Artifact Review and Analysis - Week 6

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SPP6570 – Capstone

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Artifact Review

Program Learning Outcome 1:
Evaluate the Predominant Theories & Emergent Trends within the Discipline of Sport & Performance Psychology

SPP6215 Applied Sport Psychology - Personal Performance Enhancement Project (PPEP)

Through this project, I sought out to become more aware of my own ideal performance state and routine behaviors. By focusing on enhancing my self-confidence, I hoped to provide a foundational structure and consistent framework of different mental skills that I could use for my future sport and performance psychology consulting clients. This project breaks down what confidence has meant to me throughout my life and showcases how I practiced different psychological interventions including self-talk, goal-setting, focus and concentration, stress-management, imagery, and mindfulness.

I believe this project reflects PLO #1 by analyzing each emergent mental skill technique and applying it to my own personal experience. Dr. Matthew Moore complimented my ability to be vulnerable and for really throwing myself into each of the skills. I believe that I gained a greater understanding of myself and realized which skills may work better for me than others.

I think this artifact taught me that each person may need to develop a basic understanding of each general skill, but that in tailoring specific interventions for clients, consultants may need to be mindful of which order to introduce each skill and the different approaches we can take to implement them. One way I would like to improve this is by becoming more consistent and continuing to apply these skills into my own personal life so that I can understand how to readjust or redirect my clients when they begin to use them throughout our time together.

Artifact Review

Program Learning Outcome 2:
Distinguish between Various Ethical Codes within the Mental Health Counseling & Performance Consulting Professions, and Articulate the Rationale for Disparities among Them

COUN6101 Ethics & Professional Identity - Professional Development Plan & Role Review

The following artifact describes my intentions for becoming a Certified Mental Performance Consultant (CMPC) in order to help individuals optimize their performance through using psychological skills and educating them on the physiological and psychological effects of stress on their performance. I believe this artifact reflects PLO #2 because in order to achieve this plan, it is important to consider future professional collaborations, supervision requirements, how to obtain and maintain licensure, specialty training, the self-evaluation process, and the current labor market. This project allowed me to distinguish between various ethical codes within the mental health counseling and performance consulting professions.

I was able to consider the differences between national licensing and recertification requirements among different states. I also was able to learn about membership in different organizations both in applied sport psychology consulting and in mental health counseling. I also was able to articulate what it would be like to work under the jurisdiction of New York State. Dr. Ryan Vitatoe stated that I did a great job taking the feedback from the previous submissions and putting it into my final paper, but I can improve on this project by addressing the APA and grammatical errors, including offering more citations and adding more information when offering a statement or concept.

This artifact is overall useful because it clearly defines the necessary requirements a consultant must meet in order to effectively and ethically work with clients. It also allows me to

stay on track with keeping up to date with changes within organizations and how to maintain good standing.

Program Learning Outcome 3:
Demonstrate, through Presentation & in Writing, the Development of a Professional Consulting Philosophy Integrating the Disciplines of Psychology, Sport Science, & Counseling

SPP6230 Psychological Prep & Mental Skills Training - MST Curriculum

This artifact allowed me to demonstrate my integration of sport science, psychology, and counseling through presentation and in-writing. Dr. Christopher Stanley complimented my ability to conceptualize and describe the different constructs and skills. I provided strategies, worksheets, and exercises clients can utilize to understand different skills in applied contexts. One area I would need to work on and improve would be creating my own potential worksheets and exercises outside of what was provided by UWS and by the textbooks we used throughout the course. I think it would be helpful to create more personalized approaches and new information based on what I have learned so far in my first and final participation in Mentorship.

Program Learning Outcome 4:
Create Performance Enhancement Interventions Incorporating a Variety of Research-Supported Techniques to Enhance Performance & Improve Overall Wellness

SPP6230 Psychological Prep & Mental Skills Training - Stress, Emotion Regulation, & Handling Setbacks Mock Consultation 3 Video

In this video, I conduct a 36 minute mock consultation with my jiu jitsu coach. After circling back with the client and asking what he has learned from our first two sessions, I demonstrated creating interventions to handle setbacks, stress, and emotion regulation using a variety of research-supported techniques. By utilizing a motivational interviewing style, I was

able to learn more about the client and their coping skills. This presentation covered understanding the physical manifestations of stress and identifying how stress shows up in our bodies. I also introduced the inverted-U to help the client understand activation and performance. By showcasing a body scan and breathing technique, I was able to help the client build tools to incorporate more relaxation techniques to handle stress. Dr. Christopher Stanley complimented my ability to effectively integrate the topics and skills relevant for that week. He stated I exemplified a professional demeanor. When I think about improvements with this video, I find that it was a great example to showcase active consulting with a real person for the first time, and this informs how I can improve my current consultations with different clients.

Program Learning Outcome 5: Develop Culturally Responsive Consulting Strategies Based upon the Relationships, Issues, & Trends within a Multicultural Society

SPP6155 Sport in Society - Sports Matters Cultural Plunge Project

This final artifact allowed me to develop a culturally responsive consulting strategy by inviting me to engage in the discomfort of being an outsider to an unfamiliar sport. Growing up, I was involved with team sports including basketball, softball, soccer, and volleyball. This project allowed me to work with a youth inline speed skating team. I learned how to research effectively to understand the history of an unfamiliar sport. I also learned the value in participating in competitive group sports like this one, even if it is underrepresented in the U.S. and is not funded by major schools. I learned how to interact with immigrant families from Colombia and understand how language can impact consulting work because even if we understand the same phrase, it may mean different things to different people.

Artifact Review

Ultimately, while Dr. Matthew Moore did not provide much feedback for this project, I feel that I can continue to learn more about socialization and incorporate different parts of multicultural counseling into my consulting work outside of race and ethnicity. I believe it is important to factor in other aspects such as gender, sexual orientation, socioeconomic status, education, age, and ability.

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