

# Kim Tolentino

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## ACADEMIC CREDENTIALS

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### **Doctor of Philosophy, Sport, Exercise, and Performance Psychology** **In Progress**

West Virginia University, Morgantown, WV

- Advisor: Dr. Johannes Raabe, Dr. Samuel Zizzi
- Expected Completion: Spring 2024

### **Master of Arts, Clinical Mental Health Counseling** **In Progress**

West Virginia University, Morgantown, WV

- Expected Completion: Spring 2024

### **Certificate in University Teaching** **In Progress**

West Virginia University, Morgantown, WV

- Expected Completion: Spring 2024

### **Master of Science, Kinesiology, Sport and Exercise Psychology Option** **May 2020**

California State University Long Beach, Long Beach, CA

- Thesis: Bonds that Build Us: Examining the Impact of the Coach-Athlete Relationship on Mental Toughness Development
- Advisor: Dr. Leilani Madrigal

### **Bachelor of Arts, Psychology** **June 2012**

University of California Santa Cruz, Santa Cruz, CA

## PROFESSIONAL EXPERIENCE

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### **Mental Health Counseling Trainee** **January 2020 - Present**

Carruth Center for Counseling and Psychological Services

West Virginia University, Morgantown, WV

- Gather and evaluate client presenting problems to determine correct diagnosis and treatment plan
- Counseling university students with mental health concerns and provide various clinical counseling interventions to improve mood, behavior, and well-being
- Facilitate weekly psycho-educational groups for clients with mental health and substance use issues
- Write and maintain client-related paperwork, including intake records and progress notes
- Collaborate and consult with licensed clinical staff regarding crisis intervention and resource referrals
- Participate in weekly individual and group supervision

**Sport Psychology Consultant Trainee****January 2020 - Present**

West Virginia University, Morgantown, WV

- Lead mental skills trainings and psycho-education team and individual sessions to collegiate level athletes and coaches
- Conduct periodic need assessments to develop and conduct relevant and timely mental skills interventions
- Record notes on clients' treatment plans and progress
- Collaborate with coaches and athletes to provide effective consultation

**Sport Psychology Consultant****January 2019 - May 2020**

California State University Long Beach, Long Beach, CA

- Led mental performance consultant for numerous athletes at various levels including collegiate, high school and club (ages ranging from 12 – 22)
- Conducted team and individual sport psychology consulting sessions to help maximize athlete well-being and performance
- Assessed the needs of the athletes and then provide consultation on issues such as emotional regulation, confidence maintenance, time management, motivation, and cognitive reframing
- Attended athletic practices and competitions to provide support and understand the context of the athletic teams' current status

**Corporate Development Manager****June 2016 – July 2018**

City Year, Los Angeles, CA

- Supported non-profit development team in raising \$8 million of private revenue through maintenance of corporate sponsorships
- Wrote corporate grant proposals soliciting sponsors of up to \$300,000 and totaling over \$2 million
- Managed a portfolio of corporate sponsors totaling over \$2 million in private revenue
- Built and expanded relationships of corporate sponsors through customized stewardship strategy to raise revenue
- Implemented over 15 professional development workshops for over 200 AmeriCorps members each year
- Strategized and led a peer-to-peer fundraising campaign that raised over \$15,000 in donations

**Development Manager****June 2014 – May 2016**

City Year, San Antonio, TX

- Supported non-profit development team in raising \$1.4 million of private revenue
- Designed and executed special annual fundraising events, including golf tournaments, women's leadership luncheons, and galas

**TEACHING EXPERIENCE**

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**Graduate Teaching Assistant****August 2020 - Present**

West Virginia University, Morgantown, WV

- Develop instructional course curricula for classes in traditional in-person, hybrid, and/or online modalities
- Plan and facilitate classroom lectures, discussions, and activities for up to 70 students per class
- Evaluate and maintain organized records of student work using an online learning management system

*Classes taught:*

*SEP 271 Sport in American Society*

*SEP 272 Psychological Perspectives of Sport*

*SEP 383 Exercise Psychology*

*PE 126 Group Fitness (Aerobics)*

*PE 124 Fitness Walking*

*PE 153 Mind-Body Fitness (Yoga for Fitness)*

### **General Activity Teaching Associate**

**January 2020 – May 2020**

California State University Long Beach, Long Beach, CA

- Led a twice per week class to over 30 undergraduate students
- Managed and organized sport equipment
- Prepared handouts, videos, and lessons for in-person and online instruction
- Developed and evaluated examinations and written assignments

*Classes taught:*

*PE 162A Beach Volleyball I*

### **Teaching Associate**

**August 2019 – May 2020**

California State University Long Beach, Long Beach, CA

- Led a laboratory section once per week to over 20 students
- Collaborated with colleagues to develop examinations
- Evaluated and graded examinations and laboratory assignments

*Classes taught:*

*KIN 312 Motor Control and Learning*

*KIN 315 Motor Development*

### **Teaching Assistant**

**January 2012 – March 2012**

University of California Santa Cruz, Santa Cruz, CA

- Led a discussion section once per week to 20 students
- Developed teaching materials, such as visual aids, answer keys, and supplemental notes
- Evaluated and graded examinations, assignments, and papers

*Classes taught:*

*PSYC 1 Introduction to Psychology*

## **RESEARCH EXPERIENCE**

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### **Graduate Assistant**

**February 2020 – May 2020**

California State University Long Beach, Long Beach, CA

- Provided support to graduate students through maintenance of Sport and Exercise Psychology Laboratory
- Assisted faculty with various administrative and research-related tasks

### **Research Assistant**

**March 2019 - May 2020**

California State University Long Beach, Long Beach, CA

- Supported faculty with recruitment of coach and athlete participants for regret survey study through email communication
- Analyzed and coded qualitative survey data

**Research Assistant****October 2018 - May 2020**

California State University Long Beach, Long Beach, CA

- Collaborated with faculty and student research investigators to execute longitudinal mental toughness study
- Developed research methodology and organize project logistics with participants
- Wrote grant proposals to obtain funding for research equipment
- Administered surveys to coaches and athletes and conduct live mental toughness behavior observations

**Intern, Sport Training and Research (STAR) Program****September 2018 – December 2019**

California State University Long Beach, Long Beach, CA

- Collaborated with faculty, graduate, and undergraduate students of various Kinesiology disciplines (i.e. strength and conditioning, athletic training, biomechanics) to create literature review for coach augmented feedback study
- Administered a series of functional and range of motion assessments to boys' club volleyball team

**Research Assistant****September 2011 – June 2012**

University of California Santa Cruz, Santa Cruz, CA

- Conducted Youth Participatory Action Research (yPAR) study examining how high school experiences are informed by social class, race and gender
- Designed and facilitated photovoice curriculum to 10 students
- Recorded and summarized qualitative fieldwork of behaviors, activities, events and dialogue with research integrity

**LEADERSHIP & SERVICE EXPERIENCE**

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**President, Sport & Exercise Psychology Doctoral Program****September 2022 – Present**

West Virginia University, Morgantown, WV

- Organize and lead bi-weekly student led, student run seminar
- Collaborate with program faculty to gather feedback and improve program policies and expectations

**Initiative Chair, Student Delegate Committee****January 2019 – October 2020**

Association of Applied Sport Psychology

- Led Student Conference Volunteers Committee in recruiting student conference volunteers for annual conference of over 1,000 attendees
- Recruited and assigned student volunteers to over 100 lecture, workshop, and panel sessions
- Collaborated with AASP Conference Chairs and to create meaningful student volunteer experience

**Planning Committee Member, AASP West Regional Conference****September 2018 – April 2019**

California State University Long Beach, Long Beach, CA

- Organized conference logistics including venue, registration system, catering and schedule of events
- Developed and managed social media communication, conference branding and attendee recruitment
- Created abstract review rubric and recruit volunteers to grade abstract submissions
- Led Abstract Review Committee in review and grading process
- Recruited student volunteers and delegate roles and responsibilities
- Proposed and maintained budget, tracked income and expenditures

**City Year Team Leader AmeriCorps Member****July 2012 – June 2014**122<sup>nd</sup> Street Elementary School, Los Angeles, CA

- Led and mentored a diverse team of 7 AmeriCorps members for 10 months of service, advising as a near-peer in interpersonal development, professional skills, and data application
- Collaborated with 3<sup>rd</sup> grade teacher to advance student achievement in a class of 25 through progress updates and joint lesson planning
- Built and customized after-school program for targeted intervention
- Supervised team to ensure in-class and afterschool service meets site's impact operating goals (i.e., individualized intervention time, progress monitoring using diagnostic assessments) by facilitating weekly team meetings and progress check-ins
- Established strong, positive school partnership by building relationships with school administration, teachers, and stakeholders

**Chair, Filipino Student Association****June 2011 – June 2012**

University of California Santa Cruz, Santa Cruz California

- Directed weekly meetings to plan, assess and debrief organization events for 200+ community members
- Counseled 30 coordinators in leadership development through peer advisement
- Recruited participants for events through tabling, social media, and networking

**SCHOLARLY PUBLICATIONS**

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**Tolentino, K.,** Readdy, T., & Raabe, J. (2022). "No days off": Using Self-Determination Theory to understand NCAA division I coaches' workaholism. *Journal of Clinical Sport Psychology*.

Raabe, J., **Tolentino, K.,** & Readdy, T. (2022). An exploration of National Collegiate Athletic Association Division I assistant coaches' basic psychological need satisfaction and frustration. *International Sport Coaching Journal*.

**RESEARCH PRESENTATIONS**

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**Tolentino, K.,** Readdy, T., & Raabe, J. (2022, October 26-29). 'You Work Too Much!': Examining Group Differences in Workaholism Among NCAA Division I Coaches [Conference session]. Association for Applied Sport Psychology Annual Conference, Dallas, Texas, United States.

**Tolentino, K.,** Readdy, T., & Raabe, J. (2021, October 6-9). "No Days Off": Using Self-Determination Theory to Understand NCAA Division I Coaches' Workaholism [Conference session]. Association for Applied Sport Psychology Annual Conference, Las Vegas, Nevada, United States.

Van Dyke, E., **Tolentino, K.,** Readdy, T., & Raabe, J. (2021, October 6-9). *An Exploration of Perfectionism as an Antecedent of NCAA Division I Coaches' Basic Psychological Need Satisfaction and Frustration* [Conference session]. Association for Applied Sport Psychology Annual Conference, Las Vegas, Nevada, United States.

Raabe, J., **Tolentino, K.,** Readdy, T., & Raabe, J. (2021, October 6-9). *The Psychological Functioning of NCAA Division I Assistant Coaches: A Self-determination Theory Perspective* [Conference session]. Association for Applied Sport Psychology Annual Conference, Las Vegas, Nevada, United States.

Bejar, M., Raabe, J., **Tolentino, K.**, & Hagge, K. (2021, October 6-9). *Athletic Trainer Strategies for Nurturing Athletes' Basic Psychological Needs During Sport Injury Rehabilitation* [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Las Vegas, Nevada, United States.

**Tolentino, K.**, Readdy, T., & Raabe, J. (2021, May 13-15). *An investigation of the role of basic psychological needs in elite U.S. collegiate coaches' tendencies to work excessively and compulsively* [Conference session]. Annual Conference of the German Society for Sport Psychology (Arbeitsgemeinschaft für Sportpsychologie), Tübingen, Germany.

Madrigal, L., **Tolentino, K.**, Valerio, J., Olvera, S., Chaffee, S., Lucke, C., & Juarez, F. (2020, October 21-24). *Enhancing mental toughness through coach-athlete relationships over the season* [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Orlando, Florida, United States.

Madrigal, L., Robbins, J.E., **Tolentino K.**, Valerio, J., & Jackson T. (2020, October 21-24). *Coaching regrets* [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Orlando, Florida, United States.

Valerio, J., **Tolentino, K.**, & Madrigal, L. (2020, March 27-28). *What next? Coaches share regrets and areas for improvement* [Conference presentation]. Association for Applied Sport Psychology West Regional Conference, Riverside, CA, United States. (Conference canceled)

**Tolentino, K.**, Valerio, J., Speakman, C., Vargas, T.M., & Madrigal, L. (2019, October 23-26). *The relationship between mental toughness and coping strategies in adolescent volleyball players* [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Portland, OR, United States.

## RESEARCH GRANTS

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Raabe, J., & **Tolentino, K.** (2022). NCAA coaches' beliefs about mental health service utilization: A mixed-methods investigation. Association for Applied Sport Psychology. Awarded \$3,000.

Raabe, J., **Tolentino, K.**, & Readdy, T. (2020). An exploration of the antecedents, mediators, and consequences of coaches' psychological functioning: A self-determination theory perspective. United States Center for Coaching Excellence. Not Funded.

## FELLOWSHIPS, HONORS, AND AWARDS

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**Dr. Dana D. Brooks Scholarship Recipient**  
West Virginia University, Morgantown, WV

July 2021

**The Chancellor's Doctoral Incentive Program Fellowship**  
The California State University System  
CDIP Mentor: Dr. Leilani Madrigal, CSULB

May 2020 – Present

**Graduate Dean's List of University Scholars and Artists**  
California State University Long Beach, Long Beach, CA

May 2020

