



Midshipmen Development Center

AUGUST 31, 2015

PHONE: 410-293-4897 MDC@USNA.EDU HOURS: 0730-1600 MON-FRI

How do I schedule an appointment?

There are three ways:

1. Submit a request through [our website](#) or email mdc@usna.edu.

2. Contact us by phone: 3-4897.

3. Visit our office.

Where is the MDC located?

8th Wing
Mezzanine Level
on the seaward
side of Bancroft.

Does any information go in my permanent medical record?

A qualified no. Our records remain in the MDC and only leave with your permission. They are destroyed seven years following your graduation.

WELCOME BACK BRIGADE!

The Midshipman Development Center is looking forward to teaming up with you for another successful year.

As a reminder, here is a list of the services we offer:

- ❖ Mental Health and Performance Counseling
- ❖ Nutritional Counseling
- ❖ Energy Management and Relaxation Tools, such as Somatron and Shiatsu Massage Chairs (**NEW Massage Chairs coming soon!!**)
- ❖ Consultation and Training to Midshipmen, Chain of Command, Coaches and Athletic Trainers, Faculty, and Staff



We are a team of psychologists and a registered dietician who are here to ensure you remain healthy and ready in all avenues of life.

MDC Recommendations:

Top 3 Apps for Organization

- **Evernote** – for notes, reminders, & more
- **Dropbox** – store everything in the cloud
- **My Study Life** – electronic planner

LIFE SKILLS FOR LEADERS
COMING SOON!
THURSDAY, SEP 10
1200-1240 IN LABOON
JOIN US FOR LUNCH!
DISCUSSION! LEARNING!



Helpful Links

[Like us on FACEBOOK](#) to stay up to date on MDC news and happenings!

[Tips to start the new semester off right](#) - use what applies to you!

[Nimitz library help](#) – ask the librarians any reference requests you may have and they will help you find the sources you need!