

citadel parents guide

citadel parents guide is an essential resource for families considering watching the popular spy thriller series "Citadel." This comprehensive guide provides parents with a clear overview of the show's content, including its age appropriateness, themes, language, violence, and other factors that may impact family viewing decisions. Whether you're concerned about mature content, want to know what your children might encounter, or seek guidance about educational value, this article covers every aspect you need to make an informed choice. With detailed sections on violence, language, sexual content, and more, parents can rely on this guide to answer common questions and help set expectations for viewing. We'll also offer practical tips for parental guidance and highlight key considerations. If you're searching for a reliable citadel parents guide, you've come to the right place—read on for a thorough breakdown of everything you need to know before pressing play.

- Overview of Citadel Series
- Recommended Age and Rating Information
- Violence and Action Sequences
- Language and Dialogue
- Sexual Content and Romantic Themes
- Drug and Alcohol Use
- Mature Themes and Intensity
- Positive Messages and Educational Value
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Overview of Citadel Series

Citadel is a high-stakes espionage drama known for its fast-paced action, complex characters, and global intrigue. The series, produced by prominent creators and featuring an international cast, centers around elite spies working to combat shadowy organizations. The narrative blends thrilling missions with personal struggles, making it appealing to adults and older teens. Citadel's cinematic quality, special effects, and suspenseful storytelling have made it a standout in the genre. However, its mature themes require thoughtful consideration for family viewing. Understanding the show's premise and general tone is the first step for parents assessing its suitability.

Recommended Age and Rating Information

Official Ratings

Citadel is rated TV-MA (Mature Audiences) in many regions, indicating it is best suited for viewers aged 17 and older. This rating reflects the presence of intense violence, strong language, and sexual content. It's essential for parents to review these ratings before allowing younger children or teens to watch.

Age Appropriateness

While older teenagers may be mature enough to handle Citadel's content, the series is generally not recommended for children under 16 due to its adult themes and imagery. Parents should consider their child's sensitivity to violence, complex narratives, and mature situations when deciding if Citadel is appropriate for family viewing.

- Best for ages 16 and up
- Not suitable for young children
- Parental discretion advised for teens

Violence and Action Sequences

Type of Violence

Citadel features frequent action scenes, including hand-to-hand combat, gunfights, explosions, and chase sequences. The violence is often intense and realistic, contributing to the show's suspenseful atmosphere. Injuries, deaths, and perilous situations are depicted throughout the series.

Impact on Young Viewers

Younger viewers may find some sequences disturbing, especially given the realistic portrayal of violence and danger. Parents should be aware that the show does not shy away from graphic content and may include blood, injuries, and emotionally intense moments.

- Frequent fight scenes
- Realistic gun violence

- Explosions and destruction
- Some scenes with blood and injuries

Language and Dialogue

Use of Strong Language

Citadel contains frequent strong language, including profanity and harsh expressions. The dialogue is realistic and often reflects the stress and danger of espionage situations. Swearing and mature vocabulary appear regularly throughout the series.

Potential Concerns for Parents

Parents should be aware that young viewers will be exposed to adult language and expressions. If you prefer to avoid shows with explicit dialogue, Citadel may not be suitable for your family's viewing preferences.

Sexual Content and Romantic Themes

Depiction of Sexual Content

Citadel includes scenes with sexual content, suggestive situations, and romantic relationships. While not the central focus, these elements appear in several episodes and may feature partial nudity or implied intimacy.

Romantic Relationships

The series explores the personal lives of its characters, including romantic entanglements and emotional connections. These storylines add depth to the characters but may include mature themes that are not appropriate for younger audiences.

- Scenes of intimacy
- Kissing and suggestive dialogue
- Partial nudity in some episodes

Drug and Alcohol Use

Portrayal of Substance Use

Citadel occasionally depicts characters consuming alcohol in social and stressful situations. While drug use is not a major theme, references or brief scenes involving substances may appear.

Guidance for Parents

Parents concerned about substance use in entertainment should be aware that, while not pervasive, Citadel does include alcohol consumption and occasional references to drugs. These moments are typically secondary to the main plot but may influence discussions about responsible behavior.

Mature Themes and Intensity

Complex Storylines

Citadel tackles mature themes such as betrayal, identity, loss, and morality. The series often delves into psychological conflict and the consequences of espionage on personal relationships. These elements can be thought-provoking but may be confusing or unsettling for younger viewers.

Emotional Intensity

The show maintains a high level of emotional and narrative intensity, with frequent twists, suspense, and dramatic moments. Parents should consider their child's ability to process complex storytelling and intense scenes before watching together.

Positive Messages and Educational Value

Lessons and Takeaways

Despite its mature content, Citadel offers themes of loyalty, courage, and resilience. The series highlights the importance of teamwork, critical thinking, and moral choices under pressure. These positive messages can spark meaningful family discussions about ethics and decision-making.

Opportunities for Discussion

Parents may use Citadel as a springboard for conversations about global issues, personal responsibility, and the real-world implications of espionage. While the show is primarily entertainment, its underlying themes can provide educational value for older teens and adults.

- Loyalty and trust
- Courage in adversity
- Consequences of choices

Parental Guidance Tips

How to Approach Viewing

Parents are encouraged to preview Citadel before watching with their children. Discussing expectations and boundaries beforehand can help set the tone for a safe and enjoyable viewing experience. Using parental controls to restrict access may be appropriate for households with younger children.

Setting Family Rules

Establish clear guidelines about what is acceptable to watch and encourage open communication about any concerns that arise during viewing. If your family chooses to watch Citadel together, consider pausing to address questions or discuss difficult scenes.

- Preview content before family viewing
- Use parental controls as needed
- Encourage open discussion during and after episodes
- Set age-appropriate boundaries

Trending Questions and Answers about citadel

parents guide

Q: What is the official age rating for Citadel?

A: Citadel is rated TV-MA, indicating it is intended for mature audiences aged 17 and older due to strong language, violence, and sexual content.

Q: Is Citadel appropriate for teenagers?

A: Citadel may be suitable for older teenagers (16 and up) who can handle mature themes, but parental discretion is advised due to its intense content.

Q: Does Citadel contain graphic violence?

A: Yes, Citadel features frequent and realistic violence, including fight scenes, gunfights, and explosions, which may be disturbing for younger viewers.

Q: Are there any sexual scenes in Citadel?

A: Citadel includes scenes with sexual content and partial nudity, making it less suitable for children and younger teens.

Q: What type of language is used in Citadel?

A: The series contains frequent strong language and profanity throughout, reflecting its mature audience rating.

Q: How is substance use portrayed in Citadel?

A: Alcohol consumption is depicted in social and stressful settings, with occasional references to drugs, but these are not central to the plot.

Q: What positive messages can families discuss from Citadel?

A: Citadel promotes themes of loyalty, courage, and teamwork, which can inspire discussions about ethics and personal responsibility.

Q: Should parents watch Citadel before allowing their children?

A: It is recommended that parents preview Citadel to assess its suitability for their family.

and decide if it aligns with their viewing standards.

Q: Are there parental controls for streaming Citadel?

A: Most streaming platforms offer parental controls to restrict access to mature content like Citadel, helping parents manage viewing choices.

Q: Can Citadel be used for educational discussions?

A: While primarily entertainment, Citadel's themes can serve as a starting point for conversations about global issues, morality, and decision-making.

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Citadel Parents Guide: A Comprehensive Handbook for Supporting Your Cadet

Are you a parent of a prospective or current cadet at The Citadel, The Military College of South Carolina? Navigating the unique challenges and rewards of this prestigious institution requires preparation and understanding. This comprehensive Citadel parents guide provides invaluable insights, practical advice, and resources to help you support your cadet's journey through their rigorous academic and military training. We'll cover everything from the initial application process to graduation, offering a roadmap for navigating this transformative experience.

Understanding The Citadel's Unique Environment

The Citadel is unlike any other college. Its military structure, demanding academic program, and strong emphasis on discipline and tradition create a distinct environment that requires careful consideration from parents. Understanding this environment is crucial for effectively supporting your cadet.

The Military Structure: A Key Component of Citadel Life

The Citadel's military structure is fundamental to its ethos. Your cadet will be immersed in a

regimented lifestyle, complete with uniforms, drills, and a hierarchical chain of command. While this may seem daunting, it's designed to foster discipline, teamwork, and leadership skills. Understanding this structure, and accepting its limitations on personal freedoms, will significantly aid your ability to support your child.

Academic Rigor: Balancing Military Training with Studies

The Citadel boasts a demanding academic curriculum. Expect a rigorous workload and a strong emphasis on academics. Your cadet will need to learn effective time management and study habits to succeed. Encourage them to seek help from professors and utilize available tutoring services.

The Honor Code: A Cornerstone of Citadel Values

The Citadel's Honor Code is paramount. Upholding the principles of truth, honor, and integrity is non-negotiable. Open communication with your cadet about the importance of the Honor Code is crucial. Emphasize the long-term implications of any breach and offer unwavering support for ethical decision-making.

Supporting Your Cadet Throughout Their Citadel Journey

Your role as a parent extends beyond simply sending your cadet to The Citadel. Active and informed support is vital for their success.

Before Arrival: Preparation is Key

The period leading up to your cadet's arrival is crucial for a smooth transition. Ensure they understand the expectations of Citadel life, the importance of the Honor Code, and the resources available to them. Help them pack appropriately, addressing the specific uniform and equipment requirements.

During Their Time at The Citadel: Maintaining Communication

Regular communication is vital, but remember the constraints of the military structure. Utilize designated communication periods and channels. Avoid interfering with the chain of command. Focus on supportive conversations, offering encouragement and understanding.

Financial Matters: Planning for Expenses

The Citadel carries significant financial obligations. Plan carefully for tuition, fees, books, and other expenses. Explore available financial aid options and scholarships. Budgeting and financial transparency are essential throughout your cadet's tenure.

Dealing with Challenges: Homesickness and Adjustment

Expect initial challenges, including homesickness and adjustment to the demanding environment. Offer reassurance and understanding without undermining the authority of the cadet chain of command. Encourage your cadet to seek support from their peers, superiors, and the Citadel's counseling services.

Resources for Citadel Parents

The Citadel provides various resources for parents, including:

The Parent's Association: This organization offers support and networking opportunities for parents.
The Citadel website: This website contains valuable information about academic programs, military training, and student life.

The Registrar's Office: This office manages academic records and provides information regarding academic progress.

The Cadet Support Services: These services provide guidance and assistance to cadets facing challenges.

Conclusion

Supporting your cadet through The Citadel is a journey filled with challenges and rewards. By understanding the unique environment, maintaining open communication, and utilizing available resources, you can play a significant role in your cadet's success and personal growth. Remember that your unwavering support and understanding are invaluable to their development and overall experience at this prestigious institution.

Frequently Asked Questions (FAQs)

Q1: How often can I contact my cadet at The Citadel? A: Communication opportunities are limited and vary throughout the year, often dictated by scheduled phone calls, email access, and designated visiting periods. Check the Citadel's official website for the most up-to-date information.

Q2: What should I do if my cadet is struggling academically? A: Encourage your cadet to reach out to their professors for help, utilize tutoring services offered by the Citadel, and connect with the cadet support services for guidance. Early intervention is key.

Q3: Can I visit my cadet whenever I want? A: No, visits are typically restricted to designated weekends and holidays. Refer to the Citadel's visitor policy for specifics.

Q4: What is the best way to support my cadet's mental health? A: Encourage open communication about their experiences and feelings. Be aware of the signs of stress or mental health challenges. Remind them of the available counseling and support services at The Citadel.

Q5: How can I get involved in the Citadel Parents' Association? A: Information on joining and participating in the Citadel Parents' Association is typically available on The Citadel's official website or through direct contact with the association.

citadel parents guide: *The Everything Parent's Guide to Raising a Gifted Child* Robbins Med Herbert, 2011-12-15 Raising a gifted child is both a joy and a challenge. Gifted and exceptional children can seem self-sufficient, but it takes more than intelligence to lead a happy and fulfilling life. Your child need your support and advocacy in school, in social situations, and even at home. This guide shows you how to encourage and foster your gifted child from birth to adolescence, including information on How to determine if your child is gifted Options for school programs and activities Dealing with perfectionism and stress Setting realistic and healthy goals for your child Ensuring proper socialization and friendship Coping with jealousy and bullying from other children Packed with useful and professional advice, this is a reassuring guide to help your gifted child grow, thrive, and develop his talents.

citadel parents guide: Homeschooling Samuel L. Blumenfeld, 1997 More and more parents today are disillusioned with public education. Instead of merely tolerating a faulty system, expanding numbers of parents are turning to alternative education for their children. Homeschooling describes what homeschooling is all about, helps parents decide whether or not this choice fits their family lifestyle, covers virtually every aspect of homeschooling, and more.

citadel parents guide: Beneath the Citadel Destiny Soria, 2018-10-09 The author of *Iron Cast* delivers “a thrilling adventure story” in this YA fantasy novel of dangerous rebellion against rules with the power of prophecy (Kirkus). In the city of Eldra, people are ruled by ancient prophecies. For centuries, the high council has stayed in power by virtue of the prophecies of the elder seers. After the last infallible prophecy came to pass, growing unrest led to murders and an eventual rebellion that raged for more than a decade. Now Cassa, the orphaned daughter of rebels, is determined to fight back against the high council, which governs Eldra from behind the walls of the citadel. Her only allies are no-nonsense Alys, easygoing Evander, and perpetually underestimated Newt. As Cassa struggles to live up to her parents’ legacy, she and her friends try to uncover the mystery of the final infallible prophecy—before it’s too late to save the city.

citadel parents guide: Parents Guide to Surviving the College Admissions Process Ellen Fitzpatrick Pinkman, Ellen Fitzpatrick-Pinkman, 1996 With the same blend of wit, common sense,

and empathy that is needed to be a good parent, child psychologist Michele Elliott offers parents a treasure trove of tips for getting through the day, getting through life, and getting through a crisis with children ages four to twelve. This highly browsable compendium is full of practical advice on common problems, entertaining anecdotes, illuminating quizzes, and helpful suggestions on parenting matters practical, educational, and spiritual. Topics range from how to get children to bed on time or stop sibling fights, to how to maximize kids' learning abilities; from how to answer embarrassing questions to how to create holiday magic without spending a fortune; from how to help children cope with grief to the ten worst and ten best things you can say to a child. Perfect parents -- like perfect children -- don't exist, but those who follow the invaluable advice in this book will be 601 ways nearer to getting it right

citadel parents guide: A Parent's Guide to Gifted Children James T. Webb, 2007 Practical guidance in key areas of concern for parents, such as peer relations, siblings, motivation and underachievement, discipline, intensity and stress, depression, education planning, and finding professional help.

citadel parents guide: Slide 68 Anthony Von Mickle, 2012-12-21 Mediocritythe act of simply existingcan reveal the clock on a ticking time bomb in your life. How long must you run in the rat race while watching others enjoy the lives of your fantasies? Slide 68: 86 Your Current Life and Pursue the Lifestyle Youve Been Dreaming Of offers a dayby-day, thought-by-thought illustration of how author Anthony Von Mickle exchanged his comfortable six-figure salary for his dream life. What he sacrificed at first seemed like too much to bear, but in the end, there was no price not worth paying for complete control of ones sanity. He reminds us that the best way to predict the future is to create it. Each chapter provides real-life examples of problems that Von Mickle encountered en route to his dream life and how he overcame them. He demonstrates that the answers to his problems were not unique to his situation and that he had the mindset required to conquer any obstacles he met. He has highlighted important points throughout this guide in slide 68 mindset boxes, which provide essential take-away points. Slide 68 shares a detailed, personal journey that educates, entices, and inspires everyone to settle on not settling.

citadel parents guide: The Boo Pat Conroy, 2010-11-16 The #1 New York Times--bestselling author's story about life at the Citadel in the 1960s, a profound exploration of what it means to be a man of honor. Lt. Col. Nugent Courvoisie, known to the cadets as "the Boo," is an imposing and inspiring leader at the South Carolina military academy, the Citadel. A harsh disciplinarian but a compassionate mentor, he guides and inspires his young charges. Cadet Peter Cates is an anomaly. He is a gifted writer, a talented basketball player, and a good student, but his outward successes do little to impress his abusive father. The Boo takes Cates under his wing, but their bond is threatened when they're forced to confront an act of violence on campus. Drawn from Pat Conroy's own experiences as a student at the Citadel, The Boo is an unforgettable story about duty, loyalty, and standing up for what is right in the face of overwhelming circumstances.

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citadel parents guide: The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care Marilyn Augustyn, Barry S. Zuckerman, Elizabeth B. Caronna, 2010-09-29 The thoroughly updated Third Edition of this popular handbook provides practical guidance on diagnosing and treating children with developmental and behavioral problems in the primary care setting. Chapters written in outline format address topics ranging from everyday problems such as biting and social avoidance to serious and complex psychiatric disorders such as anorexia and depression. This edition includes new chapters on dealing with difficult child behavior in the office; alternative therapy for autism spectrum disorders; treatment of autism spectrum disorders; oppositional defiant disorder; bilingualism; health literacy; incarcerated parents; and military parents. Recommended readings for physicians and parents are included. A companion

website includes the fully searchable text.

citadel parents guide: *Three Ordinary Girls* Tim Brady, 2021-02-23 "The book's teenage protagonists and their bravery will enthrall young adults, who may find themselves inspired to take up their own causes." —Washington Post An astonishing World War II story of a trio of fearless female resisters whose youth and innocence belied their extraordinary daring in the Nazi-occupied Netherlands. It also made them the underground's most invaluable commodity. May 10, 1940. The Netherlands was swarming with Third Reich troops. In seven days it's entirely occupied by Nazi Germany. Joining a small resistance cell in the Dutch city of Haarlem were three teenage girls: Hannie Schaft, and sisters Truus and Freddie Oversteegen who would soon band together to form a singular female underground squad. Smart, fiercely political, devoted solely to the cause, and "with nothing to lose but their own lives," Hannie, Truus, and Freddie took terrifying direct action against Nazi targets. That included sheltering fleeing Jews, political dissidents, and Dutch resisters. They sabotaged bridges and railways, and donned disguises to lead children from probable internment in concentration camps to safehouses. They covertly transported weapons and set military facilities ablaze. And they carried out the assassinations of German soldiers and traitors—on public streets and in private traps—with the courage of veteran guerilla fighters and the cunning of seasoned spies. In telling this true story through the lens of a fearlessly unique trio of freedom fighters, Tim Brady offers a fascinating perspective of the Dutch resistance during the war. Of lives under threat; of how these courageous young women became involved in the underground; and of how their dedication evolved into dangerous, life-threatening missions on behalf of Dutch patriots—regardless of the consequences. Harrowing, emotional, and unforgettable, *Three Ordinary Girls* finally moves these three icons of resistance into the deserved forefront of world history.

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citadel parents guide: *Teach Your Own* John Holt, Pat Farenga, 2021-09-28 The classic guide to teaching children at home for a new generation of homeschooling parents In 2019, there were more than two million children being homeschooled. That number doubled during the pandemic and is now likely to continue increasing as more parents worry that school might not be the best place for their children to learn and grow. *Teach Your Own* helped launch the homeschooling movement; now, its timeless and revolutionary message of recognizing the ways children come to understand the world has been updated for today's environment. Parents and caregivers will discover how to navigate: Learning in a classroom versus learning in the world The difference between a learning difficulty (which we all experience every time we try to learn anything) and a learning disability. Schedules that achieve the homeschooling-work-life balance that you want as a family The relationship between learning and play Homeschooling and technology And much more. John Holt's warm understanding of children and his passionate belief in every child's ability to learn have made this book an essential resource for over forty years to homeschooling families.

citadel parents guide: *The Cumulative Book Index* , 1967 A world list of books in the English language.

citadel parents guide: *Sex and the Citadel* Shereen El Feki, 2013-03-12 **Kirkus Best Books of the Year (2013)** If you really want to know a people, start by looking inside their bedrooms. As political change sweeps the streets and squares, the parliaments and presidential palaces of the Arab world, Shereen El Feki has been looking at an upheaval a little closer to home—in the sexual lives of men and women in Egypt and across the region. The result is an informative, insightful, and engaging account of a highly sensitive and still largely secret aspect of Arab society. Sex is entwined in religion, tradition, politics, economics, and culture, so it is the perfect lens through which to examine the complex social landscape of the Arab world. From pregnant virgins to desperate housewives, from fearless activists to religious firebrands, from sex work to same-sex relations, *Sex and the Citadel* takes a fresh look at the sexual history of the region and brings new voices to the debate over its future. This is no peep show or academic treatise but a highly personal and often humorous account of one woman's journey to better understand Arab society at its most intimate

and, in the process, to better understand her own origins. Rich with five years of groundbreaking research, *Sex and the Citadel* gives us a unique and timely understanding of everyday lives in a part of the world that is changing before our eyes.

citadel parents guide: *Parents' Guide to Special Needs Schooling* Ruth F. Cantor, Jeffrey A. Cantor, 1995-12-11 This book is written to help parents of special needs children understand and navigate the educational system. The book describes the various ways parents can be involved in planning and delivering a special education program for their child. Communication between school, medical practitioner, and parents is the key ingredient to success in these endeavors. This is the central theme of the book. Topics covered include: proper diagnosis of the disability; confirmation of perceived problems; parental coping strategies; assessment; educational program identification; IEP program planning processes; interfacing with school system organizations; finding support groups and information; and due process. As important as parental involvement in a child's education is for a healthy child, it is even more essential for the special needs child. The authors have found that the school system is not always a friendly organization when it comes to parental involvement. Yet a parent's involvement in diagnostic and placement procedures, and overseeing and measuring progress is a right. This book will guide parents in exercising these rights to total involvement in the process.

citadel parents guide: *Courage After Fire for Parents of Service Members* Paula Domenici, Keith Armstrong, Suzanne Best, 2013-07-01 Parents of returning service members may sometimes feel that their voices are not heard. The media is saturated with stories about troops returning from deployment with mental health problems like post-traumatic stress, depression, and substance abuse. Some also return home with physical problems including traumatic brain injury, physical pain or more severe injuries like amputations. Almost all returning service members experience reintegration challenges such as readjusting to family and community, finding employment or attending school. But rarely do we hear how parents are taking on the role of supporting their sons and daughters who have served our country. In countless ways these parents provide help—and when their military child suffers significant physical or psychological injuries, they may once again become their primary caretaker. For mothers and fathers and others in a parenting role, it can be overwhelming at times, and resources are limited. *Courage after Fire for Parents of Service Members* provides a compassionate and accessible guide for the parents or guardians of returning troops. This groundbreaking book acknowledges the significant contribution and sacrifice parents have made for their military children, provides strategies and resources that will assist them in understanding and supporting their son or daughter, and will validate their own personal experiences. Recommendations for helping them care for their returning service member are woven throughout the book, as well as education about the importance of taking care of themselves to help prevent caregiver burnout. Vignettes and reflections from parents who have had a child deploy offer a sense of hope and community. Even in the best of circumstances, parents play an instrumental role in helping their sons and daughters successfully reintegrate after deployment. This book is a valuable resource for any parent who is seeking to better understand and support a returning military child while caring for themselves.

citadel parents guide: *Every Teacher's Guidebook on Thematic Integrated Education* John Favors, Kathrynne Favors, 1994

citadel parents guide: *The Bipolar Child (Third Edition)* Demetri Papolos, M.D., Janice Papolos, 2007-10-02 Since it first appeared on bookshelves, *The Bipolar Child* has made an indelible mark on the field of psychiatry and has become the resource that families rely upon. Now, with more than 200,000 copies sold, the first book about early-onset bipolar disorder is completely revised and expanded. Bipolar disorder—manic depression—was once thought to be rare in children. Now researchers are discovering not only that bipolar disorder can begin early in life, but that it is much more common than ever imagined. Yet the illness is often misdiagnosed and mistreated with medications that can exacerbate the symptoms. Why? Bipolar disorder manifests itself differently in children than in adults, and in children there is an overlap of symptoms with other childhood

psychiatric disorders. As a result, these kids may be labeled with any of a number of psychiatric conditions: "ADHD," "depression," "oppositional defiant disorder," "obsessive-compulsive disorder," or "generalized anxiety disorder." Too often they are treated with stimulants or antidepressants—medications that can actually worsen the bipolar condition. Since the publication of its first edition, *The Bipolar Child* has helped many thousands of families get to the root cause of their children's behaviors and symptoms and find what they need to know. The Papoloses comprehensively detail the diagnosis, explain how to find good treatment and medications, and advise parents about ways to advocate effectively for their children in school. In this edition, a greatly expanded education chapter describes all the changes in educational law due to the 2004 reauthorization of IDEA (Individuals with Disabilities Education Act), and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment. The book also contains crucial information about hospitalization, the importance of neuropsychological testing (with a recommended battery of tests), and the world of insurance. Included in these pages is information on promising new drugs, greater insight into the special concerns of teenagers, and additional sections on the impact of the illness on the family. In addition, an entirely new chapter focuses on major advances taking place in the field of molecular genetics and offers hope that researchers will better understand the illness and develop more targeted and easier-to-tolerate medicines. *The Bipolar Child* is rich with the voices of parents, siblings, and the children themselves, opening up the long-closed world of the families struggling with this condition. This book has already proved to be an invaluable resource for parents whose children suffer from mood disorders, as well as for the professionals who treat and educate them, and this new edition is sure to continue to light the way.

citadel parents guide: Great Videos for Kids Catherine Cella, 1992

citadel parents guide: *Prescription for Anger* Gary Hankins, Carol Hankins, 2000 This fully revised and expanded edition includes insightful self-assessment tools for greater self-awareness, a selection of the most popular handouts from Hankins's anger management workshops, and a new comprehensive reference list and suggested readings.

citadel parents guide: Resources in Education, 1979-04

citadel parents guide: Raising Your Child to Be a Champion in Athletics, Arts, and Academics Wayne Bryan, 2004 As father, coach and mentor, Wayne Bryan helped his twin sons become the world's #1 tennis doubles team. His winning philosophy has always been simple: focus on playing before learning, motivate early and often, and most of all, have fun. Now Bryan has distilled his proven formula for success into a unique book that shows parents how to help their kids become champions in athletics, the arts, academia - and just about anything else they chose to undertake. Concise and accessible, this guide is packed with Bryan's trademark energy and common sense tips designed to inspire success.

citadel parents guide: *Men's Lives* Michael S. Kimmel, 1998 Intended to be used as either a core text or as a supplement, this work includes recent research by feminist scholars and pro-feminist men.

citadel parents guide: *Rational-emotive Consultation in Applied Settings* Raymond DiGiuseppe, Michael L. Bernard, 2013-06-17 For the past 20 years, rational-emotive therapy (RET) has been employed by consultants to help bring about changes not only in the way parents and teachers manage mental health and educational problems of school-age children, but also within organizations and families. This is the first book devoted exclusively to the applications of RET in consultation. For the first time, international experts reveal the ways that RET can be applied at different levels of consultation -- client-centered, consultee-centered, systemic-centered -- to help identify and overcome obstacles to effective consultation. This volume reveals the missing link to effective consultation, namely, the emotional problems consultees bring with them to the practical problems with which they are faced. Rational-emotive consultation methods are ideally suited to help give consultees empowerment over their emotional problems. In addition, RET is an ideal adjunct to be included along with behavioral and organizational consultation methods already in use.

Written largely for school psychologists and consultants who work in educational and mental health settings, this book demonstrates the variety of ways that RET can be used to conduct in-service and professional/personal development programs for teachers, parents, school administrators and other professional groups. It is also a unique resource for practitioners working with the emotional, behavioral and learning problems of school-age children, and looking for new and effective ways of incorporating caregivers in the treatment of these children.

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Relationships John H. Harvey, Amy Wenzel, 2001-11-01 In the past 10 years, there has been a substantial increase in the number of theoretical and empirical investigations into the maintenance and enhancement of close, romantic relationships. This literature targets the everyday behaviors, expressions of love, and cognitive styles that characterize such relationships. Chapters provide a sampling of the expanse of topics in the domain of how clinical scholars and practitioners address the timely topic of maintaining and enhancing close romantic relationships, including marriage. A distinguished group of scholars and therapists discuss specific problems, such as alcoholism and therapeutic interventions, such as insight therapy. Topics include maintenance issues relevant to: depression, anxiety disorders, the role of children in affecting close relationships, how premarital therapy may serve as an antidote to early relationship problems, forgiveness, remarriage issues, and peer marriage. This volume is intended for practitioners in the field of close romantic relationships, such as marriage, family and relationship therapists, and clinicians.

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Lists all the resources needed to create a balanced curriculum for homeschooling--from preschool to high school level.

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