

Kristina L. Moore, Ph.D., CMPC



Certified Mental Performance Consultant®

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EDUCATION

Postdoctoral Scholar, Tufts University, Institute for Applied Research in Youth Development

2016 - 2017

PI: Richard M. Lerner, PhD

Project: Evaluating the Positive Coaching Alliance (PCA) Model: Developing Competitors of Character

Ph.D. Sport and Exercise Science, University of Northern Colorado

2007 - 2013

Program: Social Psychology of Sport and Physical Activity, *Minor:* Educational Psychology - Human Development

Dissertation: An Investigation of the Self-handicapping Process in Collegiate Athletes

Advisors: Megan Babkes Stellino, EdD & Robert Brustad, PhD

M.S. Kinesiology, University of New Hampshire

2004 - 2006

Program: Sport Studies

Thesis: "My Parents Made Me Do It!" Parental Influences on Self-handicapping: Athletes' Perceptions and Goal Orientations

Advisors: Heather Barber, PhD & Karen Collins, PhD

B.A. Human Social and Psychological Development, Gettysburg College

1997 - 2001

Minor: Education

Cum Laude; Departmental Honors

Special Major Honors Thesis Project: The Relationship Between Parental Involvement and Student Achievement and Attitude Toward School

PROFESSIONAL APPOINTMENTS

2025 - Present Lecturer (full-time), Counseling Psychology and Human Development (Sport Psychology), Wheelock College of Education and Human Development, Boston University

2019 - 2025 Lecturer (full-time), Psychology & Neuroscience, Morrissey College of Arts and Sciences, Boston College;

Teaching 3-2 load, class sizes ranging from 14 - 250; Advising ~30 students each year; Research advisor 9 students total, 6 students accepted to and enrolled in reputable sport psychology masters degree programs, 1 student accepted to and enrolled in nationally-ranked clinical psychology PsyD program

2017 - 2025 Faculty (part-time), Sport Administration/Psychology, Woods College of Advancing Arts & Sciences, Boston College; teach 1-2 summer graduate and undergraduate courses

2013 – 2019 Part-time Faculty, Psychology, Morrissey College of Arts and Sciences, Boston College

2015 – 2018 Part-time Faculty, Applied Developmental & Educational Psychology, Lynch School of Education

2016 – 2017 Postdoctoral Scholar, Institute for Applied Research in Youth Development, Tufts University

2014 – 2016 Part-time Faculty, Psychology Department, Lasell College

2015 Adjunct Faculty, Department of Kinesiology, University of New Hampshire

2007 – 2011 Graduate Teaching and Research Assistant, University of Northern Colorado

COLLEGIATE TEACHING EXPERIENCE

Boston College

Sports Administration, Woods College of Advancing Studies

ADSA8008: Sport Psychology - Designed and delivered a new graduate course in sport psychology for The Woods College of Continuing Education Masters of Sport Administration program. (Summer 2020, online hybrid (asynchronous and synchronous); Summer 2022; 2023 hybrid, in-person and asynchronous; 2024 (asynchronous)

PSYC2281: Sport Psychology - Reintroduced a 7-week undergraduate summer course for Woods College in a survey of sport psychology as a science and a practice. (Summer 2017, 2018, 2019)

Counseling, Developmental, & Educational Psychology, Lynch School of Education and Human Development

APSY7530: Sport Psychology - Designed a new graduate course for the Lynch School of Education in applied sport and exercise psychology with a **focus on sport-based youth development and sport for social justice**. (Summer 2015, 2016, 2017, 2018)

Psychology & Neuroscience, Morrissey College of Arts and Sciences

PSYC44041: Research Practicum in Sport and Exercise Psychology - Designed a new research practicum for psychology majors focusing on sport and exercise psychology research topics and methods. (2013-2025)

PSYC3342: Sport and Exercise Psychology - Designed a new undergraduate survey course in Sport and Exercise Psychology to serve as a foundational course for PSYC4041. (2019-2024)

PSYC2245: Psychology of Motivation - Designed and offered a new undergraduate course on psychological theories and approaches to motivation with applications to self-growth, sport & exercise, academics, and work. (2020-2025)

PSYC1111: Self, Mind, & Society (formerly titled "Introduction to Psychology as a Social Science") - Adapted this core course for undergraduate, psychology-major, and non-major students. (2020-2025)

Lasell College

PSYC 240: Sport Psychology - Fall 2014- 2 sections, Spring 2015, Fall 2015, Spring 2016

PSYC 101: Psychological Perspectives - Fall 2014, Spring 2015, Fall 2015

University of New Hampshire

KIN 741/841: Social Issues in Contemporary Sport - Fall 2015, hybrid

University of Northern Colorado

SES 323: Motor Learning and Development - Fall 2009

SES 333: Psychological Analysis of Sports, Exercise, and Physical Activity - Fall 2010

SES 436: Social Influences on Sport and Exercise Behavior - Spring 2011

SES 323: Motor Learning and Development Labs - Fall 2007, Spring 2008, Fall 2009, Spring 2010

SES 145: Activity for Stress Management - Fall 2007, Spring 2008

INVITED LECTURES, WORKSHOPS, & SPEAKING ENGAGEMENTS

March 1, 2025 "Epic Fails": Embracing Failure by Redefining Success and Authenticity in Sport Psychology

Consulting- Panelist, AASP Northeast Regional Conference, Boston University

Nov. 18, 2024 "Performance Insurance": Motivation and Self-handicapping in Youth and Collegiate Athletes - Boston University, Wheelock College of Education and Human Development (CPAHD)

Nov 12, 2024 Boston College SAAC and Student-Athlete Formation, Invited Speaker- Invited talk for Mental Health Awareness Week on mental skills and mental health in college sport

Nov 12, 2024 Positive Youth Development and Sport, Invited Lecturer - Boston College- Lynch School of Education, Dr. Jackie Lerner's Graduate class on PYD (Also delivered in November 2017, 2018, 2019, 2020, 2022)

Sep 23, 2024 Sport Psychology Workshop for Athletes (Brookline High School Athletics) - Sport Leadership

April 28, 2024 Sport Psychology Workshop for Coaches (Brookline High School Athletics) - Creating a motivational climate to increase a sense of belonging and optimize performance

Oct 6, 2023 Boston College SAAC and Student-Athlete Formation, Invited Speaker- Invited talk for Mental Health Awareness Week on mental skills and mental health in college sport

June 5, 2023 Mental Performance Workshop for Coaches (United States Coast Guard Athletics)

May 1, 2023 LeadHERship Conference, Invited Speaker- Current trends and best practices in mental health and mental performance for student-athletes and coaches (United States Coast Guard Athletics)

Nov 8, 2022 Body Image and Student-Athletes, Invited Speaker - Love Your Body Week, Women's Center, Boston College

Jun 21, 2022 Careers in Sport Psychology, Invited Speaker- F.A. Day Middle School Career Day, Newton Public Schools

Apr 27, 2022 Avenues in STEM, Invited Panelist - Stem & Health Outreach Club for AHANA+ students, Boston College

Apr 5, 2022 Psi Chi Guest Speaker, University of Colorado - Boulder

Mar 31, 2022 Eagles for Equality- Women in Sport Panelist - Boston College Athletics

Dec 2019 Building and Leading a High-Performing Team, Coaching Today's Athlete Certificate- Boston College, Woods School of Continuing Education- designed and delivered a full-day workshop for students/coaches

Nov 13, 2017 Coaching Civility, Newton North High School Athletics, Coaches Workshop

Apr 11, 2016 Women in Science Panelist, Department of Psychology, Boston College

Oct 15, 2015 Parents: Promoting Positive Competitive Environments, Co-presented with Dr. E. Whitney Moore,
AASPCommunity Outreach Committee, Indianapolis, IN

2010 Motivating Athletes, Invited Lecturer, University of Northern Colorado

2008, 2009 Gender and Sport, Invited Lecturer, University of Denver

2004 Principles of Coaching, Invited Lecturer, University of New Hampshire

Coaching Mental Skills, Invited Lecturer, University of New Hampshire

The Games Approach to Coaching, Invited Lecturer, University of New Hampshire

CONSULTING

Mental Performance/Educational Sport Psychology Consultant, Various Locations, Individual and Group Clients (2005 - present), including:

- *Team/Club Experience*: Division I Women's - Volleyball, Basketball, Swimming & Diving, Lacrosse, Rowing; Youth/High School Field Hockey, Swimming; High school boys basketball
- *Individual Experience*: Division I women's lacrosse, Division I women's cross country and track and field, Division I softball, Division I field hockey, semi-professional men's swimming, high school and club boy's ice hockey
- *Level Experience*: elite and recreational youth and adolescents, collegiate (primarily Division I), semi-professional
- *Regional Experience*: primarily Northeast and Southwest USA

Expert External Reviewer, Athletic Counseling Masters Program, Springfield College, (May - June 2024)

Task Force Lead, Woods College of Advancing Studies, Boston College, led a task force to develop a comprehensive proposal for a graduate program in Applied Sport Psychology (2024 - 2025)

Consultant, Applied Sport Psychology in the Lynch School at Boston College (2014 - 2025), contributed to efforts

PROFESSIONAL DEVELOPMENT

August 2025 The Mentor's Role of Gatekeeping in CMPC Mentorship, AASP Webinar

April 2025 AASP Regional Conference, Boston University

August 2024 Best Practices in Supervision for Developing Competent Consultants, AASP Webinar

Multicultural Mentorship: Define. Explore. Act., AASP Webinar

Professional Development as a Journey: The Supervisor as a Tour Guide, AASP Webinar

Three Pathways for Providing Supervision in Sport and Performance Psychology: Adapting Supervision into Different Settings, AASP Webinar

June 2024 Mentoring Through Sticky Situations, AASP Webinar

May 2024 Morrissey College of Arts & Sciences Dean's Retreat, Boston College, Cohasset, MA

Nov 2023 AASP Virtual Conference

Jun 2023 NASPSPA Annual Conference, Toronto, Canada

Mar 2022 Northeast Regional AASP Conference, virtual, Springfield College

Mar 2021 Northeast Regional AASP Conference, virtual, Springfield College

Oct 2020 AASP Virtual Conference

Sep 2020 Tools for Professionals in Sport during BLM & COVID, AASP Webinar

Mar 2019 U.S. Field Hockey Summit, Participant, Baltimore, MD

U.S. Field Hockey Level 1 Coaching Certification, St. Anselm College

Apr 2017 Developmental Science Teaching Institute, Society for Research in Child Development (SRCD), Austin, TX

Apr 2017 Society for Research in Child Development, Austin, TX

Sep 2016 AASP Annual Conference, Phoenix, AZ

Oct 2015 AASP Annual Conference, Indianapolis, IN

May 2015 Changing the Game: Transformative Advances in Youth Sport, AASP Webinar

Oct 2014 AASP Annual Conference, Las Vegas, NV

Oct 2013 AASP Annual Conference, New Orleans, LA

Oct 2012 AASP Annual Conference, Atlanta, GA

Mar 2012 AAHPERD National Convention, Boston, MA

Apr 2012 Southwest AASP Regional Conference, University of Denver, Denver, CO

Sep 2011 AASP Annual Conference, Honolulu, HI

Oct 2010 AASP Annual Conference, Executive Board, Providence, RI

Oct 2010 Pre-Conference Workshop: An Inside Look at Coaching Education in Action, AASP, Providence, RI

Sep 2009 AASP Annual Conference, Executive Board, Salt Lake City, UT

Apr 2009 Society for Research in Child Development Biennial Meeting, Denver, CO

Oct 2007 AASP Annual Conference, Louisville KY

Sep 2006 AASP Annual Conference, Miami, FL

Oct 2005 AASP Annual Conference, Vancouver, BC

PROFESSIONAL INVOLVEMENT & SERVICE

DEPARTMENTAL & UNIVERSITY-WIDE SERVICE

2022 - 2025 Faculty Athletic Advisory Board, Boston College

2019 - 2025 Assessment of Undergraduate Learning Committee, Boston College Psychology & Neuroscience

2019 - 2025 Outreach Committee, Boston College Psychology & Neuroscience

2020 - 2024 Faculty Mentor, Gabelli Presidential Scholars Program

2020 - 2023 Diversity, Equity, and Inclusion Climate Working Group, Boston College Psychology & Neuroscience

2020 - 2023 Diversity, Equity, and Inclusion Curriculum Working Group, Boston College Psychology & Neuroscience

AASP LEADERSHIP

2022 - Present Managing Editor, Journal for Advancing Sport Psychology in Research (JASPR)

2015 - 2016 Elected Member of Strategic Planning Committee, Association for Applied Sport Psychology (AASP), we created the 2015-2019 Strategic Plan for AASP; Membership & Retention Workgroup- our work resulted in the creation of the new AASP Executive Board Membership Services Chair

2015 - 2016 Community Outreach Committee; co-presenter for parent outreach program in Indianapolis (October)

2010 Invited Member of Strategic Planning Leadership Team, we created a 2-year and 5-year strategic plan for AASP

2009 - 2010 Executive Board Student Representative

2009 - 2010 Student Development Committee, Member

2009 - 2010 Research Grant Committee, Member

2006 - 2010 Hospitality Committee, Co-Founder and Member

2006 - 2009 Southwest Student Regional Representative

PEER REVIEWING

Journal for Advancing Sport Psychology in Research

Journal of Sport, Exercise, and Performance Psychology 2020 Outstanding Reviewer of the Year

Journal of Prevention and Health Promotion

Journal of Youth Development

Journal of Character Education

Applied Developmental Science

MEMBERSHIP & OTHER SERVICE

AASP Scientific Program Abstract Reviewer (2010, 2011, 2015, 2016, 2020-2023, 2025)

Professional Organization Membership

Association of Applied Sport Psychology (2005-2017, 2020-Present)

North American Society for the Psychology of Sport and Physical Activity (2010-2011, 2013, 2020, 2023) Society for Research in Child Development (2008 - 2009, 2017, 2020)

American Alliance of Health, Physical Education, Recreation, and Dance (2012)

North American Society for the Sociology of Sport (2008, 2009)

Member, AASP Community Outreach Committee (2015 - 2017)

Member of AASP Coaching Science SIG, Youth Sport SIG, Achievement Motivation SIG, Teaching Sport & Exercise Psychology SIG, Women in Sport SIG (2013 - 2016)

Volunteer, Read Aloud Program, Boston College (2013)

PRESENTATIONS & PUBLISHED ABSTRACTS

Bernier, L. & **Moore, K.L.** (2023, June). Do Anxiety and Depression Explain Self-Handicapping in Collegiate Athletes? (Part 2) Presented at NASPSPA Annual Conference, Toronto, Canada.

Bernier, L. & **Moore, K.L.** (2022, March). Do Anxiety and Depression Explain Self-Handicapping in Collegiate Athletes? (Part 1) Presented at AASP Northeast Regional Conference.

Moore, K.L., Vest Ettekal, A., & Lerner, R.M. (2020). High School Athletes' Perspectives on a Sport-Based Youth Development Program Theory of Change. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Orlando, FL (virtual).

Vest Ettekal, A., **Moore, K.L.**, Gansert, P., Ferris, K., & Syer, T. (2016, September). Character Development in Youth Sport: Can a Character-Based Curriculum Promote Athletes' Beliefs and Behaviors About Respect? Presented at

- Samson, A., Gonzalez, S., Simpson, D., **Moore, K.**, Moore, E.W., Coakley, S., & Thorne, J. (2016, September). The Development and Execution of a Multifaceted Sport Psychology Community Outreach Initiative: Process Reflections and Lessons Learned. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Phoenix, AZ.
- Moore, K.L.** & Babkes Stellino, M. (2015, October). Performance "Insurance": The Self-handicapping Process in Collegiate Athletes. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Indianapolis, IN.
- Moore, K.L.**, & Babkes Stellino, M. (2013, June). Self-handicapping in Collegiate Athletes: Testing the Explanatory Value of Basic Psychological Needs Satisfaction and Self-Theory of Ability. Presented at North American Society for the Psychology of Sport and Physical Activity, Annual Conference, New Orleans, LA.
- Moore, K.L.**, Pierotti, C.P., Babkes Stellino, M., & Beilman, J. (2013, June). Self-handicapping in Collegiate Dance Teams. Presented at North American Society for the Psychology of Sport and Physical Activity, Annual Conference, New Orleans, LA.
- Pierotti, C. P., **Moore, K.L.**, & Babkes Stellino, M. (2012, March). Initial Exploration of Self-handicapping in Professional Dance Team Performance. Presented at American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) Annual Convention, Boston, MA.
- Moore, K.L.** (2011, September). A Phenomenological Study of Self-handicapping in Collegiate Athletes: Findings from Collaborative Interviews and Practical Implications for Athletes & Coaches. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Waikiki, HI.
- Babkes Stellino, M. & **Moore, K.L.** (2010, October). Confirmation, Clarification and Expansion of the Perceived Parental Influence on Youth Sport Stress Literature. Presented at the Association for Applied Sport Psychology (AASP) Annual Conference, Providence, RI.
- Moore, K. L.** & Babkes Stellino, M. (2010, October). Confirmation, Clarification and Expansion of the Perceived Parental Influence on Youth Sport Enjoyment Literature. Presented at Association for Applied Sport Psychology (AASP) Annual Conference, Providence, RI.
- LaVoi, N.M., Babkes Stellino, M. & **Moore, K.L.** (2009, April). The Relation Between Perceived Parent Created Sport Climate and Competitive Youth Hockey Players' Good and Poor Sport Behaviors. Presented at the Society for Research in Child Development (SRCD) Biennial Meeting, Denver, CO.
- Klaczynski, P.A., Stewart, J., **Moore, K.L.**, Jones, K.D. & Schwans, B. (2009, April). Contagion, Taste Biases, and False Memories: Toward Explaining the Obesity Stigma. Presented at the Society for Research in Child Development (SRCD) Biennial Meeting, Denver, CO.
- Moore, K. L.** & Barber, H. (2007, October). "My Parents Made Me Do It!" Parental Influences on Self handicapping: Athletes' Perceptions and Goal Orientations. Presented at the Association for Applied Sport Psychology (AASP) Annual Conference, Louisville, KY.
- Collins, K.C., Barber, H., Laws, A.E., & **Moore, K.L.** (2006, September). The Journey from Opinion to Philosophy: The Influence of Coaching Education on Philosophy Development in Pre-Professional Coaches. Presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Miami, FL.
- Collins, K.C., Barber, H., **Moore, K.L.**, & Laws, A.E. (2005, October). Coaching Philosophy: An Assessment of Pre-Professional Coaches. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP), Vancouver, BC.

ARTICLES AND BOOK CHAPTERS

Vest Ettekal, A., Burkhard, B., Ferris, K.A., **Moore, K.L.**, & Lerner, R.M. (2018). Character Education in High School Athletics: Perspectives From Athletics Directors on a Curriculum to Promote Character Development Through Sport. *Journal of Character Education*, 14, 29-43.

Babkes Stellino, M., Partridge, J. A. & **Moore, K.L.** (2012). Social influence on emotion in sport. In J. Thatcher & M. Jones (Eds.) *Coping and Emotion in Sport*. Nova Science Publishers, Inc.

Collins, K.C., Barber, H., **Moore, K.L.**, & Laws, A.E. (2011). The first step: Assessing the coaching philosophies of pre-service coaches. *ICHPER-SD Journal of Research*, 6, 21-29.

ARTICLES IN PREPARATION

Moore, K.L. & Bernier, L.A. Anxiety and depression as predictors of self-handicapping in collegiate athletes.

Moore, K.L., Ettekal, A.V. & Lerner, R.M. Adolescent athletes' perspectives on becoming a competitor of character.

Moore, K.L. & Babkes Stellino, M. Performance "insurance": The self-handicapping process in Division I collegiate athletes.

Moore, K.L., & Babkes Stellino, M. Basic needs satisfaction and implicit self-theories of ability as predictors of self-handicapping in Division I collegiate athletes.

GRANTS

2023-2024 PI, Undergraduate Research Fellowships- awarded \$12,600 in funds to pay undergraduate research fellows to support the research and outreach efforts of my Psychology of Sport and Physical Activity Lab for the 2023-2024 academic year, Morrissey College of Arts and Sciences, Boston College

2021 - 2022 PI, Undergraduate Research Fellowships- awarded \$11,200 in funds to pay undergraduate research fellows to support the research and outreach efforts of my Psychology of Sport and Physical Activity Lab for the 2021-2022 academic year, Morrissey College of Arts and Sciences, Boston College

2020 - 2021 PI, Undergraduate Research Fellowships- awarded \$10,800 in funds to pay undergraduate research fellows to support the research and outreach efforts of my Psychology of Sport and Physical Activity Lab for the 2020-2021 academic year, Morrissey College of Arts and Sciences, Boston College

2016 - 2017 Co-PI, Evaluating the Positive Coaching Alliance (PCA) Model: Developing Competitors of Character (Co-PI, Dr. Andrea Vest Ettekal)- I was hired for the 3rd and final year of the project as Co-PI to lead the research team at Tufts in the Institute of Applied Research in Youth Development (PI: Dr. Richard Lerner) and design and conduct qualitative data analysis; project was supported by a John Templeton Foundation grant (\$1,302,455).

2012 Graduate Student Association Grant Award, \$250

2011 School of Natural and Health Sciences Student Research Grant Award, \$200 2010 Graduate Student Association Grant Award, \$555

School of Natural and Health Sciences Student Research Grant Award, \$201

CERTIFICATIONS, AWARDS, & DISTINCTIONS

- 2024 Registry of Approved CMPC Mentors**, Association of Applied Sport Psychology
- 2023 Certified Mental Performance Consultant (CMPC)**, Association of Applied Sport Psychology, #1212
- 2023, 2022 Faculty Appreciation Spotlight**, Boston College Women's Soccer
- 2020 Outstanding Reviewer of the Year**, Journal of Sport, Exercise, and Performance Psychology
- May 4, 2019 Athletic Hall of Fame Inductee**, Stuart Country Day School of the Sacred Heart
- 2019 Level I Coach Certification**, U.S.A. Field Hockey
- 2010-2011 Favorite Professor**, UNC Mortar Board
- 2003 Massachusetts Teaching Certification Initial (1-6)**
- Apr 2002 Robert E. Curtis Student Teacher Award** "Presented to two qualified, worthy, and promising students, one in elementary and one in secondary education, who have distinguished themselves in student teaching."
(Gettysburg College)
- Apr 2002 Pennsylvania Teaching Certificate Instructional I (K-6)**
- Jan 2002 Invited Participant**, Snell Coaching Symposium, Ursinus College
- 2001 Alpha Kappa Delta Inductee**– Sociology Honors Society
- 2001 National All-American Second Team**, Gettysburg College Field Hockey
- Regional All-American First Team**, Gettysburg College Field Hockey
- Centennial Conference Player of the Year**, Gettysburg College Field Hockey
- 1999-2001 Vice-President and President**, Fellowship of Christian Athletes, Gettysburg College
- 1999-2002 Wilderness First Responder**

COACHING, RECREATION, & ATHLETICS EXPERIENCE

- 2016 – 2022 Head Coach**, Newton North High School Field Hockey
- 2017 – 2021 Camp Director**, Newton Community Education Summer Youth Field Hockey Camp
- 2017 – 2019 President** (2017-2018), **Coaches Commissioner** (2019); Garden City Kindergarten Soccer
- 2005 – 2006 Fitness Assessment Coordinator and Building Supervisor**, City of Longmont Recreation Center
- 2005 – 2006 Director of Field Hockey**, Seacoast United Indoor Arena
- 2005 – 2006 Coach, U16 White Team**, Seacoast United Field Hockey Club
- 2005 Assistant Resident Sport Psychology Consultant**, U.S. Soccer Olympic Development Program Region I Camp
- 2004 – 2005 Field Hockey Graduate Assistant Coach**, University of New Hampshire
- 2003 – 2004 Assistant Camp Director; Head Coach**, UNH Field Hockey Summer Camps
- 2003 – 2004 Coach, U16 Red Team**, Seacoast United Field Hockey Club
- 1997 – 2001 Student-Athlete**, Gettysburg College Field Hockey