



Presenter: Faith Roland

Session & Time: Oral_V / 4:00 to 4:20pm

Room: Guzman 104

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

ZOOM link:

<https://us04web.zoom.us/j/71090937040?pwd=ZFaibWRoad9QwjPcu9qzuUaKCXG6ym.1>

ZOOM Passcode: DUC

Digital Portfolio URL: <https://sites.google.com/view/faithroland/home>

Title: Philosophy of Practice of Faith Roland

Abstract:

This presentation explores my philosophy of practice as a future practitioner in the field of Applied Sport and Performance Psychology. It examines my purpose, core values, foundational and preferred mental skills, theoretical influences, and overall framework. By highlighting the connections between these elements, I will demonstrate how they shape my approach to teaching mental skills and enhancing performance. This presentation emphasizes the importance of a strong philosophical foundation in guiding effective practice. Attendees will gain insight into my professional perspective, learning how I will

apply key principles to support athletes and performers in optimizing their mental skills and overall performance.