

LUCA M. ZIEGLER

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Education

West Virginia University , Morgantown, WV	8/2023 - Present
Ph.D., Sport, Exercise, and Performance Psychology	Current GPA 4.00
M.A., Clinical Mental Health Counseling	
Georgia Southern University , Statesboro, GA	5/2023
M.S., Kinesiology, Sport & Exercise Psychology	GPA 4.00
Thesis: <i>Implicit beliefs about anxiety and the relationship with competitive anxiety intensity and direction</i>	
Presbyterian College , Clinton, SC	05/2021
B. S., Psychology, Honors & Business Administration	

Professional Appointments

Graduate Serving Assistant, WVU	Present
<ul style="list-style-type: none">• College of Applied Human Sciences• Graduate Assistant to support Efforts of Instructional Designers	
Teaching Assistant, Physical Activity Lifestyle Program	2021 – 2023
<ul style="list-style-type: none">• Main Instructor of physical activity courses at Georgia Southern University• Graded assignments and developed lesson plans for classes up to 25 students	
Psychology Department Student Assistant	2021
<ul style="list-style-type: none">• Assisted faculty with daily tasks including class preparation and grading	
Peer Tutor	2019 – 2021
<ul style="list-style-type: none">• Content included lower and upper-level courses in Business Administration, Economics, Psychology, and Statistics	
Presbyterian College Summer Fellow's Program	2020

Guest Lecture Experience

SEP 272, Psychological Perspectives of Sport	2023
<ul style="list-style-type: none">• Discussed topics of anxiety and arousal• Provided activities to clarify relevant concepts and applications	

- KINS 3125, Technology in Sport** **2023**
- Introduced concepts of focus, concentration, and reaction time
 - Provided applied experiences of the use of technology in sport psychology
- KINS 3132, Foundations of Sport and Exercise Psychology** **2022**
- Arousal Regulation Lecture for Undergraduate course
 - Provided activities and quizzes to ensure optimal learning
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Consulting Experience

- MPC Trainee, West Virginia University** **8/2023 - Present**
- Provided mental performance consultation to performing groups including vocal artists and law students
- MPC Trainee, Tormenta FC Academy** **5/2023 – 7/2023**
- Providing developmentally appropriate mental performance consultation to youth soccer athletes
- MPC Trainee, Georgia Southern Athletics** **7/2022 – 5/2023**
- Providing mental performance consultation to individuals and groups
 - Engaged in weekly staff meetings to enhance athlete's overall well-being
- MPC Trainee, Tormenta FC** **2022**
- Provided mental performance consultation to individuals and groups
 - USLW Inaugural National Champion
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Research Experience

- Exploring MPC Role Identity: A Social Identity Approach** **2023**
- Conducted qualitative data collection of advanced CMPCs
 - Presented formal results to novice MPCs as part of coursework
- Master Thesis** **2022**
- Implicit beliefs about anxiety and the relationship with competitive anxiety intensity and direction
 - Lecture Presentation at 2023 Annual AASP Conference
- Undergraduate Honors Research** **2021**
- Grit and its Relationship with Athletic Performance
 - Poster Presentation at 2021 Annual AASP Conference **2021**
 - South Carolina Research Symposium **2022**

Book Chapters

Harris, B. S., Byrd, M., Johnson, K.* & Ziegler, L.* (2024). Ethical issues in sport injury rehabilitation. In M. Arvinen-Barrow, N. Walker, and D. Clement (Eds.). *Psychology of Sport Injury and Rehabilitation* (2nd edition).

*Denotes authors provided equal contributions for the chapter and should be considered equivalent in authorship order

Activities and Leadership

AASP Student Delegate **1/2024 – Present**

- Served as Co-Chair for the Science-Practice Initiative
- Member of the Conference Planning Initiative

Sport & Exercise Psychology Club, President **2022 – 2023**

- Elected by peers to serve as club president
- Organized guest speakers for members including a paralympic gold medalist
- Facilitated group mock sessions for first-year students in the program
- Lead weekly meetings
- Organizational responsibilities such as renewal and eligibility procedures

Georgia Southern Men's Soccer, Member **2021**

- Played in 16 games for a total of 1,378 minutes
- Mid-Atlantic Conference All Academic Team

Presbyterian College Men's Soccer, Captain **2017-2021**

- Started in 69 games for a total of 6,205 minutes
- Pre-season Defensive Player of the Year
- All-Conference 1st and 2nd team & All-Academic team
- Big South Tournament Champion

2017

Student-Athlete Advisory Committee **2018-2019**

- Attended monthly meetings with representatives of the Athletic Department
- Represented the interests of the Men's Soccer team at the institution level

Academic Awards & Achievements

Athletic Director Award, Georgia Southern University **2021**

- Presented by the Athletic Director to honor high-performing student-athletes

Senior Achievement Award at Presbyterian College **2021**

- Award given to seniors who have supported Presbyterian College through generous giving

Academic Excellence Award at Presbyterian College **2021**

- Recognizes students who distinguished themselves through academic performance

Outstanding Senior in Psychology & Business Management **2021**

- Award given to the a graduating senior who has shown academic excellence
- Only student of graduating class to be recognized by two independent departments

Eric Johnson Fellow, Psychology Department **2021**

- Recognizes undergraduate students participating in extraordinary research activities in the field of psychology

Male Scholar-Athlete of the Year, PC Athletic Department **2021**

- Awarded to the male student-athlete with the highest GPA

Male Senior Achievement Award, PC Athletic Department **2021**

- Awarded to the Male Senior who showed outstanding leadership on and off the field and has been a role model for his fellow teammates, athletes, and classmates.
- This student-athlete embodies the values of Presbyterian College and Bluehose Athletics.

Scholarships & Grants

Stitzel Graduate Student Support Endowment **2024**

- A competitive funding opportunity for graduate students awarded by West Virginia University
- \$509 Grant to attend 38th Annual AASP Conference in Orlando, FL

Georgia Southern University Travel Grant **2022**

- A competitive funding opportunity for graduate students awarded by the Graduate Student Organization at Georgia Southern University
- \$625 Grant to attend 37th Annual AASP Conference in Fort Worth, TX

NCAA Post-graduate Scholarship **2022**

- Awarded by the NCAA student-athletes who excel academically and athletically
- Promote and encourage graduate education by rewarding the Association's most accomplished student-athletes through their participation in NCAA championship
- \$10,000 Scholarship for Former Student-Athletes by the NCAA

Internship Scholarship Recipient, Georgia Southern University **2022**

- Awarded to support mental performance consultation to collegiate and semi-professional athletes
- \$1,000 Scholarship to offset the cost of participating in a career-relevant internship

Big South Post Graduate Scholarship **2021**

- Awarded to one male student-athlete pursuing higher education
- \$2,000 Bob McCloskey Insurance Scholarship

Presbyterian College Summer Fellowship **2020**

Community Service Involvement

Feed the 'Boro **2022**

- Organized and packed groceries for low income community members
- Engaged in distribution of supplies during holiday season

Jared Box Project **2021**

- Created boxes for local hospitalized children that include games and toys

Soccer Coach Children with Special Needs & at Low SES Middle School **2019**

- Participated in a soccer camp for children with special needs
- Introduced the benefits and joy to individuals without typical access to the sport

Soccer Coach Middle School **2019**

- Facilitated two weekly soccer training sessions for a middle school with predominantly low socioeconomic status students
- Taught sport relevant skills to children while facilitating personal development through interactive games

Community Gardens for Disadvantaged Neighborhood **2019**

- Developed and built neighborhood gardens to provide sustainable produce

Thornwell Orphanage Community Service **2018**

- Facility management for the orphanage including lawn mowing
- Interacted with orphans as part of a collaboration with the Athletic Department