Lauren S. Tashman, Ph.D., CC-AASP

## Dept of Sport & Exercise Sciences Phone: 305-899-3721 (office)

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# EDUCATION

**The Florida State University**  Tallahassee, FL

Ph.D., Educational Psychology –Sport Psychology 2006 - 2010

Dissertation: Be a Performance Enhancement Consultant: Enhancing the Training of Student Sport Psychology Consultants Using Expert Models

*Advisor: Gershon Tenenbaum*

**The Florida State University**  Tallahassee, FL

M.S., Educational Psychology –Sport Psychology 2003 - 2005

Thesis: The Relationship between Perfectionism and Burnout in Coaches

*Advisor: Gershon Tenenbaum*

**The College of New Jersey** Ewing, NJ

B.A., Psychology 1998 - 2002

**WORK EXPERIENCE**

**Assistant Professor** Miami Shores, FL

**Sport, Exercise, & Performance Psychology (SEPP), Barry University** 2011 - present

Responsibilities include teaching undergraduate and graduate level courses, advising undergraduate and graduate students, mentoring students on their thesis research and independent study projects, supervising students with their service delivery practicum experiences, engagement in research and scholarship activities, and participation on various committees.

**Coordinator of Sport Psychology Services** Miami Shores, FL

**School of Human Performance & Leisure Sciences, Barry University** 2013 - present

Responsibilities include organizing the provision of effective sport psychology (mental performance coaching) services to the teams, athletes, and coaches within the athletic department as well as outside community agencies, assisting in the supervision and education of SEPP graduate students, providing sport psychology services to the athletes, teams, and coaches, and designing and implementing various initiatives and programs.

**Performance Enhancement Consulting** Miami, FL

**Inspire Performance Consulting, LLC** 2009 - present

Owner/Manager

Provide mental performance coaching to individual athletes, coaches, and teams at a variety of levels (youth sport, collegiate, national team, professional) and from a variety of sports as well as to non-sport performers and groups. Provide mentoring to individuals interested in getting certified with AASP. Mental Performance Coach for Softball Canada’s Senior Women’s National Team.

**Visiting Assistant Professor** Miami Shores, FL

**Sport & Exercise Sciences, Barry University** 2010 - 2011

Responsibilities included teaching undergraduate and graduate level courses, advising graduate students, mentoring two students on their thesis research projects and one student on an independent study research project, supervising two students with their service delivery practicum experiences, participation on a Faculty Senate committee, and developing, organizing, and providing mental performance coaching services to the Barry University athletes and sports teams.

**Supervised Performance Enhancement Consulting** Tallahassee, FL

**Florida State University** 2004 - 2009

*Supervisors: Dr. Jodi Yambor & Dr. Gershon Tenenbaum*

Responsibilities included peer mentoring, designing and delivering workshops and programs, and providing team and individual performance enhancement services to a variety of performance clients in various sports and other performance areas (e.g., music, exercise) from youth sport to NCAA Division I athletics.

**Human Performance Lab,** **Center for Expert Performance Research** Tallahassee, FL

**Learning Systems Institute, Florida State University**  2005 - 2008

*Supervisors: Dr. K. Anders Ericsson, Dr. David W. Eccles, & Dr. Paul Ward*

*Graduate Research Assistant*

Research funded by the Office of Naval Research investigating expert performance in law enforcement (SWAT police work) and critical care nursing. Responsibilities included developing and conducting research projects, supervising undergraduate directed individual study students and graduate student interns, collecting and analyzing data, presenting at conferences, and contributing to writing of the articles for the research.

**Dean’s Office** Tallahassee, FL

**College of Social Sciences, Florida State University** 2004 - 2005

*Supervisors: Ann DelRossi & Dr. Graham Kinloch*

*Graduate Assistant*

Responsibilities included advising distance learning students, preparing graduation checks for undergraduate students, and assisting with clearing students for graduation.

**TEACHING** **EXPERIENCE**

**Barry University, Miami Shores, FL** 2010 - present

SES210 Foundations of Sport and Exercise Science

SES335 Introduction to Sport Psychology

SES341 Psychology of Injury

SES427 Applied Sport, Exercise, and Performance Psychology

SES483 Sport, Exercise, and Performance Psychology Senior Project

SES625 Motor Learning and Control

SES673 Professional Ethics in Sport, Exercise, and Performance Psychology

SES660 Performance Enhancement Psychology

SES659 Independent Study

SES677 Sport, Exercise, and Performance Psychology Service Delivery

SES678 Sport, Exercise, and Performance Psychology Professional Practice

SES686 Advanced Practicum in Sport, Exercise, and Performance Psychology

**Florida State University, Tallahassee, FL** 2008 - 2009

EDF4210 Educational Psychology: Developing Learners

**PROFESSIONAL AFFILIATIONS**

Association for Applied Sport Psychology (AASP) 2003 – present

International Society of Sport Psychology (ISSP) 2015 – present

**CERTIFICATIONS**

Certified Consultant – Association of Applied Sport Psychology (CC-AASP) September 2010

Program Evaluation Fall 2006

Measurement and Statistics Fall 2006

**HONORS AND AWARDS**

Faculty Incentive Grant, Barry University Summer 2012

Certificate of Professional Development, Barry University 2010 - 2015

**GRANTS**

*Athletes’ perceptions of vision training with strobe glasses: a case study*. (2012). Barry University 2012 Faculty Incentive Grant Program. Principle Investigator: Dr. Lauren S. Tashman.

**GRADUATE THESIS COMMITTEE CHAIR**

Blue, A. (2012). Differences in factors contributing to adherence in exercise- versus diet-based weight loss programs. Barry University MS SEPP.

Coleman, S. (2016). Social cohesion and performance. Barry University MS SEPP.

Cornelius, H. (2012). Inside the red zone: an existential phenomenological look at the experience of anger in competitive tennis players. Barry University MS SEPP.

Engel, S. (2016). Coaches’ perceptions of athlete leadership on female teams. Barry University MS SEPP.

Lee, J. Y. (2016). The relationship between physical activity, physical self-description, and happiness in university students. Barry University MS SEPP.

Mamaril, C. J. (2015). The experience of becoming a professional golfer in the Philippines. Barry University MS SEPP.

Pollack, M. (2014). The experience of flow in professional musicians during an on-stage performance. Barry University MS SEPP.

Richardson, L. (Anticipated graduation Spring 2017). The relationship between starting status, gender, and team cohesion. Barry University MS SEPP.

Solow, A. (2014). Individual athletes’ experiences of great coaching. Barry University MS SEPP.

Vlatkovic, M. (Anticipated graduation Spring 2017). Examination of the influence of mental toughness on confidence and stress while performing a 2,000 meter ergometer test. Barry University MS Movement Science.

Zambrotta, N. (2013). Positional differences in pre-competitive state anxiety, sport-confidence, and coping skills among collegiate baseball players. Barry University MS SEPP.

**GRADUATE THESIS COMMITTEE MEMBER**

Elberty, L. (2015). Coping with the sudden death of a teammate. Barry University MS SEPP.

Fenwick, D. (2014). An exploration of the experience of coming out as a gay male athlete in sport. Barry University MS SEPP.

Garrido, C. (Anticipated completion Spring 2017). The relationship between physical activity, mental toughness, and well-being in adolescents. Barry University MS SEPP.

Gonzales, V. (2013). Concussion safety knowledge and awareness among coaches, athletic trainers, and athletic directors regarding high school football. Barry University MS ATR.

Hoefling, K. (2014). An evaluative case study of a psychological skills training program with athletes with intellectual disability. Barry University MS SEPP.

Lorie, A. (2015). Investigating the effects of elastic taping at the hip for hip and knee pain. Barry University MS ATR.

Munoz, C. (2013). The long road back: existential themes of injury recovery. Barry University MS SEPP.

Nathan, L. (Anticipated completion Fall 2017). Mindset in sport coaching. Barry University MS SEPP.

Norman, M. (2014). Emotional intelligence as a predictor of performance in pentathletes and heptathletes. Barry University MS SEPP.

Salter, B. (Anticipated completion Fall 2017). The experience of resilience in athletes with disabilities. Barry University MS SEPP.

Stopczynska, S. (Anticipated completion Summer 2017). Examining academic and athletic motivation among student-athletes. Barry University MS Sport Management / MBA.

Vidic, Z. (2016). The experience of being a youth sport parent. Barry University MS SEPP.

**UG INTERNSHIP ON-SITE SUPERVISOR**

Fry, L. (SESA) Applied sport, exercise, and performance psychology project.

**INVITED EXTERNAL EXAMINER**

Bonnesse, M. G. (Anticipated graduation 2016). Impact of a visual skills training program on performance of cricket fielders. PhD Human Movement Science, Nelson Mandela Metropolitan University, South Africa.

Millard, L. (Anticipated graduation 2016). Impact of visual skills training on the visual ability of elite rugby players. PhD Human Movement Science, Nelson Mandela Metropolitan University, South Africa.

Ramphomane, B. (2014). Gaze behaviour of volleyball players during the serve reception. PhD Human Movement Science, Nelson Mandela Metropolitan University, South Africa.

**PROFESSIONAL SERVICE**

**Barry University**

Faculty Senate Graduate Council 2016 – present

Faculty Senate Academic Affairs Committee 2016 – present

Grants, Leaves, & Sabbaticals Committee 2014 – 2016

Quality Enhancement Plan Implementation Committee 2014 – present

Quality Enhancement Plan Committee 2013 – 2014

Faculty Senate Undergraduate Council 2011 – 2013

 Faculty Senate Academic Affairs Committee 2011 – 2013

 Faculty Senate Faculty Handbook Committee 2010 – 2011

**Association for Applied Sport Psychology**

 Chair Distinguished Master’s Student Practice Review Committee 2016 – present

 Chair Distinguished Student Practice Review Committee 2013 – 2016

 AASP Foundation Community Outreach/Research Seed Grant and 2015 – present

Crowdfunding Proposal Review Committee

Distinguished Student Practice Award Committee 2012 – 2013

**Case Studies in Sport and Exercise Psychology**

Invited Article Reviewer 2017 – present

**Journal of Performance Psychology**

 Invited Editorial Board member 2015 – present

**Coalition for Graduate Education and Training in Sport Psychology** 2012 – 2015

**Journal Article Reviewer**

Anxiety, Stress, & Coping

Women in Sport and Physical Activity Journal

Psychology of Sport & Exercise

Journal of Sport & Exercise Psychology

**Book Proposal & Book Reviewer**

Human Kinetics

Routledge, Taylor & Francis Group

Lippincott Williams & Wilkins

**Conference Abstract Reviewer**

Association of Applied Sport Psychology Annual Conference

 International Association of Physical Education and Sport for Girls and Women (IAPESGW) 18th World Congress

**CURRICULUM DEVELOPMENT**

**Bachelor of Science in Sport, Exercise, and Performance Psychology,** Barry University, Miami Shores, FL.

**Minor in Sport, Exercise, and Performance Psychology**, Barry University, Miami Shores, FL.

The following courses were developed in the Spring 2012 semester for these two new programs:

 SES337 Introduction to Exercise Psychology

 SES341 Psychology of Injury

 SES427 Applied Sport, Exercise, and Performance Psychology

 SES437 Research in Sport, Exercise, and Performance Psychology

 SES483 Senior Project in Sport, Exercise, and Performance Psychology

**RESEARCH AND SCHOLARSHIP INTERESTS**

* Psychological factors involved in performance preparation and competition
* Training and supervision of sport psychology (performance enhancement) practitioners
* Psychology of coaching and coach development
* Applied sport/exercise/performance psychology practices, approaches, techniques, and interventions
* Expert performance and the development and training of expertise
* Performers’ lived experiences
* Psychology of injury
* Transitions in sport, exercise, and performance
* Biofeedback, vision, and cognitive-perceptual training

**PEER-REVIEWED PUBLICATIONS**

***Published Books and Book Chapters***

Cremades, J.G. & **Tashman, L.S.** (Eds.). (2016). *Global practices and training in applied sport, exercise, and performance psychology: A case study approach.* New York: Routledge, Taylor & Francis Group.

Cremades, J.G., & **Tashman, L.S.** (2016). Incorporating case analysis into practice and training in sport, exercise, and performance psychology. In J.G. Cremades & L. Tashman (Eds.). Global practices and training in applied sport, exercise, and performance psychology: A case study approach (pp. 363-369). New York: Routledge, Taylor & Francis Group.

**Tashman, L.S.** & Cremades, J.G. (2016). Incorporating technology in supervision: Using interpersonal process recall to enhance reflective practice. In J.G. Cremades & L. Tashman (Eds.). Global practices and training in applied sport, exercise, and performance psychology: A case study approach (pp. 343-351). New York: Routledge, Taylor & Francis Group.

**Tashman, L.S.** & Cremades, J.G. (2016). The need for case analysis and reflection in sport, exercise, and performance psychology. In J.G. Cremades & L. Tashman (Eds.). Global practices and training in applied sport, exercise, and performance psychology: A case study approach (pp. 3-10). New York: Routledge, Taylor & Francis Group.

Cremades, J. G., & **Tashman, L. S.** (2014) (Eds.). *Becoming a Sport, Exercise, and Performance Psychology Professional: a Global Perspective*. New York, NY: Routledge*.*

Cremades, J. G., **Tashman, L. S.**, & Quartiroli, A. (2014). Initial considerations: developing the pathway to become a sport, exercise, and performance psychology professional. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a Sport, Exercise, and Performance Psychology Professional: a Global Perspective* (pp. 3-11). New York, NY: Routledge.

**Tashman, L. S.**, & Cremades, J. G. (2014). The wave of the future: integrating technology into service delivery training. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a Sport, Exercise, and Performance Psychology Professional: a Global Perspective* (pp. 347-353). New York, NY: Routledge.

Quartiroli, A., Cremades, J. G., & **Tashman, L. S.** (2014). Where do we go from here. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a Sport, Exercise, and Performance Psychology Professional: a Global Perspective* (pp. 357-365). New York, NY: Routledge.

***Published Articles***

Simpson, D., Post, P. G., & **Tashman, L. S.** (2014). The experience of competing in the Everglades Challenge: the perspective of the participants. *Journal of Humanistic Psychology, 54(1)*, 113-128.

**Tashman, L. S.** (2013). The development of expertise in performance: the role of memory, knowledge, learning, and practice. *Journal of Multidisciplinary Research, 5(3)*, 33-48.

**Tashman, L. S.**, & Tenenbaum, G. (2013). Sport psychology service delivery training: the value of an interactive, case-based approach to practitioner development. *Journal of Sport Psychology in Action, 4(2)*, 71-85.

**Tashman, L. S.**, Tenenbaum, G., & Eklund, R. (2010). The effect of perceived stress on the relationship between perfectionism and burnout in coaches. *Anxiety, Stress, & Coping, 23(2),* 195-212*.*

***Published Abstracts***

**Tashman, L.**, Dyrlund, A., Murray, M., & Tenenbaum, G. (2007). Examining the relationship between perfectionism and burnout in collegiate coaches. [Abstract]. In Y. Theodorakis, M. Goudas, & A. Papaioannou (Eds.), *Proceedings of the 12th European Congress of Sport Psychology* (pp. 305). Halkidiki, Greece: European Federation of Sport Psychology.

Ward, P., Harris, K. R., Ericsson, K. A., Eccles, D. W., **Tashman, L.**, & Lang, L. (2007). Cognitive basis for expert and superior performance in law enforcement [Abstract]. In D. S. McNamara & J. G. Trafton (Eds.), *Proceedings of the 29th Annual Meeting of the Cognitive Science Society* (pp. 1884). Austin, TX: Cognitive Science Society.

Harris, K. R., **Tashman, L.**, Ward, P., Ericsson, K. A., Eccles, D. W., Williams, A. M.,
Ramrattan, J., & Lang, L. H. (2006). Planning, evaluation, and cognition: Exploring the structure and mechanisms of expert performance in a representative dynamic task. *Proceedings from the 28th Annual Conference of the Cognitive Science Society* (pp. 328-332). Mahwah, NJ: Erlbaum.

**Tashman, L. S.**, Harris, K. R., Ramrattan, J., Ward, P., Eccles, D. W., Ericsson, K. A., Williams, A .M., Rodrick, D., & Lang, L. H. (2006). Expert performance in law enforcement: Are skilled performers more effectively constraining the situation to resolve representative dynamic tasks than novices?. *Proceedings from the 50th Annual Meeting of the Human Factors and Ergonomics Society* (pp. 1213-1217). Santa Monica, CA: Human Factors and Ergonomics Society.

***Book Reviews***

**Tashman, L. S.** (2012).Book review: the ethics of sport coaching. *Journal of Coaching Education, 5(1), 109-110.*

***Books and Book Chapters In Press***

**Tashman, L.S**., Simpson, D., & Cremades, J.G. (In press). Psychological skills training for increasing physical activity. In S. Razon & M. Sachs (Eds.). *Applied Exercise Psychology: The Challenging Journey from Motivation to Adherence* (pp. XX-XX). New York, NY: Routledge, Taylor & Francis Group.

***Learning Management System***

**Tashman, L. S.**, & Cremades, J. G. (2013). *Performance Enhancement Training Tool* (PETT). [Software]. Available from <http://www.peinnovate.com>.

***Manuscripts in Preparation***

Munoz, C., Simpson, D., & **Tashman, L. S.** “The long road back”: athletes’ experiences recovering from a serious injury. *Manuscript in preparation.*

Pollack, M., **Tashman, L. S.**, & Simpson, D. Go with the flow: professional musicians’ experiences on stage. *Manuscript in preparation.*

**Tashman, L. S.** The evolution of a career: navigating through and adapting to transitions in sport, exercise, and performance. In J. G. Cremades & A. Mugford (Eds.), *Theories and applications in sport, exercise, and performance psychology* (pp. XX-XX). New York, NY: Routledge, Taylor & Francis Group.

**CONFERENCE PRESENTATIONS**

Elberty, L., Simpson, D., & **Tashman, L. S.** (2016, September). A Phenomenological Study: Experiencing the Unexpected Death of a Teammate. *Poster presentation at the 31st Annual Meeting of the Association for Applied Sport Psychology, Phoenix, AZ.*

Pollack, M., & **Tashman, L. S.** (2016, September). Taking them with you for the ride: Professional Musicians’ Experiences of Flow During an On-Stage Performance. *Poster presentation at the 31st Annual Meeting of the Association for Applied Sport Psychology, Phoenix, AZ.* Abstract accepted.

**Tashman, L. S.** (2016, September). Going for gold: Reflections on career transition and first-time consultation at an international multi-sport event. *Poster presentation at the 31st Annual Meeting of the Association for Applied Sport Psychology, Phoenix, AZ*. Abstract accepted.

**Tashman, L. S.** (2015, October). Coaches are performers too: Designing and implementing coach support and mentoring. *Poster presentation at the 30th Annual Meeting of the Association for Applied Sport Psychology, Indianapolis, IN*.

Cremades, J. G., & **Tashman, L. S.** (2015, July). Using a case analysis approach to develop the future generations of sport psychology practitioners. *Workshop presentation at the 14th FEPSAC Congress, Bern, Germany*.

Cremades, J. G., Quartiroli, A., & **Tashman, L. S.** (2014, October). Removing roadblocks for a global consensus on professional practice and training. *Poster presentation at the 29th Annual Meeting of the Association for Applied Sport Psychology, Las Vegas, NV*.

Elberty, L., McCavanagh, T., Cooke, M., Mamaril, C. J., Lofton, K., Cox, D., & **Tashman, L. S.** (2014, October). First look at sport psychology practice: lessons learned from shadowing by first year master’s students and their supervisor. *Poster presentation at the 29th Annual Meeting of the Association for Applied Sport Psychology, Las Vegas, NV*.

**Tashman, L. S.** (2014, October). What do they think? Athletes’ perceptions of training with strobe glasses. *Poster presentation at the 29th Annual Meeting of the Association for Applied Sport Psychology, Las Vegas, NV*.

Castillo, S., Coker-Cranney, A., Fifer, A., **Tashman, L. S.**, & Watson, J. C. (2013, October). Undergraduate preparation in sport psychology: recommended standards for coursework and experience. *Symposium presentation at the 28th Annual Meeting of the Association for Applied Sport Psychology, New Orleans, LA*.

Cornelius, H., **Tashman, L. S.**, & Simpson, D. (2013, October). Inside the red zone: an existential phenomenological look at the experience of anger in competitive tennis players. *Poster presentation at the 28th Annual Meeting of the Association for Applied Sport Psychology, New Orleans, LA*.

**Tashman, L. S.**, & Cremades, J. G. (2013, October). I get by with a little help from my friends: an online learning community for sport, exercise, and performance psychology students and practitioners. *Lecture presented at the 28th Annual Meeting of the Association for Applied Sport Psychology, New Orleans, LA*.

DeVries, A., & **Tashman, L. S.** (2012, October). Leadership is more than just a position: developing a program for athlete leaders. *Workshop presentation at the 27th Annual Meeting of the Association for Applied Sport Psychology, Atlanta, GA.*

Simpson. D., Post, P. G & **Tashman, L. S.** (2012, October). The experience of competing in the Everglades Challenge: The perspective of the participants. *Poster presentation at the 27th Annual Meeting of the Association for Applied Sport Psychology, Atlanta, GA.*

Simpson, D., **Tashman, L.S.**, & Cremades, J. G. (2012, February). Professional panel. *Panel presentation at the 2012 Association for Applied Sport Psychology Southeast Regional Student Conference, Miami Shores, FL*.

**Tashman, L. S.,** Loney, B. S., & Green, D. A. (2010, October). Yes kids can: Sport psychology consulting with youth sport athletes. *Poster presentation at the 25th Annual Meeting of the Association for Applied Sport Psychology, Providence, RI.*

**Tashman, L. S.,** & Tenenbaum, G. (2009, September). What would an expert do? Examining sport psychology professionals’ thoughts and solutions about consulting scenarios. *Lecture presented at the 24th Annual Meeting of the Association for Applied Sport Psychology, Salt Lake City, UT.*

Heller, T., & **Tashman, L. S.** (2007, October). Creativity and flexibility in consulting. *Poster presentation at the 22nd Annual Meeting of the Association for Applied Sport Psychology, Louisville, KY.*

**Tashman, L. S.**, & Bonura, K. B. (2007, October). Practicing what we preach: Sport psychology as self-care. *Workshop presented at the 22nd Annual Meeting of the Association for Applied Sport Psychology, Louisville, KY.*

**Tashman, L.**, Dyrlund, A., Murray, M., & Tenenbaum, G. (2007, September). Examining the relationship between perfectionism and burnout in collegiate coaches. *Poster presentation at the 12th European Congress of Sport Psychology, Halkidiki, Greece.*

Harris, K. R., **Tashman, L.**, Ward, P., Ericsson, K. A., Eccles, D. W., Williams, A. M.,
Ramrattan, J., & Lang, L.H. (2006, July). Planning, evaluation, and cognition:
Exploring the structure and mechanisms of expert performance in a representative
dynamic task. *Paper presented at the 28th Annual Conference of the Cognitive Science Society, Vancouver, BC.*

Heller, T., & **Tashman, L.** (2006, September). Development and implementation of a goal setting plan for a Division I athletic team. *Lecture presented at the 21st Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Miami, FL.*

**Tashman, L.**, Harris, K. R., Ramrattan, J., Ward, P., Eccles, D. W., Ericsson, K. A., Williams, A. M., & Rodrick, D. (2006, October). Expert performance in law enforcement: Are skilled performers more effectively constraining the situation to resolve representative dynamic tasks than novices? *Lecture presented at the 50th Annual Meeting of the Human Factors and Ergonomics Society, San Francisco, CA.*

**Tashman, L.**, Tenenbaum, G., & Eklund, R. (2006, September). The relationship between burnout, perfectionism, perceived stress, and participation in coaching activities in collegiate coaches. *Lecture presented at the 21st Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Miami, FL.*

**Tashman, L.**, & Heller, T. (2005, October*).* Lessons learned in applied sport psychology consulting from a graduate student perspective. *Poster session presented at the 20th Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Vancouver, B.C.*

**APPLIED ARTICLES**

**Tashman, L. S.** (2013). Mean girls: how to combat bullying. *Stack.com*.

**Tashman, L. S.** (2012). Achieve performance excellence: a goal, a purpose, a plan. *Stack.com*.

**Tashman, L.** S. (2012). Better vision: it’s not about what you see, it’s about what you know. *Stack.com*.

**Tashman, L.** S. (2012). “Hit them with that” use your swagger to succeed in a game. *Stack.com*.

**Tashman, L.**, Eccles, D. W., & Tenenbaum, G. (2006). On focus and concentration: Getting your players back into the match. *Insight: The Football Coaches Association Online Journal.*

**INVITED PROFESSIONAL LECTURES AND COMMUNITY PRESENTATIONS**

**Tashman, L. S.** (2016, May). Using active learning to enhance student engagement and promoting higher level learning. *Invited presentation to Barry University’s Physician Assistant Program faculty, Miami Shores, FL*.

**Tashman, L. S.** (2016, March). It’s all in your head: thinking better to perform better on the golf course. *Invited presentation for the Healthy Living Expo at Boca Woods Country Club, Boca Raton, FL*.

**Tashman, L. S.** (2016, March). Engaging students to look in the mirror: using reflective practice to increase student engagement, growth, and success. *Workshop presented at the Barry University Community Engagement Symposium, Miami Shores, FL*.

**Tashman, L. S.** (2015, December). Leadership: creating the right environment*. Invited presentation for Softball Canada Coaching Clinic.*

**Tashman, L. S.** (2015, May). Creating the right environment. *Invited workshop presentation at the Pan American Sports Organization (PASO) Softball Coaching Conference, Cloverdale, British Columbia*.

**Tashman, L. S.** (2015, May). Planning for expert performance. *Invited workshop presentation at the Pan American Sports Organization (PASO) Softball Coaching Conference, Cloverdale, British Columbia*.

**Tashman, L. S.** (2015, May). Building a championship team culture. *Invited workshop presentation at the Pan American Sports Organization (PASO) Softball Coaching Conference, Cloverdale, British Columbia*.

Tashman, L. S. (2015, May). Reflection. *Invited presentation as part of QEP Pilot Program Faculty Workshop: Integrating Personal & Social Responsibility as Learning Outcomes, Barry University, Miami Shores, FL.*

Simpson, D., **Tashman, L. S.**, & Cremades, J. G. (2012, February). Professional panel discussion. *Invited panel discussion as part of the 2012 Association for Applied Sport Psychology Southeast Regional Conference, Miami Shores, FL*.

Eccles, D. W., Ward, P., Harris, K. R., **Tashman, L.**, Ericsson, K. A., & Hassler, L. B. (2005, August). The development of a delayed retrospective report method to increase the reliability and validity of verbal reports about past events. *Invited video conference presentation as part of the Conference on Extending Cognitive Load Theory and Instructional Design to the Development of Expert Performance, Florida State University and University of the Netherlands, Tallahassee, FL.*

**INVITED INTERVIEWS**

Vezzani, M. (Producer). (2016, August 12). Interview with Lauren Tashman. [Audio Podcast]. Retrieved from: insert <http://bridgingthegappodcast.libsyn.com/>

**GRADUATE STUDIES LEADERSHIP ACTIVITIES**

President - FSU-ASP (Applied Sport Psychology) 2007 - 2008

President - S.P.O.R.T. (Sport Psychology Organization and Research Team) 2006 - 2007

Treasurer - FSU-ASP (Applied Sport Psychology) 2006 - 2007

Vice President of Public Relations - FSU-ASP (Applied Sport Psychology) 2004 - 2006

**GRADUATE COURSEWORK**

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| --- | --- |
| Introduction to Sport Psychology | Group Counseling: Theory & Practice |
| Social Bases of Sport Psychology | General Linear Models |
| Measurement in Sport & Exercise Psychology | Introduction to Program Evaluation |
| Descriptive & Inferential Statistics | Foundations of Career Development |
| Applied Sport & Exercise Psychology | Theories of Social Psychology |
| Stress & Motor Performance | Multivariate Analysis |
| Exercise Physiology | Measurement Theory I |
| Abnormal Psychology | Self in Sport & Exercise Settings |
| Advanced Topics in Analysis of Variance | Assessment of Learning Outcomes (online) |
| Methods of Educational Research | Measurement & Evaluation in the Classroom (online) |
| Advanced Seminar in Sport Psychology | Qualitative Research Methods |
| Counseling Theories & Techniques | Enhancing Human Functioning |
| Motor Skill Learning | Professional & Ethical Issues (Argosy online) |
| Cognitive Processes in Sport Psychology |  |

**SPORT EXPERIENCE**

Competitive A-Circuit Equestrian Showjumping 1988 - 2001