

Shannon C. White, MS

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[SHADE Lab – Penn State](#)
March 2022

EDUCATIONAL BACKGROUND

- 2020-Present **Doctor of Philosophy**
Biobehavioral Health
The Pennsylvania State University, University Park, PA
Dr. Joshua Smyth, PhD, Advisor
Graduate Certificate: Clinical and Translational Science
- 2018-2020 **Master of Science**
Sport and Exercise Psychology
University of Kentucky, Lexington, KY
Dr. Marc Cormier, PhD, Advisor
- 2016-2018 **Master of Science**
Community and Leadership Development
University of Kentucky, Lexington, KY
Dr. Kristina Hains, PhD, Advisor
- 2011-2015 **Bachelor of Recreation Management with Honors**
Acadia University, Wolfville, Nova Scotia, Canada
Dr. Mary Sweatman, PhD, Advisor

RESEARCH INTERESTS

I am broadly interested in the effect of social determinants on individual health and health behaviors. Specifically, I am interested in the relationship between occupational stressors and health (e.g., cardiovascular disease risk) predominantly among first response, health care provider, para-military, and elite athlete populations.

PEER-REVIEWED PUBLICATIONS

- Hains, K. D., Hains, B., **White, S.C.**, Stanard, V., & Rios, M. (2020). Skills, knowledge, and values essential for effective community development practice: A Delphi study. *Journal of Community Practice*, 28, 4, 416-429, doi: 10.1080/10705422.2020.1838021.
- White, S.C.** & Hill, J.C. (in press). Gowns and Goal Lines: Embracing Athletic Identity in the Classroom. *Journal of Student-Athlete Educational Development and Success*.
- White, S.C.** & Hill, J.C. (in press). Cognition for Coaches: Curriculum Development for Coaches Working in Physical Activity Programming for Veterans with a Physical Disability. *Community Development*.
- Goodwin, R., **White, S.C.**, Murphy, E., Sheadler, T., & Englis, M. (in press). Multicultural Training and Awareness in Sport Psychology Practitioners. *Journal of Clinical Sport Psychology*.
- Smyth, J., Zawadzki, M., & **White, S.C.** (in press). Behavioral medicine. In H. Friedman (Ed.), *Encyclopedia of Mental Health*.

PEER-REVIEWED PUBLICATIONS UNDER REVIEW OR IN PREPARATION

- Murphy, E. A., Curvey, R. M. G., Sheadler, T. R., **White, S. C.**, Englis, M. T., & Phelps, L. L. Sport psychology practitioner's perceptions of athlete activism.
- Curvey, R. M. G., **White, S. C.**, Englis, M. T., Jensen, K. C., Bosco, M. K., Thompson, M., Leavens, S., Murphy, E. A., & Hargons, C. N. "Can you work with athletes as a female?": Gender based career experiences of female sport psychology practitioners.

- Curvey, R. M. G., **White, S. C.**, Englis, M. T., Jensen, K. C., Bosco, M. K., Thompson, M., Leavens, S., Murphy, E. A., & Hargons, C. N. "I love what I do, that's the bottom line": Women's career attraction and retention in sport psychology.
- White, S.C.**, Jones, D., Ruiz, J., Allison, M., Uchino, B., Smith, T., Taylor, D., Ahn, C., Russell, M., & Smyth, J. Impact of occupation on cardiovascular risk profile: A comparison between male law enforcement officers and civilians.

PEER-REVIEWED CONFERENCE PRESENTATIONS

- White, S.C.**, Jones, D., Ruiz, J., Allison, M., Uchino, B., Smith, T., Taylor, D., Ahn, C., Russell, M., & Smyth, J. (2022, April). Law Enforcement Officers and Civilians: A Comparison Between Cardiovascular Risk Profile [Poster to be presented]. Society of Behavioral Medicine, Baltimore, Maryland.
- Curvey, R. M. G., **White, S. C.**, Murphy, E. A., Scheadler, T. R., Englis, M. T., & Phelps, L. L. (2021, October). Multicultural training and awareness of sport psychology practitioners. Association of Applied Sport Psychology Annual Conference, Las Vegas, NV, United States.
- Murphy, E. A., Curvey, R. M. G., Scheadler, T. R., **White, S. C.**, Englis, M. T., & Phelps, L. L. (2021, August). Sport psychology practitioner's perceptions of athlete activism. Presented at the annual American Psychological Association Annual Convention, San Diego, CA.
- White, S.C.** & Hill, J.C. (2019, October). *A Tale of Two Identities: How Student-Athletes Conceptualize Skills and Challenges*. Poster presented at the annual Association for Applied Sport Psychology Conference. Portland, Oregon.
- Hains, K., Hains, B., & **White, S. C.** (2019, September). *Skills, knowledge and values necessary for community development practice towards cultivating quality of life: A Delphi study*. Presented at the annual International Society for Quality-of-Life Studies (ISQOLS) Conference. Granada, Spain.
- White, S.C.** & Hill, J.C. (2019, March). *Gowns and Goal Lines: Athletic Identity in the Classroom*. Presentation at the 2019 Spring Research Conference, Research to Practice: Pursuing Vision and Values in Education at the University of Kentucky. Lexington, KY
- Scheidler, T.R. & **White, S.C.** (2019, February). *Severe Traumatic Brain Injury and Athletic Identity: A Case Study*. Presentation at annual Mid-West Sport and Exercise Psychology Symposium. Lexington, KY
- White, S.C.**, Geldart, R., & Conway, K. (2018, October) *Adapted Physical Activity and the Creation of Community*. Poster presented at the annual conference for the Association for Applied Sport Psychology. Toronto, ON, Canada.
- White, S.C.** (2017, June). *Student Engagement at a National Level*. Presentation at annual National Community Development Society & NACDEP Annual Conference. Big Sky, MT.
- White, S.C.** (2015, October). *Baby Boomer Volunteers: Benefits and Barriers*. Presentation at annual Recreation Nova Scotia Conference. Digby, NS, Canada.

INVITED TALKS & GUEST LECTURES

- White, S.C.** (2022, March). Weight Stigma. Guest Lecture in BBH 407: Global Health Equity.
- White, S.C.** (2020, March). KHP Grad Series: Finding Balance in Graduate School. Invited Panelist.
- White, S.C.** (2020, February). Careers in Sport Psychology. Guest Lecture Provided to Undergraduate Students. Upper-Level Psychology Class.
- White, S.C.** (2020, January). Graduate Programs in Psychology. Invited Panelist for Undergraduate Lecture.
- White, S.C.** (2019, March). Graduate Programs in Psychology. Invited Panelist for Undergraduate Lecture.

AWARDS	
2020	Fund for Excellence in Graduate Recruitment Department of Biobehavioral Health, The Pennsylvania State University
2015	Academic All-Canadian Women's Rugby, Acadia University
2015	James Bayer Leadership Award Department of Recreation Management, Acadia University
2013	Live-N-Learn Award Department of Recreation Management, Acadia University

GRANTS AND FUNDING	
<u>External Funding for Research</u>	
Goodwin, R., Murphy, E., White, S.C. , & Schedler, T. (2019). Association for Applied Sport Psychology (AASP) Foundation Seed Grant. University of Kentucky, Lexington, KY. \$400 Direct. Accepted.	
White, S.C. (2018). United States Department of Agriculture Higher Education Challenge Grant. Hains, B., Hains, K., Rios, M., Stanard, V. (2017). University of Kentucky, Lexington, KY. \$2000 Direct. Accepted as Graduate Research Assistant.	

<u>Internal Funding for Presenting Research</u>	
White, S.C. (2019). Community & Leadership Development Graduate Block Funding. University of Kentucky, Lexington, KY. \$450 Direct. Accepted.	
White, S.C. (2019) Kinesiology and Health Promotion Departmental Graduate Block Funding. University of Kentucky, Lexington, KY. \$400 Direct. Accepted.	
White, S.C. (2017). Community & Leadership Development Graduate Block Funding. University of Kentucky, Lexington, KY. \$500 Direct. Accepted.	

TEACHING EXPERIENCE		
Courses Taught	Semesters Taught	Average Enrollment
Instructor of Record		
CLD 460: Community Development & Change Department of Community & Leadership Development University of Kentucky	3	11
CLD 260: Community Portraits Department of Community & Leadership Development University of Kentucky	3	46
CLD 100: Introduction to Community Development Department of Community & Leadership Development University of Kentucky	2	50
Co-Instructor		
CLD 475: Topics in Non-Formal Education: Community Based Education	1	20

Department of Community & Leadership Development
University of Kentucky

CLD 497: Professional Practicum

Department of Community & Leadership Development
University of Kentucky

1

40

Teaching Assistant

BBH 316: Foundations of Health Promotion

Department of Biobehavioral Health
The Pennsylvania State University

1

75

BBH 411w: Research Applications

Department of Biobehavioral Health
The Pennsylvania State University

1

35

BBH 102S: Values, Health & Academic Success for Student-Athletes

The Pennsylvania State University

1

18

BBH 315: Gender and Biobehavioral Health

The Pennsylvania State University

1

60

SERVICE ACTIVITIES

2021-Present	Reviewer <i>Journal for Advancing Sport Psychology in Research</i>
2020-Present	Reviewer <i>Journal for the Study of Sport and Athletes in Education</i>
2020	Graduate Application Reviewer and Interviewer Department of Kinesiology and Health Promotion – Sport & Exercise Psychology Lexington, KY
2018-2019	Planning Co-Chair Midwest Sport and Exercise Psychology Symposium University of Kentucky
2018-2019	Scholarly Activities Committee Chair Midwest Sport and Exercise Psychology Symposium University of Kentucky
2017-2018	Abstract Reviewer <i>Community Development Society</i>
2017-2018	Committee Member International Committee, Community Development Society
2013-2014	Student Representative Board of Directors, Recreation Nova Scotia

PROFESSIONAL AFFILIATIONS

2020-Present	Student Member Society of Behavioral Medicine
2019-2021	Student Affiliate

2017-2020	Div. 17 and Div. 47 of the APA Student Member Association for Applied Sport Psychology
2017-2018	Student Member Community Development Society
2013-2015	Student Member Recreation Nova Scotia

CERTIFICATIONS

2021	Certified Peer Review Course <i>Elsevier – Researcher Academy</i>
2020	Society for Behavioral Medicine Good Clinical Practice Training
2016-Present	CITI Program <i>Social and Behavioral Human Subjects; Biomed Refresher 1 – FDA Regulated Research; Internet Research; Group 2 Social/Behavioral Investigators and Key Personnel; Group 3 Limited HSP Training</i>