

Jordan D. Goffena, Ph.D., CMPC
Curriculum Vitae
(Pronounced "Goff-Knee")

Current Contact Information

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Education

George Mason University, Fairfax, Virginia	2020
Doctor of Philosophy in Education Educational Psychology	
Secondary Emphasis: Research Methods in Sport Psychology	
Dissertation: The Development and Transfer of Self-Regulation during Motor Skill Acquisition: A Social Cognitive Perspective	
Dissertation Advisor: Anastasia Kitsantas	
Miami University, Oxford, Ohio	2015
Master of Science in Kinesiology and Health Sport Psychology/Sport Leadership	
Thesis: The Relationship between Coaches' Leadership Behaviors and Athletes' Self-Regulated Learning	
Thesis Advisor: Thelma S. Horn	
Miami University, Oxford, Ohio	2013
Bachelor of Science in Education Life-Science Education	
Self-Designed Thematic Sequence: Sport Psychology	
Self-Designed Research-Based Capstone: Athletic Constructivism and Kinesthetic Inquiry	
Capstone Advisor: Ann H. MacKenzie	

Scholarly Interest

Influenced by his experience as a Miami University student-athlete and track and field coach, Dr. Goffena is generally interested in self-regulatory factors that affect performance, self-regulated learning, self-concept development in sport and education, motivational theories of learning and performance, as well as the interplay between self-regulation and motivational processes that aide the learning both on the sporting field and in the academic classroom. Specifically, his research focuses on the role of self-regulation coaching to enhance the development and transfer of self-regulation during skill acquisition. From an applied sport psychology perspective, Dr. Goffena also works directly with the athletes/student-athlete as a Mental Skills Performance Coach enhancing self-regulatory mindsets for sport performance.

Professional Work Experience

Visiting Assistant Professor of Sport Psychology, <i>Department of Sport Leadership and Management</i>	Miami University Oxford, Ohio	2022 – Present
Mental Skills Performance Coach, <i>Intercollegiate Athletics</i>	Miami University Oxford, Ohio	2022 – Present

Visiting Assistant Professor of Psychology	The College of Idaho Caldwell, Idaho	2021 – 2022
Adjunct Professor of Educational Psychology	George Mason University Fairfax, Virginia	2020 – 2021
Adjunct Professor of Sport Management	George Mason University Fairfax, Virginia	2020 – 2021
Graduate Lecturer of Sport Management	George Mason University Fairfax, Virginia	2016 – 2020
Graduate Instructor of Kinesiology and Health	Miami University Oxford, Ohio	2013 – 2015
Assistant Track and Field Coach	Miami University Oxford, Ohio	2012 – 2015

Certifications

Certified Mental Performance Consultant ® 2023 – Present
·Certification as a Certified Mental Performance Consultant® (CMPC) from the *Association for Applied Sport Psychology* demonstrates to clients, employers, colleagues, and the public at large that an individual has met the highest standards of professional practice, including completing a combination of educational and work requirements, successfully passing a certification exam, agreeing to adhere to ethical principles and standards, and committing to ongoing professional development.

Publications

Peer-Reviewed Scholarly Publications:

- Peters-Burton, E. E., **Goffena, J. D.**, & Stehle, S. M. (2022). Utility of a self-regulated learning microanalysis for assessing teacher learning during professional development. *Journal of Experimental Education*, 90(3), 523-549.
<https://doi.org/10.1080/00220973.2020.1799314>.
- Goffena, J. D.**, Schedler, T. R., & McCarver, Z. (2021). Contemporary hot topics in applied sport psychology: Past, present, and future. *Journal for Advancing Sport Psychology in Research*, 1(2), 7-22. 1 (2): 7–22. <https://doi.org/10.55743/000008>.
- Goffena, J. D.**, & Horn, T. S. (2021). The relationship between coach behavior and athlete self-regulated learning. *International Journal of Sports Science and Coaching*, 16(1), 3-15.
<https://doi.org/10.1177/1747954120951903>.
- Welker, K., Krysiuk, A., Philpot, S., Nabors, L., **Goffena, J.**, Bernard, A., & Vidourek, R. (2019). An evaluation of #fitspiration viewing and exercise behavior in college students. *The Journal of Social Media in Society*, 8(2), 51-62.
- Peters-Burton, E. E., & **Goffena, J.** (2018). [Review of the book *Challenges and innovations in educational psychology teaching and learning*, by M. C. Smith and N. DeFrates-Densch]. *Teachers College Record*.

Book Chapter(s):

- Goffena, J. D.** (in press). Self-regulated learning for self-talk: Applications for sport learning and performance. In J. Thibodeaux, J. Van Raalte, & Y. Dickens (Eds.), *Self-talk in sport performance: Exploring the psychology of inner dialogue*. American Psychological Association; APA PsychBooks.

Practitioner Articles:

Coach Practitioner Publications

Goffena, J., & MacKenzie, A. H. (2013, February). Athletic constructivism and kinesthetic inquiry: An educational theory-based method for coaching track and field. *Techniques Magazine*, 6(3), 10-16.

Researcher-Practitioner Partnership Publications

Hunter, S., & **Goffena, J.** (2018, October). *Descriptive statistics and correlational analyses of teacher self-reports and principal observations*. A report to inform the Tennessee Department of Education.

Hunter, S., & **Goffena, J.** (2018, October). *Covariance structure of rubric ratings from teacher self-reports and principal observations*. A report to inform the Tennessee Department of Education.

Academic Research Publications:

Goffena, J. D. (2020). *The development and transfer of self-regulation during motor skill acquisition: A social cognitive perspective* (Order No. 28088252) [Doctoral Dissertation, George Mason University]. ProQuest Dissertations and Theses Global.

Goffena, J. D. (2015). *The relationship between coaches' leadership behavior and athletes' self-regulated learning* (Order No. 1601076) [Master's Thesis, Miami University]. ProQuest Dissertations and Theses Global.

Manuscripts in Progress

Article(s) Under Review:

Goffena, J. D. (revised submission). To submit or not to submit, that is the question: Selecting JASPR as an outlet for publication. Invited Scholarly Narrative: *Journal for Advancing Sport Psychology in Research*.

Bontrager, B., & **Goffena, J. D. (under review). The development of academic self-concept: Exploring social cognitive strategies to support students in the classroom.

Welker, K., Nabors, L., Gilbert, M., **Goffena, J. D.**, Vidourek, R., & Bernard, A. (revising). *Fitspiration: Fitness inspiration for perceived overweight students*.

Research Manuscripts in Progress:

Goffena, J. D., & Horn, T. S. (writing). Motivational modeling: The structure of implicit beliefs, perceived motivational climate, and self-determined motivation in sport.

Goffena, J. D., & Kitsantas, A., & Peters-Burton, E. E. (writing). The development and transfer of self-regulated learning for novices' acquisition of a new motor skill.

Goffena, J. D. (writing). The development and transfer of self-regulated learning: Applications for mental skills training in sport performance.

Goffena, J. D., **Bontrager, B., *de Mello, C., & *Levine, S. (writing). The development of self-concept and applications for youth sport coaches.

Goffena, J. D., & **Wu, A. (data analysis). Self-regulated learning microanalytic measurement in sport psychology classroom.

Goffena, J. D. (in preparation). The 5E pedagogical method of instruction: Applications for the sport psychology classroom.

*Note: Projects that represents mentorship experiences with undergraduate students.

**Note: Projects that represents mentorship experiences with graduate students.

Research Presentations

Invited Talks & Keynotes:

- Goffena, J. D.** (2023, March). *Self-regulated learning in sport psychology*. Keynote Speaker for the Educational Psychology Lecture Series at Queens College, City University of New York.
- Goffena, J. D.** (2023, January). *SRL into practice: Applications of self-regulated learning in sport*. Professional Interview Presentation for American Education Research Association's Studying and Self-Regulated Learning Special Interest Group.

International/National Levels:

- **Bontrager, B. J., & **Goffena, J. D.** (under review). *Academic self-concept development and social cognitive strategies to support students*. Poster to be presented at the American Psychology Association's Educational Psychology (Division 15) annual meeting.
- Bowling, K., & **Goffena, J. D.** (accepted). *Using sport psychology techniques in career development to support student mental health*. Lecture to be presented at the National Career Development Association annual conference (2024, June).
- Goffena, J. D.** (2023, October). *Using self-regulation coaching as a mental skills training model for college athletes: A longitudinal educational intervention study*. Lecture presented at the Association of Applied Sport Psychology annual meeting.
- Goffena, J. D.** (2023, October). *Theory-based data-driven decision-making: The application of a theoretical model to build athlete learning and performance profiles*. Poster presented at the Association of Applied Sport Psychology annual meeting.
- Goffena, J. D.** (2023, August). *Self-regulation coaching and the assessment of self-regulated learning in college track and field*. Poster presented at the American Psychology Association's Sport, Exercise, and Performance Psychology (Division 47) annual meeting.
- Goffena, J. D.**, **Bontrager, B., *de Mello, C., & *Levine, S. (2023, August). *The development of self-concept and applications for youth sport coaches*. Poster presented at the American Psychology Association's Sport, Exercise, and Performance Psychology (Division 47) annual meeting.
- Chirinos, D. S., & **Goffena, J. D.** (2022, August). *Theories of intelligence, task value, and metacognitive self-regulation: A Structural Equation Model*. Poster presented at the American Psychology Association Educational Psychology Division annual meeting.
- Goffena, J. D.** (2021, October). *The 5E pedagogical method of instruction: Applications for the sport psychology classroom*. Poster presented at the Association of Applied Sport Psychology virtual annual meeting.
- Goffena, J. D.**, & Kitsantas, A. (2021, October). *Development and transfer of self-regulated learning among novice learners: A self-regulation coaching (SRC) model*. Poster presented at the Association of Applied Sport Psychology virtual annual meeting.
- Goffena, J. D.**, & Kitsantas, A. (2021, June). *Enhancing novice learners' skill development and transfer through self-regulation coaching*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity virtual annual meeting.
- Goffena, J. D.**, McCarver, Z., & Sheadler, T. R. (2021, June). *Temporal triangulation as a qualitative methodology to determine hot topics in applied sport psychology*. Poster

- presented at the North American Society for the Psychology of Sport and Physical Activity virtual annual meeting.
- Welker, K., Krysiuk, A., Philpot, S., Nabors, L., **Goffena, J.**, Bernard, A., & Vidourek, R. (2020, March). *An evaluation of fitspiration viewing and exercise behavior in college students*. Poster presented at the Society for Public Health Education annual meeting, Atlanta, GA.
- Goffena, J. D.** (2019, October). Research design for the assessment of methods, “hot topics,” and student perceptions in applied sport and exercise psychology. In J. D. Goffena (Chair), *Current trends in methods, “hot topics,” and student perceptions within applied sport and exercise psychology*. Symposium presented to the Association of Applied Sport Psychology annual meeting, Portland, OR.
- Goffena, J. D.** (2019, October). Methodological trends in applied sport and exercise psychology. In J. D. Goffena (Chair), *Current trends in methods, “hot topics,” and student perceptions within applied sport and exercise psychology*. Symposium presented to the Association of Applied Sport Psychology annual meeting, Portland, OR.
- Goffena, J. D.**, Miller, A. D., & Horn, T. S. (2019, June). *Motivational modeling: The structure of implicit beliefs, perceived motivational climate, and self-determined motivation in sport*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity annual meeting, Baltimore, MD.
- Bethea, C. J., Kitsantas, A., & **Goffena, J.** (2019, June). *Examining the role of self-regulatory functioning on college wrestlers’ performance: A microanalytic study*. Poster presented to the Association for Psychological Science annual meeting, Washington, DC.
- Goffena, J.**, & Peters-Burton, E. E. (2017, October). *Self-regulated learning in the sport psychology classroom: Exploring students’ learning processes and outcomes*. Paper presented at the Association for Applied Sport Psychology annual meeting, Orlando, FL.
- Peters-Burton, E. E., **Goffena, J.**, Briscoe, M., & Poland, S. (2017, August). *Self-regulated learning strategies of teachers in a scientific argumentation professional development experience*. Paper presented at the European Science Education Research Association, Dublin, Ireland.
- Peters-Burton, E. E., **Goffena, J.**, & Briscoe, M. (2017, April). *Supporting self-regulated learning strategies to improve teacher outcomes in a scientific argumentation professional development experience*. Paper presented at the National Association for Research in Science Teaching annual meeting, San Antonio, TX.
- Peters-Burton, E. E., **Goffena, J.**, & Briscoe, M. (2017, April). *Utility of a self-regulated learning microanalysis for scientific argumentation in professional development experiences*. Paper presented at the American Educational Research Association annual meeting in San Antonio, TX.
- Peter-Burton, E. E., Poland, S., & **Goffena, J.** (2017, January). *Understanding learning processes and outcomes of teachers in a professional development course about the nature of science*. Paper presented at the Association of Science Teacher Educators annual meeting, Des Moines, IA.

Regional/Local/University Levels:

- Goffena, J. D.** (2020, February). *The development and transfer of self-regulation: the role of self-regulation coaching*. Presentation presented at the 3-minute thesis competition, Fairfax, VA.

- *Castro, Y., & **Goffena, J.** (2019, April). *The Effects of Motivational Self-Talk on Competitive State Anxiety and Performance in Adolescent Female Soccer Players*. Poster presented at the College of Education and Human Development Research Symposium, Fairfax, VA.
- Goffena, J.** (2018, February). *Development and testing of a juggling assessment: An exploratory pilot study*. Poster presented at the Mid-West Sport Psychology Research Symposium, Miami University, Oxford, OH.
- *Van Oort, N., & **Goffena, J.** (2017, April). *Perfecting the perfectionist*. Poster presented at the College of Education and Human Development Research Symposium, Fairfax, VA.
- Goffena, J.** (2017, April). *The application of self-regulated learning theory as a framework for mental skills training in sport*. Poster presented at the College of Education and Human Development Research Symposium, Fairfax, VA.
- Goffena, J.** (2016, April). *The relationship between coaches' leadership behavior and athletes' self-regulated learning: A thesis*. Northeast Atlantic Sport Psychology Conference, Temple University, Philadelphia, PA.
- Goffena, J.,** & Horn, T. S. (2015, February). *The relationship between coaches' leadership behavior and athletes' self-regulated learning: A proposal*. Mid-West Sport Psychology Research Symposium, Ball State University, Muncie, IN.
- Goffena, J.** (2014, November). *Relationship between autonomy coaching and self-regulated learning*. Mid-West Educational Research Association Conference, Evanston, IL.
- Goffena, J.** (2013, April). *Athletic constructivism and kinesthetic inquiry*. Miami University Undergraduate Research Forum, Oxford, OH.
- Goffena, J.** (2013, April). *Athletic constructivism and kinesthetic inquiry: An educational theory-based method for coaching track and field*. Ohio Undergraduate Psychology Research Conference at Miami University, Oxford, OH.

*Note: Projects that represents mentorship experiences with undergraduate students.

**Note: Projects that represents mentorship experiences with graduate students.

Teaching Experience

University Teaching – Miami University (Present):

SLM 673: Developmental Perspectives on Youth Sport Participation

- Course Description: A multidisciplinary, developmental analysis of children and youth that focuses on the description and explanation of biological, physiological, psychological, and social aspects that relate to sport participation.
- In-person course taught during Spring 2023 (one section).

SLM 553Z: Ethics in Sport and Exercise Psychology

- In-person course taught during Spring 2024 (one section).

SLM 473: Children and Youth in Sport

- Course Description: Influences on and consequences of the involvements of children and youth in sport.
- In-person course taught during Fall 2022 (one section); Spring 2023 (two sections); Fall 2023 (one section).

SLM 402: Critical Reflections and Actions in Sport Leadership and Management

- Course Description: Engages collaborative groups of students in problem-based and/or community service-learning initiatives related to leadership and the culture of sport, recreation, or physical activity. Students work in teams to critically analyze a social need or problem, and develop a reflective action plan for the community based on that need.

- In-person course taught during Fall 2022 (two sections); Spring 2023 (one section); Fall 2023 (two sections); Spring 2024 (two sections).

SLM 272: Contemporary Perspectives on Leadership in Sport Contexts

- Course Description: Examination of contemporary theories of leadership as they apply to sport settings and consideration of the sociopolitical and socioenvironmental factors that may affect leadership effectiveness in the sport domain.

- In-person course taught during Fall 2022 (one section); Fall 2023 (one section); Spring 2024 (one section).

SLM 195: Stress Management and Performance Psychology in Sport

- Course Description: Focuses on the causes of stress, how to apply coping skills and relaxation techniques used in sport psychology to begin a lifelong commitment to stress management and performance enhancement. Students will design and implement a personal stress management and performance enhancement plan.

- Online course to be taught during Winter term 2024 (one section).

Invited Guest Lecturer – Sport Leadership and Management

- SLM 438/SLM 538. Principles of Effective Coaching

Nov, 2022

University Teaching – The College of Idaho (2021-2022):

PSY 399T: Sport and Performance Psychology

- Course Description: This course examines the theoretical foundations and methods of psychological research in the domain of sport, exercise, and performance. The course will focus on psychological topics related to self-efficacy, concentration, and anxiety, as well as psychosocial topics such as motivation, group and team dynamics, and coaching effectiveness. Attention is given to theories that enhance mental processing during motor skill acquisition. Readings from the primary literature in the sport and performance domain will be required; In-person accelerated course taught Winter 2022.

PSY 370: Health Psychology and Behavioral Medicine

- Course Description: This course examines the relationships between individual behavior, environment, culture, and health. Attention is given to theory as well as clinical and laboratory research. Topics of investigation include social determinants of health, the biopsychosocial model, behavior change interventions, and stress and coping; In-person course taught Fall 2021.

PSY 221: Educational Psychology

- Course Description: A study of the psychological principles applicable to educational theory and practice. This course fulfills a state requirement for teacher certification; In-person course to be taught Spring 2022.

PSY 201: Developmental Psychology

- Course Description: This course is survey of primarily the psychological development of humans across the life cycle. The course will include a focus on behavioral processes and challenges of the developmental stages from early childhood through late adulthood. The major theories and methods used to study developmental psychology will be considered. Some reading of the primary literature of developmental psychology will be required; In-person courses taught Fall 2021 (two courses taught), and two more for Spring 2022.

University Teaching – George Mason University (2016-2021):

Educational Psychology Program Courses Taught

EDEP 654: Learning, Motivation, and Self-Regulation

·Course Description: Focuses on theories and research on self-regulation of academic learning. Presents multi-dimensional conceptual framework for studying and applying self-regulation in educational contexts; Online synchronous course taught Fall 2020.

EDEP 632: Human Development

·Course Description: Examines the course of human development from early childhood to adulthood within the context of educational psychology. Emphasizes principles of research in human development and the major areas of cognitive, linguistic, and social contexts of development as they pertain to learners in schools and beyond; Online synchronous course taught Spring 2021.

EDEP 551: Principles of Learner Motivation

·Course Description: Focuses on theories and concepts of human motivation; and examines strategies, techniques, and interventions that promote and sustain learner motivation; Online synchronous course taught Spring 2021.

Sport Management Program Courses Taught

SPMT 320: Psychology of Sport

·Course Description: Psychological theories of personality, motivation, and anxiety explored in sport environment. Examines social-psychological research on audience effects, team cohesion, leadership, and fan behavior; In-person courses taught from Spring 2016 – Spring 2019 (seven consecutive semesters); Online asynchronous course taught Summer 2020; Online asynchronous course to be taught Summer 2021.

SPMT 304: Sport, Culture and Society

·Course Description: Analyzes sport from educational, political, economic, and cultural perspectives; Hybrid (online asynchronous/ in-person) course taught in Fall 2019.

SPMT 302: Philosophical and Ethical Dimensions of Sport

·Course Description: Investigates moral issues in sport and judgments about right and wrong behavior among athletes, coaches, spectators, and others; Hybrid (online asynchronous/ online synchronous) course taught in Spring 2021.

Professor of Honor – Provost Scholar Student-Athlete Awards

2018

Invited Guest Lecturer – Graduate School of Education

·EDRS 811: Problems and Methods in Education Research	July, 2020
·EDRS 811: Problems and Methods in Education Research	Nov, 2019
·SRST 796: Seminar in Sport and Recreation Studies	Oct, 2019
·EDRS 620: Quantitative Inquiry in Education	Sept, 2019
·EDRS 811: Problems and Methods in Education Research	July, 2019
·SPMT 631: Theoretical Models of Sport Coaching	Sept, 2017

University Teaching – Miami University (2013-2015):

Course Instructor

·KNH 120C: Individual Exercise	2014 – 2015
·KNH 112: Transition for College Students	2013

Teaching Assistant

·KNH 188: Physical Activity and Health	2015
·KNH 242: Personal Health	2015
·KNH 382L: Fitness Assessment and Exercise Prescription Laboratory	2015
·KNH 468L: Physiology and Biophysics of Human Activity Laboratory	2015
·KNH 272: Contemporary Perspectives on Leadership in Sport Contexts	2014
Organizational Assistant – Pedagogy Specialist	2014 – 2015
·KNH 244.L: Functional Anatomy Laboratory	2014
Organizational Assistant – Physical Activity Life Skills Course Designer	
·T'ai Chi & Badminton	2014

Secondary Teaching Experience:

Ohio Department of Education Educators License: Biological and Life Sciences	2014
Student Teacher, Colerain High School	2012
Student Teacher, Wilson Middle School	2012
Student Teacher, Northwest High School	2012

Selected Consulting Experiences – Applied Sport Psychology

Mental Performance Coach Miami University	2022 – Present
·As the Mental Performance Coach, I am responsible for the design and implementation of innovative supportive services and educational programming for student-athletes in the area of sport and performance psychology to maximize whole person success including athletic performance and overall well-being (i.e., psychological, social, and emotional well-being).	
Sports United Consultant	2017 – 2018
·Sponsored by George Mason’s Center for Sport Management and funded by the U.S. Department of State’s Sports United grant, this opportunity allowed me to educate groups of international coaches and athletes at the youth, elite club, and professional levels about the field of sport psychology and the application of mental skills training for sport performance.	
· <i>Countries represented in Program:</i> Argentina, Azerbaijan, Colombia, Georgia, Israel (Tel Aviv, Jerusalem), Jordan, Kosovo, Lebanon, Moldova, Peru, Saudi Arabia, South Africa, and Uzbekistan.	
· <i>Topics Discussed during Program:</i> Anxiety Management, Attentional Focus, Association/ Disassociation Strategies, Autonomy-Supportive Coaching, Breath Control Strategies, Communication, Cohesion, Controlling the Controllables, Leadership, Mental Skills Training, Motivation, Peak Performance, Self-Confidence, Self-Regulation/ Self-Regulated Learning, and Self-Talk.	
Team Consultation: Volleyball	Feb, 2017
·This presentation was developed for girls in the 15/16 age group who play for Arlington Elite Volleyball Club. This presentation focused on concentration and attentional focus, cognitive selectivity for effective cueing, and the development of a mindful pre-performance routine.	
Team Consultation: Periodization of Mental Skills	2014 – 2015
·Co-developed a season-long periodization of mental skills training program with collegiate track and field athletes. The program was in conjunction with physical skills	

training and focused on the development of mental skills for peak performance at the conference track meet.

Track and Field Summer Camp Instructor – Miami University 2014

· This presentation, titled, “Mental Skills Training: Anxiety Management and Mindfulness Training for Competition,” focused on being present in the moment of performance in order to perceive anxiety as facilitative for middle and high school track and field athletes.

Student Advising and Research Mentorship

Doctoral Level:

Dissertation Committee Member

Bailey J. Bontrager – Ph.D. in Educational Psychology (in progress)

Doctoral Level Research Mentorship

Bailey J. Bontrager – Ph.D. in Educational Psychology, Virginia Commonwealth University

Anzhuo Wu – Ph.D. in Human Development and Family Studies, University of Missouri

Masters Level:

Thesis/Exit Research-based Project Chair

Ryan Smith – M.S. in Sport Leadership and Management (defended Spring 2023)

Evaluating autonomy supportive strategies and how they impact athlete outcomes.

Thesis/Exit Research-based Project Committee Member

Erin L. Frohlich – M.S. in Sport Leadership and Management (defended Summer 2023)

Perceptions of mental skills training and the promotion of athlete well-being and mental health by certified mental performance consultants.

Jaelyn Bean – M.S. in Sport Leadership and Management (defended Spring 2023)

Youth athletes' perceptions of mental performance.

Erica Reymore – M.S. in Sport Leadership and Management (in progress)

Examining the use of periodization within mental skills training.

Professional Development and Service Experiences

PD/Service in the fields of Sport Psychology & Educational Psychology:

Ad Hoc Expert Reviewer: *Journal for Advancing Sport Psychology in Research* 2023

Ad Hoc Expert Reviewer: *Journal of Experimental Education* 2021

Association for Applied Sport Psychology Student Delegate Leadership 2017 – 2018

· Initiative Chair: Graduate Information Fair

· Initiative Co-Chair: Best Practices in Research

Student Delegate for the Association of Applied Sport Psychology 2016 – 2018

SSRL Graduate Student Committee 2017 – 2018

· Studying and Self-Regulated Learning SIG, American Education Research Association

Graduate Student Mentor Program 2017

· Self-Regulated Learning SIG, American Education Research Association

Reviewer of Proposals, Mid-West Educational Research Association Conference 2014

· Division C – Learning and Instruction

PD/Service to the University/College:

Ph.D. Portfolio Workshop – PhD in Education Student Organization (PESO), GMU	
·Q&A discussion on "Process to Defend your Portfolio"	March, 2020
Ad Hoc Advisory Committee Member – Provost PhD Program Award	2019
Representative for Recreation Advisory Board – George Mason University	2015 – 2018
Panel Presentation for Doctoral Student Orientation – George Mason University	
·Presentation on "Dissertation Phase Reflections"	Dec, 2018
·Presentation on "If I Knew Then What I Know Now"	June, Dec, 2015
Curriculum Building Committee for Student-Athletes – Miami University	2013 – 2014

Professional Organizations

Sport Psychology:

- Association of Applied Sport Psychology
- North American Society for the Psychology of Sport and Physical Activity
- American Psychology Association – Division 47 (Sport, Exercise & Performance Psychology)

Educational Psychology:

- American Psychology Association – Division 15 (Educational Psychology)
- American Education Research Association
- I.e., Studying and Self-Regulated Learning SIG

Research Funding Awards and Experiences

Graduate-Level Awards:

Awarded \$7,000; GMU Provost Summer Research Fellowship	2019
Awarded \$1,400; CEHD Doctoral Research Fellowship	2019
Awarded \$8,300; CEHD Fellowship (4-time award winner)	2019
Awarded \$1,785; GMU Graduate Student Travel Fund (4-time award winner)	2019
Awarded \$750; AASP – Student Research Travel Award	2017
Awarded \$300; Miami University Graduate Student Thesis Research Support	2015

Experiences:

Successfully applied for international research through the U.S. Fulbright Program	2017
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Supplemental Sport-Related Experience and Honors

Professional Coaching Experience:

NCAA Division I Assistant Track & Field Coach – Miami University	2012 – 2015
·Event Coach for Decathlon, Pole Vault, & Throws; Created, adapted, and organized training for athletic and academic peak performances; Analyzed performance data to individualize training protocols and enhance performance; Supported student-athletes manage their academic coursework and balance busy work schedules.	
Youth Sport/ Youth Development Coach: Pop Golf	2015
Member of USA Track & Field Coaches Registry	2013 – 2015
Track & Field Summer Camp Instructor – Miami University	2011 – 2014
·Event Coach: Pole Vault, Jumps, Throws	
USA Track & Field Level II Certified Coach	2014
·Combined Events Specialist	
USA Track & Field Level I Certified Coach	2012

National Federation of State High School Certified Coach	2012
Undergraduate Assistant Speed Enhancement Coordinator – Miami University · Women’s Field Hockey	2012
Men’s Track & Field Undergraduate Assistant Coach – Miami University	2011 – 2012

Athletic Experience:

Darrell Hedric Award Recipient (Top Award for Miami Male Student-Athletes)	2012
Miami University All-Time Top-10 School Records: · Heptathlon (#1); Decathlon (#3); 110m Hurdles (#3)	2012
Academic All-American: USTFCCCA’s All-Academic Team	2012
First Team Academic All – Mid-American Conference	2012
Two-Time Mid-American Conference Male Scholar Athlete of the Week	2012
Two-Time Mid-American Conference Field Athlete of the Week	2012
Miami University Male Athlete of the Week	2012
Miami University Men’s Track & Field Team Captain	2012
Male Student-Athlete Representative: President’s Coalition	2011 – 2012
Red Hawk Council Member: Men’s Track & Field	2011 – 2012
All – Mid American Conference Academic Honorable Mention	2011