



AASP NE REGIONAL CONFERENCE REPORT

Date of Event: March 1-2, 2024

Total Registered Attendees: 75

Survey Response Rate: 22/75

CEU Opportunities:

Conference CEUs: 3

Ethics CEUs: 1.5

Mentorship/Supervision CEUs: 1.5

The Conference Program Included:

2 - Keynote Sessions:

- The Four People You Meet in Locklin Hall: Developing an Ethical Practice
 - Dr. Dolores Christensen
- A Multidisciplinary Approach to Supervision & Mentorship at Springfield College -
 - Gary Enright, Lauren Gray, Dr. Kathleen Mellano, Tina Riordan, Dr. Christine Selby, Dr. Brian Thompson, and Angela Veatch

5 - Poster Presentations

5 - Workshops

7 - Oral Presentations

2 - Social Events

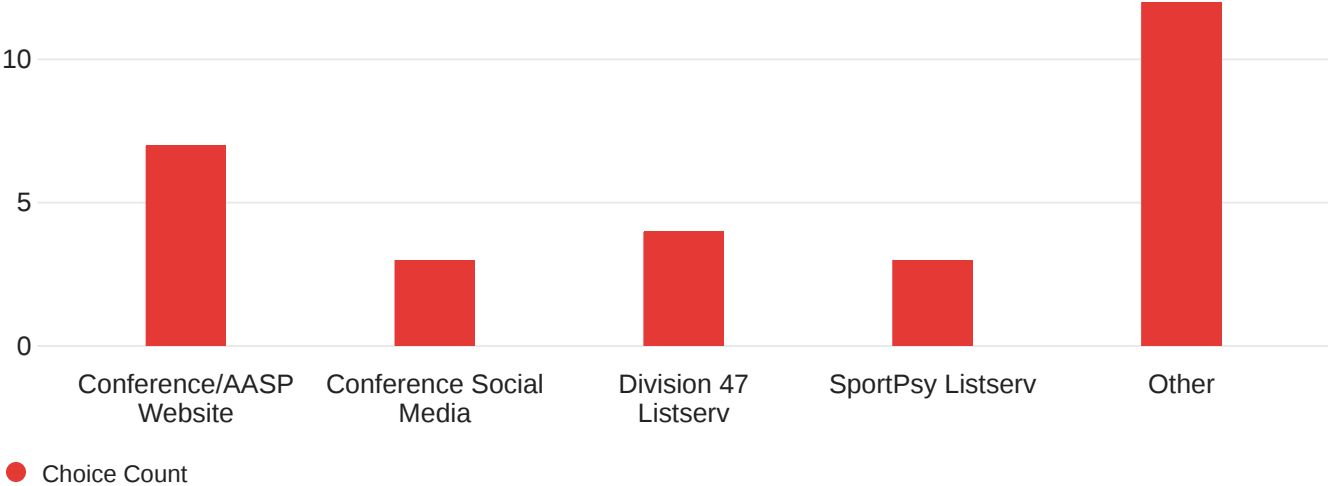
- Student & Professional Social Night Dinner & Jeopardy - March 1
- Coffee Hour Networking Social - March 2

Below are responses collected from a voluntary post-conference feedback survey. 22 responses were recorded.

Q1: How did you hear or learn about this conference?

Many attendees learned about the conference through the AASP NE Regional Conference website or through the AASP website (7). However, the majority heard about the conference through other sources (12). Respondents cited learning about the conference through professors/advisors, their professional network, fellow students, and through their own searches.

Q1 - How did you hear or learn about this conference?



Q2: Select the professional position(s) that best describes you during your attendance period.

A majority of attendees who took the feedback survey were graduate students (12) and professionals (9).

Although not reflected in the post-conference survey data, based on registration and abstract submissions, approximately 10 different institutions were represented among other professionals and students; namely,

- Bates College
- Ithaca College
- Lesley University
- Siena Heights University
- Southern Connecticut State University
- Springfield College
- Stetson University
- University of Massachusetts Boston
- University of Oklahoma
- William James College

Q3: Please specify your main reason for attending this conference.

A majority of responding attendees stated that 'Personal Growth & Development' as their primary reason for attending this conference (12). Open responses in the 'Other' category state student support and assisting young professionals as reason for attending.

Q4: Would you recommend attending this conference to others?

A majority of responding attendees indicated that they would recommend attending this conference to others (90%), while others responded with 'maybe' (10%).

Q5: Please rate your overall satisfaction of the conference;

- **Registration Process**
- **Conference Content**
- **Venue**
- **Social/Networking Opportunities**

*Note: each question was answered on a Likert scale ranging from 1 (very dissatisfied) to 5 (very satisfied)

Q5.1 - Registration Process

Responding attendees indicated that they were either very satisfied (14) or satisfied (7) with the registration process for this conference.

Q5.2 - Conference Content

Majority of responding attendees indicated that they were satisfied (9) to very satisfied (10) with the content presented at the conference.

Q5.3 - Venue

There was variance present in overall satisfaction of venue. Majority of respondents were satisfied (17) with the venue, while others expressed neutral (3) or dissatisfied (1) opinions.

We plan to share this data with our Office of Conferences and Special Events at Springfield College to better support hosting the conference in other spaces on campus should we be granted the opportunity to host an AASP Regional Conference in the future.

*Note: Conference was held in Locklin Hall based on availability and assigned by the Office of Conferences and Special Events at Springfield College.

Q5.4 - Social/Networking Opportunities

Respondents indicated a general satisfaction (17) for the provided social and networking opportunities whereas others shared neutral opinions (4).

Q6: General Feedback

Respondents were asked to provide comments or suggestions. This was an optional response.

Noted comments/suggestions were that of hosting virtual options for attendees who may be unable to attend due to last minute emergencies and including a wider range of content. As received below:

- "This was a well-organized, engaging edition. Well done! I would only prefer a couple different topics since maybe 80% was related to college athletes (either as subjects or direct experiences). Perhaps with different populations (2 were youth sports, but maybe consider other populations)...and maybe visit current practices/therapies specially and analytics. Oura ring was a good and different type talk for example. A talk on biofeedback, performance-based CBT, ACT, etc could help."
- "Record presentations so attendees can watch those that time-conflicted with whatever folks attended."

General support and positive feedback for the conference were shown by respondents in the following comments:

- "Great conference! I'll be back again next year!!"
- "Congratulations on a wonderful conference! Thank you for all of your dedication to making this event such a success. It was especially nice to see so many SC alumni return to campus for the occasion, and to connect with students and colleagues. Here's to continuing the tradition."
- "Excellent conference! Thank you for all the hard work that went into planning and executing it."

Review of Presentations and Events:

The goal of this conference was to provide a culmination of research and practice from the integration of multiple disciplines; including, sport and exercise psychology, athletic counseling, professional practice, exercise science, coaching, strength and conditioning, clinical counseling, and athletic training.

Multiple events, such as social networking, workshops, and presentations, provided attendees with avenues of future scholarship and applied practice knowledge. In addition, two keynote

events took place that highlighted ethical practice and mentorship/supervision within the field.

The first keynote event included a panel of faculty from Springfield College; including, Gary Enright, Lauren Gray, Dr. Kathleen Mellano, Tina Riordan, Dr. Christine Selby, Dr. Brian Thompson, and Angela Veatch. This panel was formed to provide a multi-disciplinary event that highlights how professionals in different disciplines mentor their students effectively, what considerations they find important or selective to their discipline, the conceptual frameworks they employ, and how sport psychology principles are present within their mentorship/supervision expertise. This keynote event counted for 1.5 Mentorship/Supervision CEUs.

The second keynote event featured Dr. Dolores Christensen of the University of Oklahoma, who presented a keynote session titled 'The Four People You Meet in Locklin Hall: Developing an Ethical Practice.' The session highlighted ethical lessons learned during her graduate school training at the host institution and her current professional practice as a licensed mental health professional working with elite collegiate student-athletes. This keynote event counted for 1.5 Ethical CEUs.

Conference Grant Allocation:

The conference grant of \$500 was used to cover the following expenses:

- Keynote Speaker travel: \$500

A Special Thanks:

On behalf of the conference planning committee, we want to thank AASP for providing us with the funding which made it possible to hold this successful and valuable conference. We thank you for your support!

Sincerely,

Elia Burbidge & Thomas Donato
Conference Planning Co-Chairs