



All programming will take place virtually on Zoom

Friday April 9th	
8:15am EST	Welcome/Conference Open Opening Remarks: Dr. Scott Heinerichs, Dean, WCU College of Health Sciences
8:30-9:30am	Concurrent Sessions 1: Session A: Speed Mentoring: Through this Speed-style Breakout-Room scramble, get matched with professionals and students in Sport and Exercise Psychology from all over the country and find new mentors/mentees! Open to all students (mentees) and professionals (mentors)! OR Session B: Workshop Title: <i>Mindful Athletes - The "Inner Game"</i> Presenter(s): Steff Gallante, Ph.D. Affiliation(s): Steff Gallante Self-Care, LLC & Rutgers University
9:35-10:35am	Feature Keynote Address Title: <i>NASP at 22 - To Infinity and Beyond</i> Presenter: Michael Sachs, Ph.D., CMPC, Professor Emeritus, Temple University & NASP Founder
10:40-11:40am	Session 2: Paper Sessions <ol style="list-style-type: none"> Title: <i>Disordered Eating and Compulsive Exercise in Collegiate Athletes</i> Presenter(s): Ksenia Power, Ph.D. Affiliation(s): Temple University Title: <i>The Relationship Between General Anxiety, Social Physique Anxiety, and Body Image in Collegiate Student-Athletes and Non-Athletes</i> Presenter(s): Jessica Nugent, M.S., LAT, ATC Affiliation(s): Cabrini College Title: <i>The Influence of Perceived Social Pressure on Intention to Report Concussion Symptoms Among Collegiate Student-Athletes</i> Presenter(s): Daniel Baer, Ed.D., LAT, ATC Affiliation(s): West Chester University
11:45am-12:15pm	Lunch Break / Mindfulness Meditation Session



<p>12:15-1:30pm</p>	<p>Session 3: Diversity Panel</p> <p>Title: <i>Black Lives Matter in Sport Psychology: Exploring Diversity In the Field and On the Field</i></p> <p>Panelists:</p> <ul style="list-style-type: none"> • Kensa Gunter, Psy.D., CMPC, AASP President • Tracy Shaw, Ph.D., Loyola Marymount University • Aaron Goodson, Ph.D. P-LPC, CMPC, Mississippi State University • Margaret Ottley, Ph.D, NCC, CMPC, Fellow-AASP, West Chester University • Emma Morgan-Bennett, 2020 NCAA Woman of the Year Finalist, former Swarthmore College student-athlete, current Marshall Scholarship graduate student at Goldsmiths, University of London <p>Moderator: Leeja Carter, Ph.D., Long Island University-Brooklyn</p>
<p>1:35-2:35pm</p> <p>Workshop A:</p> <p>OR</p> <p>Workshop B:</p>	<p>Concurrent Sessions 4:</p> <p>Workshop Title: <i>Improv for Building the Consulting Relationship</i> Presenter(s): Joan Ingalls, Ph.D. Affiliation: Sports Focused Training</p> <p>Workshop Title: <i>Self-Care: Lessons Learned as Early Career Professionals</i> Presenter(s): Shannon Mulcahy, M.S. Affiliation(s): Mulcahy Performance Consulting</p>
<p>2:40-3:20pm</p>	<p>Session 5: Paper Sessions</p> <ol style="list-style-type: none"> 1. Title: <i>An Achievement Goal Theory-Based Psychological Skills Training Session Buffers Youth Athlete Psychophysiological Stress Response to an Ego-Involving Climate</i> Presenter(s): Chris Harris and Michael Dehoff Affiliation(s): Penn State University - Harrisburg 2. Title: <i>The Effects of Essential Oils on Perception of Exertion, Task Pleasantness and Time on Task</i> Presenter(s): Selen Razon, Ph.D. and Katie Koser, M.S. Affiliation(s): West Chester University



3:25-4:25pm	<p>Session 6: Mental Health Panel</p> <p>Title: <i>Mental Health and Athletes - in the Era of COVID-19</i></p> <p>Panelists:</p> <ul style="list-style-type: none">● Stephany Coakley, Ph.D., LCPC, CMPC, Temple University● Christine Jehu, Ph.D., University of Delaware● Jonathan Pastor, Psy.D., Princeton University● Rachel Daltry, Psy.D., West Chester University● Juah Toe, 2020 NCAA Woman of the Year Finalist, former West Chester University student-athlete, current Sport Psychology graduate student at UNC-Greensboro <p>Moderator: Lindsey Keenan, Ph.D., LAT, ATC, West Chester University</p>
4:30-5:30pm	<p>Session 7: Workshop</p> <p>Title: <i>The Sport of Health and Wellbeing: The Developmental Pathway to Physical Literacy</i></p> <p>Presenter(s): Rick Howard, Ph.D.</p> <p>Affiliation(s): West Chester University</p>
5:30pm	<p>Closing Remarks</p>