



# THE CITADEL FAMILY ASSOCIATION

## All in the Family

MATRICULATION 2018  
CHARLESTON SC

### Welcome to The Citadel, Class of 2022!

Matriculation Day - your CFA "Blue Shirt Army" will be with you every step!

Your sons and daughters are about to begin a new chapter in their lives that will lay a strong foundation for their future successes, as well as forge unbreakable bonds with their fellow classmates that will last a lifetime. It will be an exciting time for all!

From Matriculation Day forward, you gain membership in a support network that is just a phone call or email away—The Citadel Family Association. Your membership in the CFA is automatic, free and provides you with a wealth of support and information directly from the parents of upper-class cadets. The CFA's mission is broken down into three priorities:

- Providing information to, and support for, the families of current cadets, with a primary emphasis on Knob parents.
- To provide families with a forum for discussion of common interests.
- To support college initiatives.

On Matriculation Day you will meet 315 friendly CFA "Blue Shirt" volunteers present to assist you throughout the day. These are parents of upper-class cadets who volunteer with the CFA to make you feel welcome the moment you arrive. They will help you carry your cadet's materials into the barracks and also help you navigate the day's events. Many of these CFA volunteers have traveled great distances to be present on Matriculation Day, because they too once experienced The CFA's generous support and now have joined the legacy of "paying it forward."

#### Parent Information Fair & The CFA Matriculation Day Brunch

Parents - please plan to arrive on campus early to ensure that you have ample time to thoroughly explore the Parent Information Fair held in McAlister Field House.



The CFA is providing a complimentary brunch via food stations in the back of McAlister Field House, allowing parents to enjoy breakfast and refreshments while engaging key campus organizations, departments, and resources.



#### MATRICULATION DAY SCHEDULE

Saturday, August 11th 2018

7:00-9:30am

Fourth Class Reports

*Holliday Alumni Center*

8:00-10:30am

Parent Information Fair

*McAlister Field House*

8:00-10:30am

CFA-provided Parent Continental Breakfast

*McAlister Field House*

10:45-11:45am

President's Parent Address



# CFA BATTALION AND COMPANY REPRESENTATIVES 2018-19

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# “Tips for Transitioning: Citadel Parenthood”



Whether this is your first child who has left home for college or the only child to choose a military college, transitioning to The Citadel can be an interesting experience. Unlike other public colleges, at The Citadel you and your child will be exposed to new terminology, proper uniform protocols, mandatory study time, and much more.

In addition to the military lifestyle your son or daughter will learn to embrace, there are often some very real challenges that are not immediately evident. Having a few of these things in mind can give you a head start at finding solutions that work for your family as you all begin this new adventure.

One of the first things people notice about Charleston is the weather. There are many beautiful days to appreciate. There is also a sticky humidity that hangs over everything. Acclimation to the heat and humidity can prove difficult for cadets. With an increase in physical activity, most are not accustomed to working out in these conditions.

It is not uncommon for the infirmary to have sick calls in the first weeks as the heat takes its toll. Though the Knobs will be issued “CamelBak” water packs for use during the cadre training period, you should still encourage your child to hydrate prior to arrival. Water or sports drinks (to replenish electrolytes) are the best choices. This is also a good idea for you to remember when you visit Charleston.

Our high temps and humidity can last through October. We don’t pull out our fall clothes quite as quickly as the Northern region, so be sure to monitor Charleston weather when planning a visit, or you will find yourself struggling to acclimate as well.

Another unnoticed shift in the early weeks is that of expectations, both cadet and parent. Moving away from home for the first time can be exciting, but if it’s uncharted territory, the expectations may be unbalanced. Many parents expect the phone calls and letters to be commonplace. The truth is that your child will be busy, and they will be tired. A quick email or text may be the norm for the first several weeks.

Your cadet will also experience other shifts, including:

- Money management
- Time management
- The joys and struggles of both being away from home & meeting The Citadel’s multi-tiered challenges.

There are cycles of both need and avoidance as they begin to manage their departure from home. This is commonly manifested through their requests for financial and moral support, without a desire to hear parental advice or correction. Despite these common experiences, your cadet will greatly benefit from your encouragement throughout Knob year.

The last element for consideration is for your Cadet to stay focused upon why they chose The Citadel. Most of your cadet’s high school friends will attend “normal” colleges and have experiences not found at The Citadel (frat/sorority rush, no curfew, part-time jobs, unlimited freedom). They may think they’re missing out and wonder “what if?” If doubts of this nature come into the conversation, it is very helpful to remind them of why they chose the “road less traveled” at The Citadel. There is no easy path to 175 years of proven success!

So where does the CFA fit into this?

We can offer our own experiences and encouragement to you because we have been where you are – and we are still here! Every child is different and every year of their education here will be different. But you are not alone!

Every cadet company has assigned CFA Reps. (as listed in this newsletter and on our website) who have received training and are poised to help you, or direct you to those on campus who can. They are knowledgeable not only in school information, but in taking things day by day, sometimes hour by hour. Each one of us is here for each one of you.

We welcome you to our Citadel family, and we are so excited you’re here!



Special Thanks to South Carolina Federal Credit Union for their generous contributions to the Citadel Family Association, and their support of this newsletter.