

Sydney Taylor Washington

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EDUCATION

California State University, Long Beach (LBSU), Long Beach, CA

M.S. Kinesiology – Sport and Exercise Psychology

August 2023 – Expected May 2025

Thesis: Reinjury Anxiety and Body Dissatisfaction in Female Collegiate Athletes

Committee: Dr. Leilani Madrigal, Dr. Alison Ede, Dr. Jana Fogaça

California State University, Fullerton (CSUF), Fullerton, CA

B.A in Psychology – Minor in Kinesiology

Honors: Cum Laude

August 2018 – May 2023

Undergraduate Honors Thesis: College Football Concussions and Mental Health

Advisor: Dr. Ella Ben Hagai

AFFILIATIONS

Association for Applied Sport Psychology (AASP) Member (2024)

LBSU Sport & Exercise Psychology Club - Member (August 2023 – May 2024)

LBSU Sport & Exercise Psychology Club - Secretary (May 2024 – May 2025)

SPORT PSYCHOLOGY EXPERIENCE

Long Beach State University CMPC Training Program

Supervisor: Dr. Jana Fogaça, Ph.D., CMPC and Dr. Leilani Madrigal, Ph.D., CMPC

Lead Experience

April 2024 – Present

- Population: Three NCAA Division I teams
- Plan and lead team and individual sessions with athletes on topics such as confidence, reinjury anxiety, stress management, coping, attentional focus, and emotional regulation.
- Created a 3-week injury prevention intervention utilizing goal setting and imagery to enhance self-esteem in exercise.
- Collaborated with athletic training students on creating psychological interventions based on student-athlete case studies.

EMPLOYMENT

Sydney Taylor Training – *Self-Employed Fitness Trainer*

January 2020 – Present

Customize personal home and gym programs for clients based on their goals using an online coaching platform.

Counseling & Psychological Services, Long Beach, CA – *Project OCEAN Graduate Peer Educator*

August 2023 – December 2024

Advocate for mental health on campus by teaching Question, Persuade, Refer (QPR) suicide awareness training to classes, leading campus-wide self-care workshops, and creating concussion and suicide awareness training for student-athletes.

LBSU Life Fit Center, Long Beach, CA – *Personal and Group Fitness Trainer*

June 2024 – August 2024

Created engaging, effective, and appropriate workout plans for older adults between the ages of 49-65 years old.

Bloom Nutrition – *Company Ambassador*

October 2020 – August 2023

Market and create content on social media platforms to promote Bloom Nutrition health products.

PRSVR, Las Vegas, NV – *Group Trainer and Personal Trainer*

May 2023 – June 2023

Created efficient high-intensity workouts for individuals of all skill levels and ages.

Supplemental Instruction Leader, Fullerton, CA— *Intermediate Research Methods and Statistics Leader*

August 2021 – December 2022

Faculty: Professor Susan Shimazu and Professor Kathryn Walker

Consistently lead group study sessions twice a week for students taking an intermediate research methods and statistics course.

The Camp Transformation Center, Las Vegas, NV – *Group Trainer*

February 2021 - December 2021

Created efficient high intensity workouts for individuals of all skill levels and ages.

LA Fitness, La Habra, CA – *Personal Trainer*

January 2020 – March 2020

Customized gym workouts with consistent clientele and promoted LA Fitness through sales and marketing.

The Camp Transformation Center, Anaheim, CA – *Front Desk Associate*

October 2019 – February 2020

Promoted The Camp Transformation Center through sales and marketing while also greeting customers and providing customer service.

LAB EXPERIENCE

LBSU Anxiety and Depression Lab, Long Beach, CA – *Lab Member*

September 2023 – Present

Advisor: Dr. Jana Fogaça

Analyze data on college student athletes' experiences of anxiety and depression and their attitudes toward seeking mental health services.

UCLA Cognitive Neuroscience Lab, Los Angeles, CA – *Summer Research Assistant*

June 2023 – August 2023

Principal Investigator: Dr. Barbara Knowlton, Ph.D.

Shadow fMRI scans, recruit and schedule research participants, and analyze behavioral and neuroimaging data to investigate implicit learning.

UC Berkeley Cognitive Neuroanatomy Lab, Berkeley, CA – *Research Assistant*

June 2022 – August 2023

Principal Investigator: Dr. Kevin Sean Weiner, Ph.D.

Anatomically labeled and analyzed posterior cingulate cortex sulci to investigate the relationship between sulcal morphology metrics and negative urgency.

UC San Diego Pedagogy and Science of Instruction Lab, San Diego, CA — *Research Assistant*

June 2021 – May 2022

Principal Investigator: Dr. Celeste Pilegard, Ph.D.

Proposed the study, created methods, and analyzed the association between experiencing stereotype threat and cognitive test-taking ability.

CSUF Behavioral Health Promotion Lab, Fullerton, CA — *Research Assistant*

February 2021 – May 2021

Principal Investigator: Dr. Yuko Okado, Ph.D.

Recruited participants and analyzed data for a study done on college students' mental health during COVID-19.

CSUF Social Science Research Center, Fullerton, CA – *Summer Research Assistant*

May 2019 – July 2019

Conducted research on the association between community college attendance and career choice.

PRESENTATIONS AND PUBLICATIONS

Washington, S., (2025) Reinjury anxiety and body dissatisfaction in female collegiate athletes. Talk Presented at LBSU 37th Annual Student Research Competition, Long Beach, CA.

Hastings III, W. L., Willbrand, E. H., Kelly, J. P., Washington, S. T., Tameilau, P., Sathishkumar, R. N., ... & Weiner, K. S. (2024). Emotion-related impulsivity is related to orbitofrontal cortical sulcation. *Cortex*.

Rust, A., Amiraslani, N., Phan, J., Washington, S., Pierre, L., Fogaça, J., & Madrigal, L. (2024) Prevalence of Anxiety, Depression, and Utilization of Mental Health Services in Division I Student-Athletes. Poster Presented at AASP 39th Annual Conference, Las Vegas, NV.

Washington, S., (2023) Implicit cognitive impairment and altered neural mechanisms following traumatic brain injury. Talk Presented at UCLA Summer Research Program Conference, Los Angeles, CA.

Washington, S., (2022) Posterior cingulate cortex sulci morphology and urgency. Talk Presented at Berkeley Summer Research Program Conference, Berkeley, CA.

Washington, S., (2022) Does the testing effect reduce the negative influence of stereotype threat on learning? Poster Presented at Western Psychological Association Conference, Portland, OR.

Washington, S., (2021) College Football Concussions and Mental Health. Proposal Poster Presented at Black Doctoral Network Western Regional Virtual Conference.

Washington, S., (2021) Does the testing effect reduce the negative influence of stereotype threat on learning? Talk Presented at UC San Diego Virtual Summer Research Conference.

RESEARCH INTERESTS

Mental Illness
Sport Psychology
Psychology of Injury
Reinjury Anxiety
Body Dissatisfaction
Traumatic Brain Injury

AWARDS

LBSU 37th Annual Student Research Competition – Behavioral and Social Sciences Winner
AASP Student Diversity Travel Grant Recipient (2024)
LBSU Leadership Academy Honors (2024)
CSUF College of Humanities & Social Sciences Graduating Student Spotlight (2023)
Invited Speaker – Ronald E. McNair Seminar (2023)
Sally Casanova Pre-Doctoral Scholars (2022-23)
Ronald E. McNair Scholars Program (2020-23)
Dean's List Honoree (2018-2022)
U.S. House of Representatives Certificate of Congressional Recognition (2021, 2022)
U.S. House of Representatives Certificate of Special Recognition (2021, 2022)
International Center for Supplemental Instruction Certified SI Leader Award (2022)
CSUF Black Student Scholarship Award Recipient (2022)

CERTIFICATIONS

Question, Persuade, Refer (QPR) Suicide Prevention Training
National Academy of Sports Medicine Certified Personal Trainer
National Academy of Sports Medicine Certified Nutrition Coach
Cardiopulmonary Resuscitation Certified (CPR)
CITI Training

DIVERSITY AND VOLUNTEERING

Be Well Conference Volunteer – Long Beach State University (2024)

Olive Crest Nonprofit Volunteer – Orange County (2022-2023)

African Black Coalition Conference Logistics Chair – California State University, Fullerton (2020)

Seasonal Youth Club Volleyball Coach – Las Vegas Volleyball Academy (2017 – 2021)

SKILLS

Microsoft Word, PowerPoint, Excel, Teams
Google Slides, Docs, Sheets
Statistical Package for Social Sciences (SPSS) Software
R Studio Coding
Communication
Organization

Time Management
Adaptability
Teamwork
Leadership
Scientific Writing
Public Speaking