



Mission: The Midshipmen Development Center aims to promote and enhance the adjustment, well-being, and professional development of Midshipmen, and to provide psychological and nutritional consultation and training to the U.S. Naval Academy staff and faculty responsible for Midshipmen development.

The MDC is here to help you get “Left of Bang” by providing you helpful tools, knowledge, and skills prior to your arrival for Plebe Summer 2023. What do we mean by “Left of Bang”?

“Left of Bang” is a military saying that means getting ahead of stress. It’s being proactive in developing and using learned knowledge and skills to be alert, ready, prepared, and able to respond to stressors before they happen.

To do this, we are providing you with QR codes and links to a variety of resources and skills that, when intentionally practiced and utilized, will help you better get “left of bang” and thrive during your Plebe Summer training, time at USNA, and throughout your professional and personal life. So, check out each of the below links and QR codes prior to arriving to USNA. Also, you can visit our website (<https://www.usna.edu/MDC>) for more details about MDC and how we can best support you while attending USNA.

We and the rest of the MDC staff look forward to welcoming you to the 2023 iteration of Plebe Summer on I-Day!

Very Respectfully,

CDR Jason Duff, Psy.D.
Director, Midshipmen Development Center

LT Zaver Moore, Psy.D.
Plebe Summer Regiment Psychologist

www.usna.edu/mdc