

PERSONAL DEVELOPMENT

STRENGTH OF THE HERD:

Physical Health

- Nutrition Workshops
- Drug & Alcohol Programming
- Sleep & Recovery

STAMPED INTO THE FUTURE:

Career Development

- Resume Preparation/Mock Interviews
- Career Workshops/Internships
- PSCP-Pro Sports Counseling Panel

LEADING THE HERD:

Experiential Based Leadership

- SAAC-Student Athlete Advisory Committee
- NCAA Forums for Student-Athletes
- University/Department Leadership



BUFFALO VISION:

Psychological Health

- First-Year Transition Program
- Personal Counseling
- Sports Psychology/Performance-Enhancement Counseling

BUFFALO BASICS:

Skills for Life

- Personal Branding Development
- Personal Finance
- STEPS-Senior Transition & Exit Counseling

LESSONS FOR THE HERD:

Instruction

- Foundations of 21st Century Leadership
- Leadership Academy



BUFFALO COMMUNITY:

Leadership Through Service

- Volunteer Opportunities
- Youth Programs
- Community Partnerships

LEADERSHIP THEORY & PRACTICE

Educating our Student-Athletes to be Exemplary Citizens, Lifelong Learners, and Champions On and Off the Fields of Competition.

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LEADERSHIP THEORY & PRACTICE

STAMPEDING INTO THE FUTURE

Career Development Pathway

SEMESTER 1

SEMESTER 2

FRESHMAN YEAR

Foundations of 21st Century Leadership

Career Athlete (Online Networking)

Career Related Assessments
(Myers-Briggs Type Indicator® and Strengths Quest®)

SOPHOMORE YEAR

Career Planning Night
Strong Interest Inventory Assessment®
Career Services Online

Resume Preparation
Professional Development
Informational Interviews

JUNIOR YEAR

Resume Revision
Mock Interview 1

Mock Interview 2
Job Shadowing

CU Athletic Department Career Workshops (C-Club Networking/Internships, Etiquette Dinner)
CU Career Events (Networking/Career Fairs)

SENIOR YEAR

STEPS Program (Success Training and Exit Planning for Seniors)
Career/Post Grad Final Planning
PSCP (Professional Sports Counseling Panel)
Final Resume/Interviews
Athletic Department Exit Survey and Interview
Career events

CONTACT INFORMATION

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www.CUBuffs.com/LDP

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BUFFALO VISION

Student-Athlete Counseling and Psychological Services

Student-Athlete Counseling and Psychological Services guides student-athletes in self-discovery and identification of personal core values by providing opportunities to increase self-confidence, self-awareness, advance personal growth and strengthen communication and decision-making skills.

FIRST-YEAR TRANSITION PROGRAM

Individual consultation is provided to freshman and transfer student-athletes to enhance a successful transition to CU. Topics addressed include navigating a new living environment, adjusting to a culture of diversity and exploring campus opportunities. Based on positive psychology, the Myers-Briggs Type Indicator® and Strengths Quest® assessments are used to identify personal strengths and preferences. Furthermore, assessment results are integrated into the development of the student-athlete's 4-year plan of success.

PERSONAL COUNSELING

Confidential counseling is provided to student-athletes to assist with challenges and experiences that may interfere with personal, academic and/or athletic success. Topics addressed include: adjustment issues, relationships difficulties, substance abuse, trauma, grief, depression, personal growth and self-awareness.

SPORT PSYCHOLOGY/PERFORMANCE-ENHANCEMENT COUNSELING

Confidential individual and/or small group counseling is available to assist student-athlete(s) desiring to improve their sport performance. Using personal preferences and strengths learned through the First-Year Transition Program, student-athletes address topics including: goal setting, positive self-talk, visualization, imagery and recovery from injury.

CONTACT INFORMATION

All services provided by Licensed Clinical Social Worker and/or Licensed Psychologist and Certified Sport Psychologist.

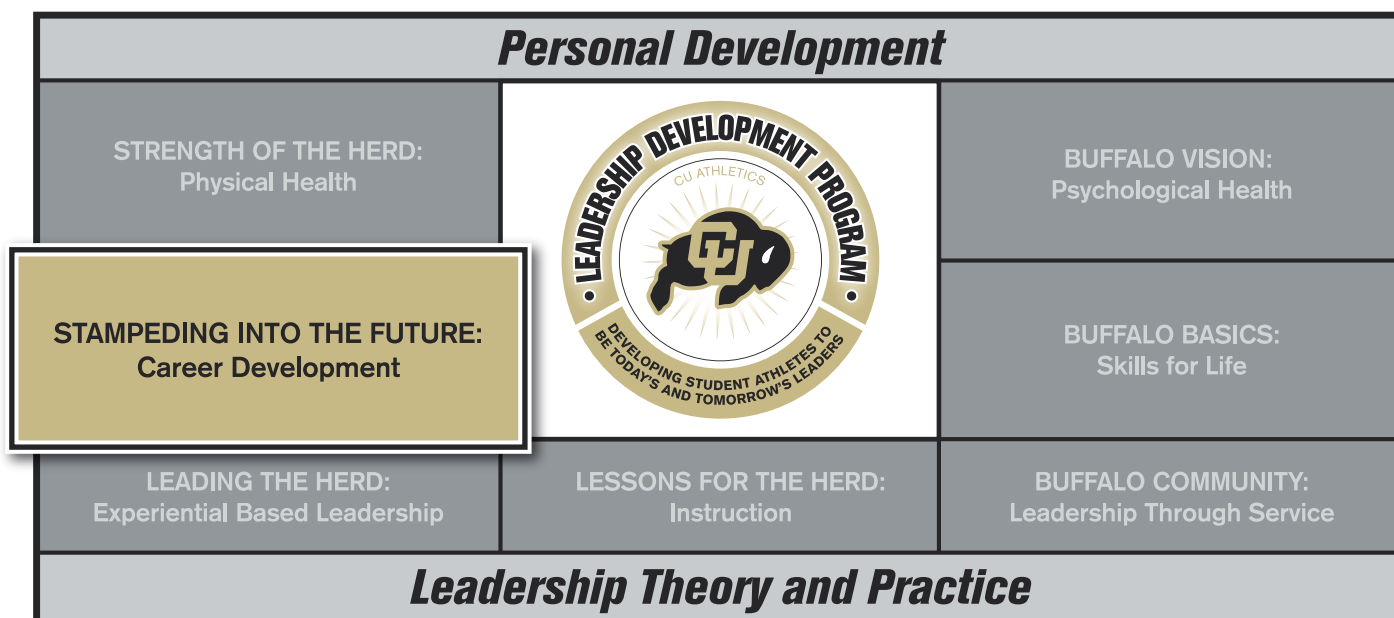
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STAMPEDING INTO THE FUTURE

CAREER DEVELOPMENT PATHWAY

SEMESTER 1

SEMESTER 2

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