### PERSONAL DEVELOPMENT

<table>
<thead>
<tr>
<th>STRENGTH OF THE HERD: Physical Health</th>
<th>BUFFALO VISION: Psychological Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAMPEDING INTO THE FUTURE: Career Development</td>
<td>BUFFALO BASICS: Skills for Life</td>
</tr>
<tr>
<td>LEADING THE HERD: Experiential Based Leadership</td>
<td>BUFFALO COMMUNITY: Leadership Through Service</td>
</tr>
<tr>
<td>LESSONS FOR THE HERD: Instruction</td>
<td></td>
</tr>
</tbody>
</table>

### LEADERSHIP THEORY & PRACTICE

### 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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