

2023 Northwest Student Sport and Exercise Psychology Symposium
An Association for Applied Sport Psychology (AASP) PNW Regional Conference

Conference Programming Schedule

FRIDAY	April 21st	Presentation Title
4:30-5:00	Appetizers/check-in/on-site registration/CEU sign in	
5:00-5:10	Welcome	
5:10-5:30	Becca Pierce, Western Washington University	Stress and Flourishing During the Transition Out of High School and Into College: A Comparison of Athletes and Non-Athletes
5:30-5:50	Jim Arnold, Oregon State University	"Unwelcome or Unsafe" at Recess? Differences Based on Gender and Racial Identities
5:50-6:50	Keynote Lecture: Dr. Eric Martin, CMPC, Boise State University	Building Resilience through Creating Facilitative Environments
6:50-7:00	Closing/CEU sign out	
SATURDAY	April 22nd	
8:45-9:15	Breakfast/CEU check-in/on-site registration	
9:15-9:35	Lindsay Ahmann, Western Washington University	An Examination of the Mental Health Symptoms of Former High School Athletes who Experienced Either Forced or Expected Athletic Retirement
9:35-9:55	Sara Tobias, Oregon State University	Parental Support in Youth Sport: Differences in Investment as a Function of Children's Gender
9:55-10:00	Bathroom break/CEU sign out	
10:00-10:30	Invited Speaker: Dr. Jennifer Gildner, CMPC, Western Washington University	Q&A on Best Practices in Collegiate Athlete Mental Health
10:30-11:00	Group Experiential Team Building Activity in Gym D	
11:00-11:05	Transition back to 104 from Carver Gym D/bathroom break	
11:05-11:25	Tara Fishback, Palo Alto University	"And I Still Remember It to this Day:" A Qualitative Exploration of Retrospective Memories of School-Based Recess
11:25-11:30	Bathroom break/Sign in for CEU	
11:30-12:30	Keynote Lecture: Dr. Alex Czopp, Western Washington University	Racial Stereotypes and Perceptions of Black Student Athletes
12:30-1:20	Lunch/optional tour or nature walk	
1:20-1:40	Riley Korhonen, Seattle University	Effects of Body Esteem on First-Year Students' Physical Activity and Mental Health in the First Quarter of University
1:40-2:00	Claire Henninger, Western Washington University	An Exploration of How Peer Servant Leadership and Basic Psychological Needs Relate to the Intrinsic Motivation and Athletic Coping of Intercollegiate Athletes
2:00-2:20	Nazli Ozkoca, Oregon State University	Belongingness Mediates the Relationship between Adult Support and Attraction to Playing Games and Sports during Recess
2:20-2:30	Bathroom break	
2:30-3:00	Meet the professionals - Networking	Professional Participants: Laura Towers, Nate Wolch, Kirk Westre, Derrek Falor, Jennifer Gildner, Eric Martin, Linda Keeler, Jessyca Arthur-Cameselle, Erica Ra
3:00-3:15	Closing/CEU sign out/Conference Feedback Forms	