# Personal Development

## Strength of the Herd: Physical Health
- Nutrition Workshops
- Drug & Alcohol Programming
- Sleep & Recovery

## 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

## Stampeding into the Future: Career Development
- Resume Preparation/Mock Interviews
- Career Workshops/Internships
- PSCP-Pro Sports Counseling Panel

## Buffalo Community: Leadership Through Service
- Volunteer Opportunities
- Youth Programs
- Community Partnerships

## Lessons for the Herd: Instruction
- Foundations of 21st Century Leadership
- Leadership Academy

## Leading the Herd: Experiential Based Leadership
- SAAC-Student Athlete Advisory Committee
- NCAA Forums for Student-Athletes
- University/Department Leadership

---

**Leadership Theory & Practice**

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