



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

Hosts: The 2023 AASP PNW Regional Conference, also called the Northwest Student Sport and Exercise Psychology Symposium (NWSSEPS), was held on April 21-22, 2023, at Western Washington University (WWU) in Bellingham, WA. The conference was hosted by WWU's Sport and Exercise Psychology Graduate Program Faculty, Dr. Jessyca Arthur-Cameselle and Dr. Linda Keeler, as well as the program's current graduate students: Peyton Bilo, Becca Pierce, Claire Henninger, and Lindsay Ahmann. In addition, Katey Roemmele offered administrative support.

Attendees: We had 36 registrants, including 26 students (20 graduate and 6 undergraduate students), 4 University faculty members, and 6 private practice professionals. Most attendees traveled from various locations across Washington and Oregon; a few others attended from Idaho, California, and Massachusetts. **The educational institutions represented were:** Boise State University, Boston University, California Baptist University, National University, Oregon State University, Palo Alto University, Seattle University, University of Western States, Western Washington University, and Whitworth University. **Private entities represented included:** Catholic Charities, LMR Technical Group, and Thrive: Excellence in Sport Performance.

Budget and Expenses: The conference expenses came to a total of \$2,608.09. We used the **\$500 in grant support from AASP** to pay for two important budget items: 1) **\$121.07** on registration/welcome materials (nametags, folders, pens, and copy costs for printing programs) and 2) **\$378.93** on food for meals served at the conference, which increased networking time. The remainder of the budget used to cover expenses was funded by WWU's Dean of the College of Humanities and Social Sciences, the Department of Health & Human Development, the Kinesiology & Physical Education Program

Programming Highlights: Programming included eight research lectures (all delivered by graduate students), two keynote lectures, one Q&A session with a clinical sport psychologist, one experiential team building activity, and a "meet the professionals" rotating interactive session. On Friday, April 21st: **Dr. Eric Martin**, PhD, CMPC presented a keynote lecture entitled, "*Building Resilience through Creating Facilitative Environments.*" Feedback on the session was very positive from attendees, who praised the presenter's engaging style and coverage of interesting topics, like psychological safety as it pertains to building resilience. On **Saturday, April 22nd**: **Dr. Alex Czopp**, PhD presented a keynote lecture entitled, "*Racial Stereotypes and Perceptions of Black Student Athletes.*" Feedback from attendees was very positive; they particularly liked the opportunity to learn from someone outside of the AASP community who provided expert information on a highly relevant topic. Dr. Jennifer Gildner, CMPC, led a Q&A



session on best practices in student-athlete mental health. Students appreciated the chance to ask questions about applied sport psychology during this session and learn more about the daily activities of a clinical sport psychology practitioner.

Summary of Attendee Feedback: The most frequently reported reasons students attended the conference included an opportunity to present their work, a desire to learn about current research, and networking opportunities. Professionals reported attending because they wanted to learn about the latest SEPP research, network, receive CEUs, and connect with and support students. Based on student feedback, the most useful aspects of the programming were the keynotes and the “meet the professionals” session. Students asked that future regional conferences devote even more time to Q&A sessions and “meet the professionals” type events. Both students and professionals expressed a desire for more diversity-related content, like the keynote address by Dr. Czopp, as well as more sessions on applied work.

Overall, the conference was a very successful event. We are grateful for the grant support from AASP, which allowed us to meet our conference objectives and provide a valuable experience for attendees.