

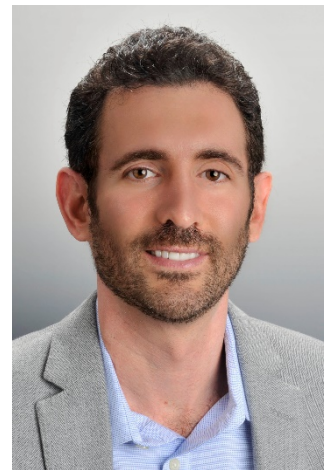
UNIVERSITY HEALTH SERVICES Clinical & Sport Psychology

Mike Gross, Psy. D., CMPC

Dr. Mike is a Licensed Psychologist in New Jersey and a Certified Mental Performance Consultant (CMPC) as designated by the Association for Applied Sport Psychology. He specializes in athlete mental health and sport performance. Dr. Mike's office is located in Jadwin Gymnasium - Level D.

Dr. Mike works individually with Student-Athletes on issues including:

- Managing performance anxiety
- Dealing with negative/unhelpful thoughts
- Improving confidence and motivation
- Body Image/eating related concerns
- Mindfulness meditation
- Managing sport related stressors
(teammate/coach conflicts, injuries, performance pressure, lack of playing time, time demands)



To inquire about scheduling an appointment with Dr. Mike or one of the other members of the team, visit www.princeton.edu/myuhs or contact CPS at 609-258-3141. You can also email him directly at mg46@princeton.edu