

Rock Climbing

New Friends

Building Self-Esteem

Group Problem Solving

Exploring the great outdoors

Canoeing and Hiking

Over the Summer!

While earning credit

Toward your graduation!

We invite you to explore

The Summit School

Summer Program 2009

The Summit School
31 Old Nashua Road
Amherst, New Hampshire 03031



the summit school

AN RSEC PROGRAM

Summer Program 2009

Experience...

Canoeing

Hiking



Camping

Backpacking

Mountain

Biking

Ropes Course

Acquire ...

Leadership Skills

Social Skills

Self-Esteem

Have Fun...

While Earning Credit!

Summer Schedule

July 14 - August 7, 2009

Mon - Fri

8:30 am - 2:30 pm



For Information:

The Summit School

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Amherst, NH 03031

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Program Overview

Our Summer Program is designed for students to become a productive part of a team and engage in numerous outdoor activities while earning a credit toward graduation.

This is a great opportunity for new students to get introduced to the Adventure Based Counseling program which makes up a significant portion of The Summit School experience. This program also provides a chance to meet other students and staff and develop positive relationships for the upcoming year.

Returning students can get focused for the year ahead, improve their ABC skills, and step up into leadership roles.



Counseling Skills

Giving and receiving feedback

Being a productive member of a team

Articulating issues and obstacles

Implementing self-generated plans for improvement

Appropriate self-expression

Adventure-Based Philosophy

A key element to The Summit School's summer program is the incorporation of adventure-based experiences. These experiences may include adventure games and initiatives, low/high ropes course activities, rock-climbing, canoeing, mountain biking, and back country travel/navigation. These activities are commonly employed throughout the regular school year and promote active learning and personal reflection.

Many of these activities are physical in nature. These demanding activities foster mental and emotional growth. Perhaps the most valuable aspect to this component is the students' opportunity to reflect on their experiences.

Skills will be presented in a sequential fashion throughout the first three weeks to prepare students for the culminating 3-night expedition in the final week.

Adventure-Based Activities

Rock Climbing

Canoeing

Mountain Biking

Hiking

Ropes Course

Camping

Kayaking

