



West Haven Center for Coastal Ecology

Counselor In-Training Study Guide

Introduction:

Being a Counselor In-Training (CIT) is more than just having a title; it's applying everything that you have learned from your first day as a camper. While we don't expect applicants to know **EVERYTHING** that they have learned at camp, it is important that you know the basic teachings that are given from morning lecture, and the various activities throughout the day.

While going through this study guide, here are a few things to keep in mind about preparing to take the test:

- **Don't get discouraged if you do poorly the first time.** You will always have an opportunity to do it when you're ready to try again.
- **Ask for help/advice.** The Eco Camp Staff are always here to help you. Ask someone who is a CIT about the process! Who knows, they might give you some pointers.
- **Help each other out.** The more you help each other out, the better you will likely do on the tests. This will help you in the long run when you both potentially become CITs and have to work together.
- **Shadow a CIT.** Observe what they experience

The CIT Tests have no time limit. If you're not sure what to put down, write down what you think it is. Who knows, we might give you points for it. There's sometimes a BONUS question that might be hinted on the test. Finally, extra points can be given if you go beyond what the question asks!

GOOD LUCK & DON'T FORGET TO HAVE FUN! ☺

Questions/Topics:

TEST A: (12 Questions)

- Name 5 types of crabs that are mentioned in camp. Can you also identify a crab whether it's a male or female?
- Name 3 types of seaweed that are common along Long Island Sound
- Identifying Shells: Kerry or Pat will present (6) different types of shells for you to identify. You will be allowed to look at them more closely.
- Phragmites/Common Reed – the name of the fresh-water reed that easily catches on fire
- Chicory – a purple flower grows on this plant and lives for only one day and another blooms the next day. Coffee is one of the products that can be made from the chicory plant.
- Describe the difference between staghorn sumac and poison sumac.

- Milkweed – a plant, which the monarch butterfly lays its eggs on. The leaves are round tipped with a protective layer of hair-like fibbers and have a sticky, milk-like substance in the stem of the leaf.
- Beach Rose – the scientific name is Rosa Rugosa. It grows along the shoreline of West Haven and is common throughout New England. The pink fruit is used in tea and jam.
- Horseshoe Crabs – guess what...IT'S NOT A CRAB! It's related to the spider family and is one of the oldest sea animals in the world. Horseshoe Crabs existed during the time of the dinosaurs. Do you know when they lay their eggs? Or the color of its blood?
- Long Island Sound is the body of water that exists on our shoreline. It's not an ocean, but called an estuary. An estuary is a body of water where fresh water and salt water mix. The fresh water comes from the rivers that flow into the sound (Connecticut River). The salt water comes from the Atlantic Ocean.

TEST B: (15 Questions)

- Beach Grass: what is its function?
- Identify 2 types of seagulls that we see along the shoreline.
- Mermaid's Purse – it's an egg case that is black in color with four pointy edges. The egg case is for a fish known as skate (related to the flatfish).
- Catalpa Tree – What is the story? What are the other names for it?
- Seaweeds: do you know at least 2 products/items that use seaweed?
- Where do savin trees grow?
- Describe what goat's beard looks like. We will not accept the answer "a goat's beard." This flower might be hard to find along the walks. Keep your eye out for it during the walks.
- Queen Ann's Lace – what's the story? It's related to the carrot
- Ragweed – many people are allergic to this plant, especially in the fall
- Rose Hip – name the two uses.
- Two Types of Spartina Found In The Salt Marsh:
 - Spartina Alterniflora
 - Spartina Patens
- Ribbed Mussels are found in the Salt Marsh, NOT the Blue Mussel. Are they edible?
- Mulberry Tree – where did it come from? What is the purpose?
- Oyster Drills are the culprits for many of the holes you find in shells. They latch on to the surface of the shell and drill a hole into it. They are perfectly round.