

Aubrey Hope Shaw

Education

- Ph.D. in Education August 2016-present
University of Idaho, Moscow, ID
Character Education and Leadership
- Master's in Movement and Leisure Sciences May 2016
University of Idaho, Moscow, ID
Sport Psychology
- Bachelors of Science in Psychology, Minor in Communication Studies May 2014
University of Idaho, Moscow, ID

Professional Experience

- Lead instructor May 2018- July 2018
ISEM 301- Competition, Values, and You
H&S 350- Stress Management and Mental Health
- Teaching Assistant Aug. 2016-present
University of Idaho, Moscow, ID
- Advised students who needed direction
 - Gave feedback on assignments turned in
 - Maintained professional relationships with students
 - Provided a support system for students
- List of course:
ISEM 101: Sports and American Society. REC 260: Foundations of recreation, sport, and tourism. ISEM 301: Competition, Values, and You. H&S 451: Psychosocial determinates of health. REC 490: Management in Recreation, Park, and Tourism. PEP 495: Practicum in Exercise Science and Health. PEP 498 Internship in Exercise Science and Health. PEP 570: Ethical practice and communication in physical activity. MVSC 570: Research in Physical activity, theory, and design.
- Mental Skills Training Mentor Aug. 2015- May 2016
University of Idaho, Moscow, ID
- Provided students and student athletes with individual help with their performances in school and within their sport
 - Guided the students through the education of the mental skills training class
 - Provided instruction in conceptualizing mental skills such as goal setting, self talk, imagery, stress management and relaxation
- Mental Skills Training Instructor for Coaches Aug. 2015
Football, Colorado State University -Pueblo, Pueblo, CO

- Explained to coaches how important mental skills are to an athletes performance
- Answered questions about performance efficiency using imagery, self-talk, and relaxation
- Helped the coaches realize it is better to be process oriented instead of outcome oriented while setting goals
- Confident in knowing I can help the coaches and the athletes with performance and stress

Workshop Leader

Aug. 2015

Football, Colorado State University -Pueblo, Pueblo, CO

- Coaches wanted to have a relaxation session with the team
- Taught about three different types of relaxation techniques: imagery, progressive muscle, and deep breathing
- Instructed 125 men through progressive muscle relaxation, imagery relaxation, and deep breathing
- Spoke about how important relaxation is to a better performance

Mental Skills Training Seminar Instructor for Athletes

June -Aug. 2015

Football, Track and Field, Colorado State University-Pueblo, Pueblo, CO

- Taught imagery, self-talk, goal setting, energy management, stress management to athletes ages 17-23
- Ran a seven week seminar about mental skills training for the athletes of CSU-Pueblo
- Gave examples that athletes could relate to
- Provided worksheets to the athletes, so they could focus on themselves
- Engaged the athletes to have a conversation
- Provided a safe area that the athletes could come and learn
- Answered questions that the athletes had about own performance

Consulting

June -Aug. 2015

Football, Track and Field, Colorado State University -Pueblo, Pueblo, CO

- Provided clients with individual help with their performance
- Worked on being process oriented instead of outcome oriented with clients
- Improved clients mental skills such as goal setting, self-talk, imagery, stress management and relaxation
- Gave athletes different strategies and how those strategies would affect their performance

Recruiting Assistant

Aug. 2012-May 2016

University of Idaho, Moscow, ID

- Worked in the University of Idaho football recruiting office
- Communicated with tentative student athletes and their parents about what they wanted from college
- Assisted in University of Idaho campus tours
- Data entry, preparing and assisting with recruiting efforts

Research Assistant “Industrial Organizational Psychology”

Jan. 2013-May 2014

Dr. Thorsteinson, University of Idaho, Moscow, ID

- Assisted Dr. Thorsteinson in his research on decision making, and negotiating in the work place
- National Institution of Health trained
- Gathered participants' consent forms, gave the reward, checked for signatures, answered questions
- Involved in data collection, analysis, and coding
- Prepared research setting
- Coded information to check for reliability

Professional Presentations

Western Society for Kinesiology & Wellness

Oct. 13, 2016

Shaw, A. & Stoll, S.K. (2016). Making play a positive inclusive experience for differently abled students, athletes, and patients. 61st Annual Conference, Western Society for Kinesiology & Wellness, Reno, NV.

University of Idaho Women's Leadership Conference

Mar. 30, 2017

Shaw, A. H., & Stoll, S. K. (2017). Women with Impairments. Moscow, ID: University of Idaho Women's Leadership Conference.

SHAPE AMERICA Webinar Series "By You, For You"

Aug. 9, 2017

Shaw, A. H., & Stoll, S. K. (2017, August 9). Disabilities, play, and possibilities. Reston, VA: Shape America.

University of Idaho Teaching Assistant and Research Assistant Workshop Aug. 2017, Dec. 2017

Shaw, A. H. (2017). Disability Awareness: Language, resources, and considerations. Moscow, ID: University of Idaho.

Western Society for Kinesiology & Wellness

Oct. 13, 2017

Shaw, A. H., & Stoll, S. K. (2017, October 12). Disability: The interconnection of beauty, body, and perception. Reno, NV: Western Society of Kinesiology and Wellness.

SHAPE Idaho

Oct. 6, 2017

Shaw, A. H., & Stoll, S. K. (2017, October 6). Tag you are it: Play in physical education with people who have disabilities. Lewiston, ID: SHAPE Idaho

Idaho Parks and Recreation Association

April 12, 2018

Shaw, A. H., & Stoll, S. K. (2018, April 9-12). Disability: Implicit bias effect on recreational opportunities. Moscow, ID: IRPA Convention.

SHAPE America's Regional Northwest Conference

June 26, 2018

Shaw, A. H., & Stoll, S. K. (Accepted 2018). The laws exist but does inclusion? Boise, ID: Idaho Shape.

Professional Publications

Shape Idaho Journal of Physical Education, Recreation, and Dance

Feb. 2018

Shaw, A. H., & Stoll, S. K. (2018, February 28). Disability: The interconnection of beauty, body, and perception. Shape Idaho JOPHPERD, 53-58.

Journal of Sports Science

Mar.- Apr. 2018

Shaw, A. H., & Stoll, S. K. (2018, April). Making play a positive inclusive experience for differently abled students, athletes, and patients with disabilities. The Journal of Sport Science.

Committees

University of Idaho Presidents Diversity Committee Climate and Culture Oct. 2016- present

- Discuss with others about the climate and culture of the university
- Problem solve on current issues that present itself to the university

Department of Movement Sciences Committee

Jan. 2017- present

- Showcase the awards and achievements of the people in the department
- Edit and review changes to the newsletter that is sent out to faculty, staff, students, and alumni members

Organizational Memberships

Member of Association for Applied Sport Psychology	Jan. 2015-present
Member of American Psychological Association	Oct. 2015- present
Member of SHAPE America	Jan. 2017- present
Idaho Parks and Recreation Association	April 2018-present