

Counselor-in-Training (CIT) 1 Leadership Course

Senior girls can earn their Counselor-in-Training (CIT)1 by attending a Program Aide Core Training, watching the following three videos, answering the questions and working with girls over a camp session.

Thanks to a grant from the Elliott Wildlife Values Project, GSUSA created eight outdoor skill-building videos especially for older Girls Scouts as they take younger girls outside. Please watch each video and answer the accompanying questions. Videos are located here: <https://www.girlscouts.org/en/adults/volunteer/volunteer-resources/outdoor-resources.html>

Step by Step: Developing Outdoor Skills in Girls

What does the Outdoor Progression Chart show?

What are three ways you can help girls have the best experience possible?

1.
2.
3.

How to Leave No Trace Outdoors

What are the 7 principles of Leave No Trace?

1.
2.
3.
4.
5.
6.
7.

Outdoors Songs and Games

What are some ways to learn a song?

What should you do before a singing session?

What can you use games for?

Steps Completed Toward My Counselor-in-Training award

CIT's should work with girls at least two years younger than them. For example, a 14 year-old CIT should work with girls no older than 12.

When you complete all the steps, bring this page to your troop leader to purchase your pin.

Step	Facilitator/Leader Signature	Date
P.A.C.T. Leadership Class		
Videos & Questions		
Work with girls over a camp session (Hours worked at camp should be at least 10 hours.)_____		

Name _____

Troop # _____	Grade _____
Email where we can contact you about future CIT opportunities.	