to see different leadership styles in action. Discussions are centered on the different leadership styles and their effectiveness. LITs will also look at what it means to be a role model, the privileges, and responsibilities that comes when people begin to look up to you.

## ***Making Choices***

Effective leaders are able to make choices for themselves and model that behavior to the people around them; LITs discuss and reflect upon topics including: nutrition and healthy eating, wellness, stress management, positive life choices, self-advocacy, and esteem.

## PROGRAM SCHEDULE

The LIT program takes place over the summer session coinciding with the regular summer session. LITs do not have the same responsibilities as the summer interns but will have opportunities to work with and shadow the interns. LITs must participate in all days of the summer program.

LITs are responsible for waking themselves up and checking in with a staff member in the Dining Hall before 8:00 am.

### ***Proposed Schedule:***

7:20-8:00	Breakfast
8:04-8:46	Leadership skills
8:50-9:32	Profiles in leadership
9:36-10:18	Lifesaving skills
10:22-10:37	LITs meeting/snack
10:41-11:23	Outdoor adventure—Group A
11:27-12:09	Outdoor adventure—Group B
12:13-12:42	Lunch
12:46-1:28	Journal writing
1:32-2:14	Room checks
2:18-3:30	LITs outdoor adventure
3:40-4:40	Activity period / community service / pool / hiking
5:00-5:45	Dinner
6:00-7:00	Club period /community service / club period / hiking
7:00-7:15	Evening juice break
7:15-8:15	LITs wrap
8:20-8:55	Check-in with mentees
8:55-10:30	LITs free time
11:00	Lights out

### ***What type of social time or free time will LITs receive and what opportunities are available to them?***

LITs will have free time after 9:00 pm once they have checked in with their mentees and debriefed as a group. As part of their community service they have times when they are off campus doing their volunteer work. We also have hiking trips scheduled and pool time every week. On the weekends LITs will have free time and all of the off campus trips are available to them. They will not be required to assist with weekend trips (the summer interns have that responsibility). The LITs have an opportunity towards the middle-end of the summer to volunteer with a summer intern to help with trips if they would like to.

***Finally, will LITs completing this training enhance their potential to be selected for student orientation a year from now? We know this is something they are interested in.***

Each LITs will come up with three objectives/goals for the summer and will meet and discuss these goals in their LIT Wrap. The LITs are evaluated and will become comfortable giving and receiving constructive criticism.

The program was developed to give our students an opportunity for hands on, focused training in leadership and social skills. Being an LIT gives students the hands on experiences and opportunities to further develop his/her existing skills. We can't say the LIT Program will guarantee students a leadership position, but it will prepare them for the role. It is also a good opportunity for students to show the faculty who sit on the selection committees what they are capable of. Many previous interns and orientation leaders have completed the LIT Program.

**For more information and to apply please  
contact Sue Cranford at:  
413-477-6000 x1213.**