

# Alexandra M. Dluzniewski

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## I. Education

Ph.D. in Sport and Exercise Psychology  
*University of Idaho, Moscow, ID*  
Cumulative GPA: 3.93

Expected graduation date: Dec 2022

Master's Degree in Human Performance  
*University of Florida, Gainesville, FL*  
Cumulative GPA: 3.8

April 2017

Bachelor of Arts Degree in Psychology  
*University of Michigan, Dearborn, MI*  
Field GPA: 3.7  
Cumulative GPA: 3.4

December 2014

## II. Continuing Education

*Continuing Education Participant:*

Oct. 2020 – Dec. 2020

*Arizona Diamondbacks' Developmental Program, Mental Skills*

- Engaged in group discussions on sport psychology topics such as consulting philosophies, psychology of injury and rehabilitation, multiculturalism, interdisciplinary collaboration, and other pertinent topics.
- Gained insight and perspectives on a diverse range of backgrounds, approaches, and experiences from the Mental Skills staff and fellow participants.
- Collaborated with peers on projects related to mental skills training and coach education.

## III. Applied Experience

*Summary of Mental Performance Consulting Experience:* Over the past four years I have consulted with Women's Volleyball, Women's Tennis, Women's Basketball, and Men's and Women's Cross Country and Track & Field student-athletes at the University of Idaho. In the past year, I have consulted with a professional athlete. I have worked at both the team and individual level where I have implemented tailored MST programs for each individual to optimize individual and team performance. The mental tools that have been implemented are value-based goal setting, ACT and mindfulness, energy management, self-talk, and imagery.

*CMPC®: University of Idaho*

- Men's and Women's Cross Country and Track and Field May, 2020 – Present
- Integrated Sports Medicine and Rehabilitative Therapy Clinic March, 2022 – May, 2022
  - Devoted a couple hours a week to gain experience in a non-athletic population.

*CMPC®: Freelance*

Aug. 2021 – May 2022

- Professional Athlete

*Sport Psychology Consultant: University of Idaho*

Feb. 2018 – May, 2020

- Team dynamics: Challenges with COVID, values, communication, and focus.
- Implemented a between-point self-talk intervention.
- Implemented HRV technology to help with serving.
- Administered a battery of questionnaires to create mental skill profiles for each athlete.

*Graduate Assistant: Department of Student-Athlete Support Services,  
University of Idaho*

Aug. 2018 – May, 2020

- Helped student-athletes succeed academically through tutoring, time management, organization, and study skills, and effective goal-setting.
- Monitored study hall for student-athletes
- Served as part of the interview process for tutors, study hall monitors, and directors.
- Created schedules for student-athletes and supporting staff.

*Facilitator: Department of Orthopedics and Rehabilitation,  
Division of Research, University of Florida*

Aug. 2016 – Jan, 2017

- Implemented a psychosocial 10-step program on a population who had suffered traumatic injuries to help optimize their recovery; taught coping skills, goal setting and developing focus, recommended resources as needed.
- Served as part of the clinical care team in orthopaedic trauma.
- Consented patients in hospital, collected and managed research data.
- Independently conducted functional testing, range of motion and patient-centered surveys (PROMIS, quality of life); received training from a team of orthopedic surgeons and researchers.

*Internship, Allen Park High School*

Nov. 2013 – Feb. 2014

- Worked with the Girls' Varsity Basketball team on developing individual and team goals.
- Provided weekly feedback on goal performance.
- This team won districts for the first time in 18 years.

## **IV. Teaching Experience**

*Lecturer: University of Idaho*

Aug. 2021 – Dec. 2021

- Graduate level Sport Psychology course.
- Used a flipped designed course for an optimal learning environment.
- Taught Mindfulness and MST to graduate students.

*Lead Instructor: University of Idaho* Jan. 2018 – May, 2019

- Mental Training course.
- Taught Mental Skills Training (MST) to student-athletes and musicians.
- Conducted one-on-one meetings with the students to help individualize MST.
- Created lecture material and conducted lectures.

*Graduate Assistant: Department of Movement Sciences, University of Idaho* Aug. 2017 – May, 2018

- Teaching Assistant, courses: Mental Training, Sport Psychology, and Athletic Injury.
- Created lecture material and conducted lectures.

*Graduate Assistant: University of Florida* Jan. – Apr. 2016 & Jan – Apr. 2017

- Teaching Assistant, course: Human Physiology for Spring 2016-2017 semesters.
- Created lecture material, conducted lectures and labs, developed lab quizzes.
- Responsible for teaching three sections of students (~90 students).

*Basketball Coach, Buchholz High School, FL* Oct. 2015 – Feb. 2017

- JV Girls' team.
- Implemented mental skills training.

*Assistant Basketball Coach, Allen Park High School, MI* Nov. 2011 – Feb. 2015

- Freshman Girls' team.
- Implemented mental skills training.

## **V. Consulting Accomplishments**

- Allen Park High School Varsity Girls' Basketball won districts for the first time in 18 years during my implementation of a goal-setting intervention.
- University of Idaho Women's Volleyball team were Big Sky league champions during my implementation of a Mental Skills Training Program.
- University of Idaho Women's Cross Country team placed second in conference, advancing them to regionals during my implementation of a Mental Skills Training Program with individual athletes.

## **VI. Research**

*Research Assistant: WWAMI, University of Idaho* Jan. 2022 – Present

- Worked on reports for project ECHO - Extension for Community Health Outcomes.
- Collaborative work on applying for funding opportunities.
- Collaborative work on a various research.

*Independent studies at University of Michigan-Dearborn* May, 2011 – Dec. 2014

- Social Psychology Research Laboratory; studied attributions in performance due to race and discrimination and the 'black sheep effect' in minimal groups.

- Developed experience with obtaining IRB document preparation and study approval, and consented minor participants.
- Spider Research Laboratory; observed eating behaviors in the *tetragnatha elongata* species.

## VII. Abstracts, Reports, and Presentations

1. Bollinger M., Binns A., Tajer K., **Dluzniewski A.**, Swaidan D., Anthony L., Hymes R. The effects of perceived discrimination on self-esteem in Arab Americans. MPA, Annual Meeting, Chicago IL, April 24-25, 2014.
2. **Dluzniewski A.**, Chebbani M., Siegle R, Evans M. Minimal Groups 2: Evidence for the Black Sheep Effect. University of Michigan, Dearborn, CASL Annual Undergraduate Research Symposium, Dearborn MI, March 28, 2014.
3. **Dluzniewski A.**, Zdziarski LA., Hagen JE., Vasilopoulos T., Sadasivan KK., Horodyski M., Vincent HK. Psychosocial intervention and how it influences the use of pain medication in orthopaedic trauma patients. American Association for Physical Medicine & Rehabilitation (AAPM&R), Annual Meeting, Denver CO, October 12-15, 2017.
4. Vincent HK., Zdziarski L., Horodyski M., **Dluzniewski A.**, Hagen JE., Vasilopoulos T., Sadasivan KK. Patient and clinical outcomes with a transformational coaching intervention after orthopaedic trauma. American Association for Physical Medicine & Rehabilitation (AAPM&R) Annual Meeting, Denver CO, October 12-15, 2017.
5. Zdziarski LA., McClelland JM., Vasilopoulos T., Sadasivan KK., Hagen JE., Patrick M., **Dluzniewski A.**, Sleeth C., Chang C., Vincent HK., and Horodyski MB. Emerging setting: athletic trainers and orthopaedic trauma patients 12 week functional and perceived functional outcomes. National Athletic Trainers Association (NATA), Houston, TX, June 26-29, 2017.
6. **Dluzniewski A.**, Casanova M.P., Reeves AJ., Baker, RT. WWAMI University of Idaho North Idaho AHEC Scholars Cohorts E19 & E20. Report prepared for the North Idaho Area Health Education Center. January 2022.

## VIII. Current Professional Affiliations and Certifications

- Professional Association of Athlete Development Specialists (PAADS) 2017 – Present
- Association for Applied Sport Psychology (AASP) 2015 – Present

## IX. Awards and Honors

- Graduated with honors, *University of Michigan Dearborn.* 2014