

Timothy Elkinton, B.A. (he/him)

Curriculum Vitae

Sport Psychology Program (Master's Student)
College of Education
Department of Educational Psychology and Learning Systems
Florida State University
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PROFILE

Driven graduate student aspiring to earn a doctoral degree in counseling psychology with a focus on achieving Certified Mental Performance Consultant (CMPC) and LMHC licensures. Dedicated to empowering athletes by providing unwavering support in enhancing their mental performance and overall well-being. Committed to being a steadfast, empathetic resource for athletes' growth and success, fostering a culture of care and reliability.

EDUCATION

- 2024 **Master of Science, Sport and Performance Psychology (M.S.)**
Department of Education and Learning Systems, Florida State University
Current GPA: 4.0
Advisor: Dr. Brian Foster
- 2022 **Bachelor of Arts in Psychology (B.A.), Minor in Communication Studies**
University of San Diego
Overall GPA: 3.53, Major GPA: 3.63 (Cum Laude)
Advisor: Dr. Nadav Goldschmied

CONSULTING EXPERIENCE

- 2022-Present **Mental Performance Consultant Philosophy**
Sport Psychology Program, Florida State University, Tallahassee, FL
Advisor: Dr. Brian Foster, CMPC
- Leverage a theoretical orientation that integrates elements of gestalt, cognitive behavioral therapy, and person-centered perspectives as a mental performance consultant
 - Commit to optimizing athletes' experiences by fostering peak performance, aiding in personal growth, and cultivating holistic well-being.
 - Empower athletes by enhancing their self-efficacy, confidence, and coping skills, equipping them with valuable tools for maintaining healthier lifestyles.
 - Embrace a comprehensive approach that goes beyond the athletic self, helping athletes understand and develop their multifaceted identities. Tailor individualized strategies to cater to the unique needs of each athlete, ensuring a personalized and effective approach.
 - Engage in work with a total of 91 athletes within division 1 and high school athletic programs

Sport Psychology Consulting

- 2023-Present **Florida Agricultural and Mechanical University (FAMU) Men's Golf**
Consultant

- Implemented strategies to reduce negative self-talk and facilitated the creation of work-life balance solutions tailored to the demands of student-athletes.
- Supported golfers in addressing imposter syndrome resulting from their status as minority players in the golfing community, fostering confidence and a sense of belonging.
- Strengthened self-compassion and self-efficacy among athletes.

2023-Present Maclay High School Football*Co-consultant*

- Mentored student-athletes to enhance their personal development and equip them with essential life skills for their transition to adulthood.
- Implemented strategies to enhance team cohesion and established process-oriented goals, contributing to the achievement of players' seasonal objectives.

2023-Present Quinnipiac University Women's Rugby*Consultant*

- Guided an athlete in addressing performance-related perfectionism and overcoming self-comparisons to previous achievements

Spring 2023 Cornell University Women's Track and Field*Consultant*

- Facilitated an athlete's successful comeback to her sport following a prolonged back injury, offering guidance in navigating the emotional and psychological hurdles during rehabilitation.
- Utilized the Biopsychosocial model to construct a comprehensive support system, fostering the athlete's all-encompassing recovery experience.

2022-Present Florida Agricultural and Mechanical University (FAMU) Women's Tennis*Co-consultant*

- Implemented targeted interventions using Nideffer's Model of attentional states to enhance players' attentional shifting abilities, contributing to improved performance.
- Developed and applied effective strategies to mitigate burnout symptoms and rekindle the athletes' passion for sports and life, fostering a renewed sense of enjoyment and well-being.

RESEARCH EXPERIENCE

2023-Present COE Technology Sandbox

Graduate Assistant, College of Education, Health, and Human Sciences, Florida State University, Tallahassee, FL

- The Tech Sandbox provides various technologies for the advancement of professional and academic endeavors including 3D printing resources, robotics and coding applications, virtual reality, and interactive display boards.
- Evaluate the effectiveness of and lead the design, development, and evaluation of instructional materials for diverse audiences, including students, faculty, staff, and visitors in workshops, trainings, and presentations.
- Research generative AI and its impact on higher education, student development, and career advancements, enriching Florida State University's repository of tools and resources.

2023-Present The LEGO: Laboratory for Emotions in Groups and Organizations

Research Assistant, Florida State University, Tallahassee, FL

- The lab is dedicated to researching emotions and group dynamics throughout different sport and performance settings.
- Participate in biweekly meetings to review and enhance ongoing research projects by providing guidance and solutions to optimize research design and execution.

2021- 2022 **Research Assistant**

Department of Psychological Sciences, University of San Diego, San Diego, CA

- Managed a study investigating the factors influencing spectators' enjoyment of tennis.
- Designed and conducted a study investigating the effects of jersey color on spectators' perceptions of player aggression. Participants observed controversial penalty calls and identified the player committing the penalty, as well as the player exhibiting the most aggressive behaviors.
- Utilized Qualtrics, SPSS, and Excel for data collection and analysis.

2021-2022 **Lead Researcher**

Cognitive Psychology Capstone Project, University of San Diego, San Diego, CA

- Designed a study examining the differential effects of background music, background noise, and silence on the completion time and accuracy of students completing a cognitive task.
- Generated findings indicating increased assignment efficiency among students when listening to background music, as opposed to working in silence.

2021 **Social Psychology Research Project**

Social Psychology Course, Department of Psychology Sciences, University of San Diego, CA

- Conducted a gender-focused quasi-experimental study to investigate reactions to challenges to social norms, particularly in the context of line-cutting incidents.

Professional Organizations2023-Present **Association for Applied Sport Psychology- Mental Health Special Interest Group**
Student Member, Orlando, FL

- Facilitate initiatives to increase mental health awareness and reduce stigma within the athletic and performing arts communities.
- Lead efforts in developing best practices and fostering research collaborations to enhance mental health support for these populations.

2023-Present **Florida State University Master's Program Applied Sport Psychology Club**
Vice President, Florida State University, Tallahassee, FL

- Enhance students' consulting skills by creating learning opportunities for ways to integrate mental skills into sessions.
- Organized guest speaker sessions with experienced practitioners to provide insights into the connection between sport psychology and mental health counseling, equipping students with valuable resources for professional growth and athlete support.

2023-Present **National Society of Leadership and Success**

Member, Florida State University, Tallahassee, FL

- An honor society dedicated to cultivating leadership among motivated students in both their university and community.

2021-2022 **Industrial/Organizational Psychology Club**

President, University of San Diego, San Diego, CA

- Guided students pursuing I/O psychology careers, emphasizing the practical application of coursework and providing insights from practitioner interviews in organizational settings.

2020-2022 **Psi Chi International Psychology Honors Society**

Member and Tutor, University of San Diego, San Diego, CA

- An honor society that offers recognition for academic excellence, while fostering psychology-related activities, research, and professional development.
- Provided tutoring support to students in psychology and clinical neuroscience coursework.

Presentations

Elkinton, T., & Butts, A. (2022, April). NBA comebacks: a descriptive research into an uncommon feat. *USD Creative Collaborations Conference*.

Honey, E. & **Elkinton, T.** (2024, April). How We See Tennis: The Influence of Crowds. USD Creative Collaborations conference [projected].

Achievements, Honors, and Distinctions

2022 Crest Collective Award for Excellence in Civic Engagement
University of San Diego, San Diego, CA

2018-2022 USD Presidential Scholarship Recipient
University of San Diego, San Diego, CA

2018-2022 Departmental Honors in Psychology, Dean's List
Department of Psychological Sciences, University of San Diego, San Diego, CA

WORK EXPERIENCE

2023 **Union Square Practice Mental Health Clinic**

Internship, New York, NY

- Interned at a unique mental health clinic offering integrated psychiatric and psychological services.
- Collaborated with a diverse team of clinicians, mental health counselors, psychiatrists, and other providers to discuss client cases and explore treatment approaches encompassing humanistic, CBT, art therapy, mindfulness, and multicultural perspectives.

2023 **SportStrata Mental Performance Coaching**

Internship, New York, NY

- Worked closely with a diverse team of professionals to enhance peak mental performance in clients from various domains, including high-level athletes, business professionals, performing artists, first responders, and military personnel.
- Assisted in the development of mental performance resources including a psychological first aid workshop, motivational interviewing training for coaches, and self-talk scripts.

2021 **Master Sports**

Coach, Coronado, CA

- Instructed and coached children aged 5-12 in various sports, including basketball, volleyball, and football.
- Nurtured their problem-solving abilities, leadership development, and teamwork skills to support their overall growth.

SKILLS AND COMPETENCIES

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| • SPSS Statistics | • Oculus Quest VR | • EmWave2 Biofeedback |
| • Qualtrics | • 3D Printing | • Dynavision Cognitive Training |
| • Excel | • Hand Grip Dynamometer | • FITLIGHT Training System |

REFERENCES

Dr. Brian Foster, CMPC

Florida State University

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Dr. Tom Gretton, CMPC

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