

CURRICULUM VITAE

E. EARLYNN LAUER, PhD

Western Illinois University
Macomb, IL
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EDUCATION

- Doctor of Philosophy** **05/2017**
University of Tennessee (Knoxville, Tennessee)
Major: Kinesiology and Sport Studies
Concentration: Kinesiology
Specialization: Sport Psychology and Motor Behavior
Certification: Graduate Certificate in Qualitative Research Methods
Dissertation: United States Elite Youth Tennis Athletes' Use of Psychological Strategies in Competition
Advisor: Rebecca A. Zakrajsek, PhD
- Master of Science** **05/2014**
University of North Texas (Denton, Texas)
Major: Kinesiology
Concentration: Sport Psychology
Thesis: The effects of a mental training program on tennis players' service form and consistency
Advisor: Scott B. Martin, PhD
- Bachelor of Science** **05/2012**
Drake University (Des Moines, Iowa)
Major: Psychology, Neuroscience

PROFESSIONAL EXPERIENCE

- Western Illinois University** (Macomb, IL) **08/2017 – present**
Position: **Assistant Professor of Sport Psychology/Wellness**
Department: Kinesiology
Duties: Teach undergraduate and graduate courses in Sport Psychology and Wellness, serve on departmental and university committees
- University of Tennessee** (Knoxville, TN) **08/2014 – 05/2017**
Position: **Graduate Teaching Associate**
Department: Kinesiology, Recreation, and Sport Studies
Duties: Teach courses in Physical Education Activity Program (PEAP), instructor of record for two Kinesiology undergraduate courses

Lauer, E.

University of North Texas (Denton, TX)

08/2012 - 05/2014

Position: **Graduate Teaching Fellow**

Department: Kinesiology, Health Promotion, and Recreation

Duties: Perform teaching and assistantship duties (e.g., grade management)

RESEARCH AND/OR SCHOLARLY PUBLICATIONS

■ Refereed Publications

Lauer, E. E., Martin, S. B., & Zakrajsek, R. A. (2019). iSCORE: Using technology to enhance performance of closed motor skills. *Strategies: A Journal for Physical and Sport Educators*, 32(3), 19-42. DOI: 10.1080/08924562.2019.1584068.

Shigeno, T. C., **Lauer, E. E.**, Fisher, L. A., Johnson, E. J., & Zakrajsek, R. A. (2019). The coach's role in creating moral group norms in youth sport. *International Sport Coaching Journal*. DOI: <https://doi.org/10.1123/iscj.2018-0029>

Shigeno, T. S., **Lauer, E. E.**, Wrisberg, C. A. DeLisio, D. C., & Lin, P. (2018). Developing attentional control in high school football: Two case studies. *Journal of Sport Psychology in Action*. DOI: <https://doi.org/10.1080/21520704.2018.1518281>

Raabe, J., Bejar, M. P., Bass, A. D., **Lauer, E. E.**, Erdner, S. M., & Zakrajsek, R. A. (2018). Teach me and I may remember, involve me and I learn: Peer mentoring in graduate education. *Quest*. DOI: <https://doi.org/10.1080/00336297.2018.1544082>

Lauer, E. E., Zakrajsek, R., Fisher, L. A., Bejar, M., McCowan, T., Martin, S. B., & Vosloo, J. (2018). NCAA DII female student athletes' perceptions of their sport uniforms. *Journal of Sport Behavior*, 41(1), 40-63.

Lauer, E. E., Jackson, A. W., Martin, S. B., & Morrow, J. R. (2017) Meeting USDHHS physical activity guidelines and health outcomes. *International Journal of Exercise Science*, 10(1), 121-127.

Zakrajsek, R. A., **Lauer, E. E.**, & Bodey, K. (2017). Integrating psychological skills and strategies into youth sport coaches' practice plans. *International Sport Coaching Journal*, 4, 76-89.

■ Manuscripts in Press

Lauer, E. E., Lerman, M., & Zakrajsek, R. A., Lauer, L. (In press). The development of a mental skills training program in elite youth tennis. Submitted to the *International Sport Coaching Journal*.

■ Manuscripts Under Review

Lauer, E. E., Dietch, J. R., Chu, T. L., Barton, M., Martin, S. B., Petrie, T. A., Greenleaf, C. A., & Taylor, D. J. (Under review). Psychosocial well-being and insomnia differ by weight control behaviors among healthy-weight adolescent females: Brief report. Manuscript under review at *International Journal of Behavioral Medicine*.

DeLisio, D. C., **Lauer, E. E.**, Shigeno, T. C., Fisher, L. A., & Zakrajsek, R. A. (Revise and resubmit). A reflective account of sexual harassment in mental performance consulting. Submitted to *The Sport Psychologist*.

Lauer, E.

■ Manuscripts in Preparation or Revision

Lauer, E. E., Zakrajsek, R. A., & Lauer, L. (In final revision). A formative program evaluation of an integrated psychological skills training program for elite youth tennis athletes. To be submitted to *The Sport Psychologist*.

Lauer, E. E., Zakrajsek, R. A., Shigeno, T. C., Bass, A. D., Raabe, J. J., & Fisher, L. (In revision). Understanding the construct of mental toughness in youth sport. To be submitted to the *Journal of Youth Sport*.

Raabe, J. J., **Lauer, E. E.,** & Bejar, M. P. (In revision). A phenomenological exploration of mental toughness in youth athletes: The perception of coaches. To be submitted to the *Journal of Applied Sport Psychology*.

Zakrajsek, R. A., **Lauer, E. E.,** Waters, S., Fisher, L. A., & Heird, E. (In revision). Developing effective sport psychology consulting relationships with young athletes. To be submitted to *The Sport Psychologist*.

Lauer, E. E., Zakrajsek, R. A., & Couvillion, K. (In revision). United States elite youth tennis athletes' use of psychological strategies in competition. To be submitted to the *Journal of Applied Sport Psychology*.

Raabe, J. J., **Lauer, E. E.,** Bejar, M. P. (In revision). Understanding mental toughness in the coaching profession: A phenomenological exploration. To be submitted to the *International Sport Coaching Journal*.

■ Book Chapters

Lauer, L., Zakrajsek, R. A., & **Lauer, E. E.** (2018). The role of sport psychology for young athletes. In C. J. Knight, C. Harwood, & D. Gould (Eds.), *Sport psychology for young athletes*. Routledge: New York.

■ Other Professional Publications

Lauer, E. E., Zakrajsek, R. A., (November, 2018). Evaluation of an integrated mental skills training program within United States Tennis Association Player Development. Report generated for United States Tennis Association Player Development, 1-40.

Lauer, E. E., Zakrajsek, R. A., Raabe, J., & Whitney, J. (May, 2015). Fostering a play to win mentality. *News and Views from Sport Psychology*, 24(4).

Zakrajsek, R. A., Raabe, J., **Lauer, E. E.,** & Whitney, J. (April, 2014). Developing confidence habits. *News and Views from Sport Psychology*, 24(3).

Lauer, E. E., Zakrajsek, R. A., Raabe, J., & Whitney, J. (February, 2015). The mindful team. *News and Views from Sport Psychology*, 24(2).

Bass, A., Raabe, J., Zakrajsek, R. A., **Lauer, E. E.,** & Whitney, J. (January, 2015). Assisting athletes' skill development. *News and Views from Sport Psychology*, 24(1).

Zakrajsek, R. A., Erdner, S., Raabe, J., **Lauer, E. E.,** & Whitney, J. (November/December, 2014). The wholehearted athlete. *News and Views from Sport Psychology*, 23(8).

Lauer, E.

Raabe, J., Zakrajsek, R. A., **Lauer, E. E.**, & Whitney, J. (October, 2014). Facilitating the return from injury. *News and Views from Sport Psychology*, 23(7).

Zakrajsek, R. A., Raabe, J., **Lauer, E. E.**, & Whitney, J. (September, 2014). Mental links to excellence. *News and Views from Sport Psychology*, 23(6).

■ **Professional Refereed Presentations**

Lauer, E. E., Zakrajsek, R. A., & Lauer, L. (2019, October). United States elite youth tennis athletes' use of psychological strategies during competition. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Portland, OR.

Lauer, E. E., Raabe, J., & Bejar, M. P. (2019, October). A phenomenological exploration of mental toughness in adolescent youth sport. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Portland, OR.

Lauer, E. E., Zakrajsek, R. A., Lerman, M., & Lauer, L. (2019, June). The use of routines to develop consistence excellence. Workshop presented at the United States Center for Coaching Excellence (USCCE) Annual Summit in Colorado Springs, CO.

Lauer, E. E., Zakrajsek, R. A., Lauer, L. (2018, October). Use and reinforcement of strategies within a youth psychological skills training program. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Toronto, CA.

Lauer, E. E., Zakrajsek, R. A., Lauer, L., Lerman, M., Haustor, S., & Devashetty, J. (2018, June). Integrating psychological skills training in a united states tennis association player development program. Panel presented at the United States Center for Coaching Excellence (USCCE) Annual Summit in Orlando, FL.

DeLisio, D., **Lauer, E. E.**, Shigeno, T., & Lin, P. (2017, October). Building a brotherhood: Neophyte consultants' experiences of working with a high school football program. Panel presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Orlando, FL.

Lauer, E. E., Shigeno, T., Fisher, L., Johnson, E., & Zakrajsek, R. (2017, October). From the age of innocence to the age of acknowledgement: Competitive youth soccer club coaches' perceptions of moral atmosphere. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Orlando, FL.

Lauer, E. E., Zakrajsek, R., & Lauer, L. (2017, October). Evaluation of a psychological skills training program for elite youth tennis athletes. Poster presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Orlando, FL.

Lauer, E. E., & Zakrajsek, R. A. (2017, May). Coaching optimal youth athletes: Understanding the construct of mental toughness in youth sport. Lecture presented at Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie in Bern, Switzerland.

Lauer, E. E., Zakrajsek, R. A., Waters, S., Heird, E. B., Humphrey, C., Lozano, M., & Fisher, L. A. (September, 2016). "They don't care how much you know until they know how much you care": Developing effective consulting relationships with kids. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Phoenix, AZ.

Lauer, E.

Bass, A., Raabe, J., **Lauer, E. E.**, Erdner, S., Bejar, M., & Zakrajsek, R. (October, 2016). Teach me and I may remember, involve me and I learn: Peer mentoring in graduate education. Panel presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Phoenix, AZ.

Shigeno, T. C., **Lauer, E. E.**, Fisher, L. A., & Zakrajsek, R. A. (June, 2016). Strategies for Creating a Positive Moral Atmosphere in Youth Sport Teams. Workshop presented at the National Coaching Conference (NCC) in Seattle, WA.

Lauer, E. E., Zakrajsek, R. A., Fisher, L. A., Bejar, M. P., McCowan, T., & Martin, S. B. (October, 2015) Body image concerns of female collegiate athletes in their sport uniforms. Lecture presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Indianapolis, IN.

Lauer, E. E. & Zakrajsek, R. A. (2015, June) Strategies for building mental skills in youth sport. Workshop presented at the National Coaching Conference (NCC) in Morgantown, WV.

Lauer, E. E., Martin, S. B., & Zakrajsek, R. (2015, February). The use of technology for coaches using imagery and video modeling in tennis skill acquisition. Poster presented at the Society of Health and Physical Educators (SHAPE) Southern District Conference in Atlanta, GA.

Lauer, E. E., Martin, S. B., Petrie, T. A., & Greenleaf, C. A. (2014, October). Role of physical fitness and weight loss actions on female adolescents' perceived sociocultural pressures for the ideal body. Poster presented at the Association for Applied Sport Psychology (AASP) Annual Conference in Las Vegas, NV.

Lauer, E. E., Martin, S. B., Petrie, T. A., Greenleaf, C. A., Marczyk, K. D., & Taylor, D. J. (2013, May). Relationships between psychosocial variables and weight action in adolescent girls. Poster presented at the American College of Sports Medicine (ACSM) Annual Meeting in Indianapolis, IN.

Morrow, J. R., Jackson, A. W., **Lauer, E. E.**, & Martin, S. B. (2013, May). Meeting physical activity guidelines and health. Poster presented at the American College of Sports Medicine (ACSM) Annual Meeting in Indianapolis, IN.

Lauer, E. E., Larke, L., Hodder, P., & Sah, R. (2010, August). Novel NPY Y2 receptor antagonists SF-41 and SF-11 reduce anxiety symptoms in open field testing in rodents. Poster presented at Summer Undergraduate Research Fellowship Presentation Day in Cincinnati, OH.

■ Other Professional Presentations

Lauer, E. E. (2018, May). Integrating mental skills and strategies in youth sport coaching. Workshop presented at Western Illinois University Coaching Seminar in Macomb, IL.

Lauer, E. E., & Zakrajsek, R. (2017, October). Evaluation of a psychological skills training program for elite youth tennis athletes. Lecture presented to coaches at the United States Tennis Association National Campus in Orlando, FL.

Lauer, E.

Shigeno, T. C., & **Lauer, E. E.** (2014, February). Effective coaching approaches to enhance motivational climate. Workshop presented at the International Sports Programming Initiative: Sport for Social Change in Knoxville, TN.

■ **Grants & Contracts**

Zakrajsek, R. A., & **Lauer, E. E.** (2015-2017). Evaluation of a Psychological Skills Training Program for Elite Youth Tennis Athletes. Funding line extended to dissertation: United States elite youth tennis athletes' use of psychological strategies in competition. United States Tennis Association Player Development Sports Science Research Grant Award. \$4000. Funded.

Mentoring Experience

Fall 2019	Thesis Chair: Kylie Gerhardt Thesis Chair: Skylar Beard
Summer 2019	Independent Study: Matthew Hutton Independent Study: Todd Hall
Spring 2019	Independent Study: Otis Dortch
Fall 2018	Thesis Chair: Daniel Disney Undergraduate Honors Project: Rachel Shive Independent Study: Oghenekevwe Idimi
Spring 2018	Graduate Intern Supervisor: Bradley Kovert Graduate Intern Supervisor: Josée Primeau Thesis Committee Member: Jade Mariman
Fall 2017	Thesis Committee Member: Jade Mariman Undergraduate Honors Project: Emily Phillips

Teaching Experience

Fall 2019	Kinesiology: Principles of Coaching—KIN 271 Kinesiology: Coaching Practicum—KIN 272/471 Kinesiology: Exercise and Wellness Programming—KIN 444 Kinesiology: Field Experience in Kinesiology—KIN 464 Kinesiology: Ethics (graduate)—KIN 600
Summer 2019	Kinesiology: Sport and Exercise Psychology (online)—KIN 359
Spring 2019	Kinesiology: Principles of Coaching—KIN 271 Kinesiology: Field Experience in Kinesiology—KIN 464 Kinesiology: Organization and Management of Exercise Programs (graduate)—KIN 544 Kinesiology: Social Psychology of Sport and Physical Activity (graduate)—KIN 568
Fall 2018	Kinesiology: Sport and Exercise Psychology—KIN 359

Lauer, E.

	Kinesiology: Exercise and Wellness Programming—KIN 444 Kinesiology: Field Experience in Kinesiology—KIN 464 Kinesiology: Psychology of Injury and Rehabilitation in Sport and Physical Activity (graduate)—KIN 570
Spring 2018	Kinesiology: Sport and Exercise Psychology—KIN 359 Kinesiology: Exercise and Wellness Programming—KIN 444 Kinesiology: Applied Sport and Exercise Psychology (graduate)—KIN 569 Kinesiology: Wellness Programming Development and Administration (graduate)—KIN 552
Fall 2017	Kinesiology: Sport and Exercise Psychology—KIN 359 Kinesiology: Research Methods (graduate)—KIN 512 Kinesiology: Critical Readings in Kinesiology (graduate)—KIN 595
Spring 2017	Kinesiology: Introduction to Sport Psychology—KNS 231 Kinesiology: Psychology of Coaching—KNS 490 (cross listed undergraduate and graduate) Physical Activity: Tennis II—PYED 245 Physical Activity: Yoga—PYED 254 Physical Activity: Conditioning - PYED 224
Fall 2016	Kinesiology: Introduction to Sport Psychology—KNS 23 Physical Activity: Tennis II—PYED 245 Physical Activity: Stress Management—PYED 237
Summer 2016	Physical Activity: Tennis I—PYED 244
Spring 2016	Kinesiology: Principles of Motor Learning and Skilled Movement—KNS 290 Physical Activity: Yoga—PYED 254 Physical Activity: Tennis 1—PYED 244 Physical Activity: Tennis II—PYED 245
Fall 2015	Kinesiology: Introduction to Sport Psychology—KNS 231 Physical Activity: Stress Management—PYED 237 Physical Activity: Tennis I—PYED 244
Summer 2015	Physical Activity: Tennis I – PYED 244
Spring 2015	Physical Activity: Conditioning - PYED 224 Physical Activity: Tennis II – PYED 244 Physical Activity: Tennis II – PYED 244
Fall 2014	Physical Activity: Exercise & Weight Control – PYED 226 Physical Activity: Exercise & Weight Control – PYED 226 Physical Activity: Weight Training – PYED 252 Physical Activity: Yoga – PYED 254
Spring 2014	Physical Activity: Beginning Tennis – PHED 1590 Physical Activity: Beginning Tennis – PHED 1590

Lauer, E.

Physical Activity: Intermediate Tennis – PHED 1600
Physical Activity: Intermediate Tennis – PHED 1600
Pedagogical Skills, Strategies, and Management in Physical Education and Movement for Children (teaching assistant; two sections)

Fall 2013
Physical Activity: Beginning Tennis – PHED 1590
Physical Activity: Intermediate Tennis – PHED 1600
Health Promotion in the Corporate Setting (teaching assistant)
Pedagogical Skills, Strategies, and Management in Physical Education and Movement for Children (teaching assistant)

Spring 2013
Physical Activity: Beginning Tennis – PHED 1590
Physical Activity: Intermediate Tennis – PHED 1600
Physical Activity: Intermediate Tennis – PHED 1600
Physical Activity: Advanced Tennis – PHED 1610
Health Promotion: Development and Application of Presentational Skills (teaching assistant)

Fall 2012
Physical Activity: Beginning Tennis – PHED 1590
Physical Activity: Intermediate Tennis – PHED 1600
School and Community Health Problems and Services (teaching assistant)
Health Promotion in the Corporate Setting (teaching assistant)

■ Guest Lectures

Spring 2017
Advanced Qualitative Research in Education—EDPY 659 (Graduate Level; 1 day)

Fall 2016
Professional Practice Issues—KNS 538 (Graduate Level; 1 day)
Psychology of Sport—KNS 533 (Graduate Level; 1 day)

Spring 2016
Principles of Motor Learning and Skilled Movement—KNS 290 (Undergraduate Level; 3 days)

Fall 2015
Professional Practice Issues—KNS 538 (Graduate Level; 1 day)
Psychology of Sport—KNS 533 (Graduate Level; 1 day)

Sport Psychology Consulting Services

United States Tennis Association Player Development, Orlando, FL 09/2019-present
Contracted Mental Skills Coach
Provide mental training services to youth athletes at the National Campus

Leathernecks Excel as Athletes and People Program, Macomb, IL 08/2017-present
Program Director, Mental Trainer
Program description: comprehensive mental training, personal development, and nutrition services for student-athletes and athletics staff
Mental training services provided:
Workshops: First year student-athletes (regulating anxiety), sophomore student-athletes (building relationships)

Lauer, E.

Team sessions: women's golf, women's basketball, volleyball
Individual athlete sessions: men's swimming, men's track and field, women's track and field, volleyball, women's tennis, women's golf, strength and conditioning

Knoxville Orthopaedic Clinic Sports Medicine Workshop, Knoxville, TN 4/22/2017
Sport psychology presentation to high school coaches
Topic: building motivation

Lady Volunteers Women's Basketball, basketball team, Knoxville, TN 12/2016-03/2017
Provided weekly athlete and coach sessions
Topics: team culture, emotional management

South Doyle High School Football, Football team, Knoxville, TN, 09/2016-05/2017
Provide weekly athlete and coaching sessions
Topics: attentional focus, energy management, and communication
Fall 2016 Season: team reached TSSAA 5A State Semifinal game, overall record 8-6
(Previous season record, 0-10; team predicted to finish 1-9, last in district)

IMPACT Workshops, Baseball team, Knoxville, TN 10/2016-11/2016
Provide youth athlete and coach/parent sessions over 4 weeks
Topics: attentional focus and energy management

Smoky Mountain Tennis Academy, Tennis academy, Knoxville, TN 8/2015-12/2015
Provide weekly youth sport psychology workshops and individual youth consulting services
Topics: attentional focus, confidence, goal setting, energy management

Tennessee Swim Camp, University of Tennessee, Knoxville, TN 6/22/2015
Provided 1-hour youth athlete workshop
Topic: self-talk

Tennessee Diving Camp University of Tennessee, Knoxville, TN 6/22/2015
Provided 1-hour youth athlete workshop
Topic: self-talk

FC Alliance, Youth Soccer Club, Knoxville, TN 03/2015- 03/2016
Provided weekly activity-based mental skills training for youth soccer team
Topics: attentional focus, goal setting, communication

Seattle United, Youth Soccer Club, Seattle, WA. 09/2014 – 12/2014
Provided applied sport psychology consultation for one coach
Topics: team dynamics, communication, emotional regulation

Other Practical Experience

Bridging the Gap Podcast, Integrating Mental Skills into Youth Sport Training 05/15/2017
1-hour podcast

Tennis Coach 02/2016-05/2016
Powell High School (Powell, Tennessee)

Tennis Professional 06/2014-07/2015
Beaver Brook Golf and Country Club (Knoxville, Tennessee)

Lauer, E.

Tennis Professional Nike Camp at the University of North Texas (Denton, Texas)	6/2013-08/2013
Tennis Professional Four Seasons Resort at Las Colinas (Las Colinas, Texas)	06/2012-07/2012
Tennis Professional Des Moines Golf and Country Club (Des Moines, Iowa)	05/2011 - 06/2012

Service and Professional Memberships

■ University Service

Kinesiology P.E. Teacher Education Program Committee Member	01/2019-present
University Writing in the Disciplines Committee Member	08/2017-present
Kinesiology Graduate Program Committee Member	08/2017- present
Kinesiology 5K Fundraiser Planning Committee	08/2017- present
Kinesiology Department Chair Search Committee	08/2017- 06/2018

■ Current Professional Membership

Association for Applied Sport Psychology	2013-present
Service: Conference Abstract Reviewer	2014-present

■ Current Professional Service

<i>International Journal of Exercise Science</i>	
Service: Article reviewer	2017-present
<i>Health Psychology</i>	
Service: Article reviewer	2019-present

■ Continuing Education

Best Practices in Teaching Program (certificate of completion)	2015
Sport and Performance Psychology Consulting Workshop (Jean François Ménard- Kambio Performance Consultant)	2014, 2015, 2016

Honors and Awards

Research and Creative Activities Award Winner Center for Innovation in Teaching and Research Western Illinois University Amount: \$500 (one time)	2018
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Lauer, E.

Chancellor's Research Fellowship College of Education, Health, & Human Sciences University of Tennessee (Knoxville, Tennessee) Amount: \$10,000 (yearly for 3 years)	2014-2017
J. Wallace and Katie Dean Fellowship College of Education, Health, & Human Sciences University of Tennessee (Knoxville, Tennessee) Amount: \$15,000 (one time)	2014-2015
Kenneth Bahnsen Scholarship Recipient College of Education University of North Texas (Denton, TX) Amount: \$250 (one time)	2013-2014
Departmental Nominee: Teaching Fellow of the Year Kinesiology, Health Promotion, and Recreation University of North Texas (Denton, TX)	2014