

Steven R. Winger, Ph.D.

Department of Psychology
 Western Kentucky University
 1906 College Heights Blvd. #21030
 Bowling Green, KY 42101-1030

Office: (270) 745-4421 Email: steven.winger@wku.edu

Home Page: <http://people.wku.edu/steven.winger/>

Education

Doctor of Philosophy, Florida State University, Tallahassee, FL
 August 1998

Program: Educational Psychology *Major:* Sports Psychology

Master of Arts, Western Kentucky University, Bowling Green, KY
 August 1995

Major: Applied Experimental Psychology

Bachelor of Arts, (Summa Cum Laude), Georgetown College, Georgetown, KY
 May 1993

Majors: Psychology and Philosophy

Teaching Experience

<u>Institution</u>	<u>Dates</u>	<u>Rank</u>	<u>Department</u>
Western Kentucky University	2010-present	Professor	Psychology
Western Kentucky University	2005-2010	Associate Professor	Psychology
Western Kentucky University	2001-2005	Assistant Professor	Psychology
Nicholls State University	2000-2001	Assistant Professor	Psychology
University of North Florida	1998-2000	Visiting Assist Prof	Psychology
FCC Jacksonville	1998-1999	Adjunct instructor	Social Sciences
Tallahassee Community College	1998	Adjunct instructor	Science & Mathematics
Florida State University	1996-1998	Graduate teaching Assistant	Educational Research
Tallahassee Community College	1995-1998	Adjunct instructor	Social Sciences
Western Kentucky University	1995	Adjunct instructor	Psychology

Professional Experience

Co-Department Head for Department of Psychology, 2014-present

Sport Psychology Consulting

Junior Golfer, Fall 2019
Youth Baseball, Summer 2019
Junior Tennis Player, Spring 2019
WKU Basketball, Winter 2018
Adult Tennis, Summer 2016
WKU Softball, Spring 2016
Youth Baseball Athlete, Spring 2015
Tennis Athlete, Fall 2014
Junior Track Athletes, Spring 2014, Fall 2014
WKU Men's Golf Team, Fall-Spring 2013-2014
WKU Track Athletes, Spring 2013
WKU Cheerleading Athlete, Fall 2012
Junior athletes in track, Summer 2012, Spring 2014
WKU Women's Cross Country Team, Fall 2011
Junior athletes in basketball and cross country, Fall 2010
WKU Women's Soccer Team, Spring 2007
WKU Swim Team, 2003-2011
UNF Men's Basketball Team Fall-Spring 1998-1999

Consultant to Program Director of General Surgery Residency, Bronx, New York, Fall 2013

Developed a self-assessment plan to facilitate feedback for surgical residents
The Children's Hospital at Montefiore

Co-Assistant Department Chair for Psychology Department, 2013-2014

Assistant Department Chair for Psychology Department, 2009-2012

Educational Evaluation Consultant, Fall 2008-2013, Gifted Education in Math and Science,

U.S. Department of Education, Javits Gifted and Talented Students Education Act

Educational Evaluation Consultant, Fall 2006-2012, Name2Face Grant, Office of Elementary

and Secondary Education, U.S. Department of Education, Smaller Learning Communities

Faculty Mentor, Summer 2006 & 2007, Research Experiences for Undergraduates (REU),

National Science Foundation, WKU, Bowling Green, KY

-Supervised research planning, data collection, analysis, and presentation for two students

-Co-taught four week Statistics, Experimental Design, and SPSS classes.

Educational Consultant, AEL, 2004, Continuous School Improvement Questionnaire Reports,
Arlington, VA

Sport Psychology Internship, Men's and Women's Diving Teams, 1996-1997, Florida State
University, Tallahassee, FL

Graduate Assistant, Dr. Karlene Ball, Department of Psychology WKU, Bowling Green, KY,
1994-95

-PSY 512, Seminar in Experimental Design, sports vision research, & research on vision
and elderly driving

Graduate Assistant, Wellness and Physiology Laboratory, 1993-1994, WKU

-Exercise testing & exercise counseling, stress-management seminars, data analysis for
lab research projects

Tutor, Psychology Department, 1991-1992, Georgetown College, Georgetown, KY

PSY 100 General Psychology & PSY 335 Experimental Psychology

Courses Taught

WKU PSY 100 Introduction to Psychology

PSY 290 Supervised Study in Psychology (29)

Dustin Strupp (Stats & Methods), 06 Summer (3)

Charvinia Neblett (music & performance), 13, Spr (3)

Lindsey Cash (ROTC & SE), 15 Spr (3)

Shane Hancock (ROTC & SE), 15 Spr (3)

Lindsey Cash (Cognitive load and RPE), 15 Fall (3)

Alex Oldham (Cognitive load and RPE), 15 Fall (2)

Ariana Kuhn (Cognitive load and RPE), 15 Fall (2)

Shane Hancock (Distance vs. Time), 16 Spr (2)

Lindsey Cash (Distance vs. Time), 16 Spr (2)

Alex Oldham (Distance vs. Time), 16 Spr (2)

Jordan Mauch (Distance vs. Time), 16 Spr (1)

Getter Lemberg (Cognitive load), 16 Fall (1)

Brandi Forgione (Cognitive load), 16 Fall (1)

Jordan Mauch (Multi-tasking), 17 Spr (1)

Emma Moore (Multi-tasking), 17 Spr (2)

Joel Davis (Multi-tasking & Learning Disabilities), 17 Fall (2)

Brandi Forgione (Multi-tasking & Learning Disabilities), 17 Fall (1)

Jenna Mulert (Multi-tasking & Learning Disabilities), 17 Fall (2)

Emma Moore, (Multi-tasking & Learning Disabilities), 17 Fall (2)

Nicole Devlin, (Texting & Cycling), 18 Spr (3)

Hannah Seaver, (Texting & Cycling), 18 Spr (1)

Alyssa Bailey, (Texting & Walking), 18 Fall (2)

Johnathon Bennett, (Texting & Walking), 18 Fall (3)

Hannah Seaver, (Texting, TED Talks, & Exercise), 19 Spr (1)

Adam Wink, (Content analysis of Sport Psychology), 19 Spr (3)

Alyssa Bailey, (Texting & Cycling), 19 Spr (1)

Mcpherson Smith, (Texting & Cycling), 19 Fall (3)

Phillip Nguyen, (Texting & Cycling), 19 Fall (2)

Rachel Cherry, (Texting & Cycling), 19 Fall (1)

PSY 310 Educational Psychology

PSY 340 Sport Psychology (course proposal Spring, 2004)

PSY 340 Honors Sport Psychology (new course Spring, 2011)

PSY 361 Psychological Tests and Measurements

PSY 412 Psychology of Motivation and Emotion

PSY 412 Honors Psychology of Motivation and Emotion

PSY 490 Research, Readings, or Special Projects in Psychology (43)

Casey Bates (Music preferences & exercise), 03

Nathan Carter (Need for achievement & goal difficulty), 04

Tiffany White (Stereotypes of athletes), 04

Matt Buckman (Teaching effectiveness), 04

Billy Brummett (Factors affecting teaching evaluations), 04

Nicholaus Leshner (Feedback & weightlifting), 05

Peter McGarry (Coaching feedback), 06
 Andrew Caudill (Disclosed purpose & teaching evaluations), 06
 Thomas Desena (Future time perspective and exercise behavior), 07
 Laura Graves (Attention focus during competitive swimming), 07
 Elliot Blanton (Stress, stress-related diseases, and coping), 07
 Lindsay Brown (Stress, stress-related diseases, and coping), 07
 Shelby Smith (Self-Regulation of Exercise Behavior), 07
 Jessica Delaunay (Imagery, Attentional Focus, and Self-Confidence), 07
 Amanda Seaton (Video feedback & exercise performance), 08
 Katharine Stewart (Attentional focus & exercise performance), 08
 Benjamin Upton (RPE Assessment), 09 summer
 Logan Butler (Performance Enhancement & Exercise Promotion), 10
 Jordan Magruder (Performance Enhancement & Exercise Promotion), 10
 Caleb Harper (Performance Enhancement & Exercise Promotion), 10
 Mersiha Demirovic (Performance Enhancement & Exercise Promotion), 10
 Rahwa Mehari (Performance Enhancement & Exercise Promotion), 10
 Joel Robertson (Performance Enhancement & Exercise Promotion), 10
 Josie Thiesen (Performance Enhancement & Exercise Promotion), 10
 Jackie Gallimore (Learning Strategies), 10 (1)
 Diana Zimmerman (SDT SR subtypes), 11
 Brittany Crowley (SR & 310 classes), 11
 Mary Katherine Higginson (SR & 340 classes), 12
 Ramona Sudbeck, (Goal orientations & interest), 13 Spr
 Emma O'Grady (music & performance), 13 Spr
 Emma O'Grady (competition planning), 13 Fall
 Lauren Estes (music in lab), 13 Fall
 Olivia Adkins (GEMS CFA), 13 Fall
 Alex Oldham (competition in lab), 14 Spr (2)
 Kirsten Olson (competition in lab), 14 Spr (2)
 Kalyn Shepherd (ROTC), 15 Spr (3)
 Alex Oldham (SE), 15 Spr (3) Honors
 Tyler Burton (Freeze Response), 15 Fall (3)
 Shane Hancock (Cognitive load and RPE), 15 Fall (3)
 Ariana Kuhn (Distance vs. Time), 16 Spr (2)
 Brandi Forgione (Multi-tasking), 17 Spr (1)
 Getter Lemberg (Texting & Cycling), 18 Spr (3)
 Adam Wink (Texting & Cycling), 19 Fall (3)

UC499 General Studies Capstone Experience

James Formanek, 05
 Jessica Hale, 07
 Matthew Faughn, 08

PSY 510 Advanced Educational Psychology (special section for school psychology students; new course Spring 2013).

PSY 590 Readings of Research in Psychology (15)

Daniel Rebollar (Motivation), 02
 Marc Fields (Exercise enjoyment), 02

Allison Dyrland (Sport psychology), 03
 Melissa Abo (Psychobiology of physical activity), 07 summer
 Diana Gieske (Psychobiology of physical activity), 07 summer
 Fantom Davis (Stress, stress-related diseases, and coping), 07
 Diana Gieske (Stress, stress-related diseases, and coping), 07
 Erin Heltsley (Stress, stress-related diseases, and coping), 07
 Dustin Strupp (Stress, stress-related diseases, and coping), 07
 Brandy Johnson (Emotion & Attention), 08
 Anthony Atchley (Emotion & Attention), 08
 Bryan Hall (Emotion & Attention), 08
 Kristi Simmons (Emotion & Attention), 08
 Scott Perkins (Sport Psychology), 11
 Ciara Cyr (Sport Psychology), 13

- PSY 599/662 Thesis Research & Writing/Practicum in Psychology
 PSY 617 (Course proposal Spr/Fall 17)
 PSY 617 Reading and Understanding Statistics in Psychology
- NSU PSYC101 General Psychology
 PSYC 302 Psychological Measurement
 PSYC 311 Educational Psychology
 PSYC 508 Introduction to Psychometrics
 PSYC 517 Advanced Statistical Analysis and Research Methods
- UNF PSY 3025 Psychology Major Seminar
 PSY 3214 Research Methods
 PSY 3214L Research Methods Lab
 PSY 4906 Directed Individual Study
 PSY 4935 Sport and Exercise Psychology
- FCCJ SOP 1002 Human Relations
- FSU EDF 5400 Basic Descriptive and Inferential Statistics (TA)
 EDF 5401 General Linear Model Applications (TA)
 EDF 5406 Multivariate Analysis Applications (TA)
 EDF 5409 Causal Modeling (TA)
- TCC CLP 1002 Psychology of Adjustment
 CLP 1002 Psychology of Adjustment (Lincoln High School, Dual enrollment)
 STA 2023 Elementary Statistics I
- WKU PSY 100 Introduction to Psychology (Glasgow campus)
 PSY 199 Developmental Psychology

University Service

Western Kentucky University, Bowling Green, KY

Current

University

Member, SEP, Academic Programs sub-committee (Fall 19-)

Member, Advisory Board for Center for Innovative Teaching and Learning (CITL), (19-)

Faculty-Undergraduate Student Engagement (FUSE) grant reviewer, (Spring 16, Fall 16, Spring 17, Spring 19)

College

Member, Wedge Committee, (Spring 17-)
 Member, CEBS Alternate Admissions Sub-Committee (14-)
 Member, CEBS Curriculum Committee, Fall only in 09-12, Full time 2013-
 Member, CEBS Community Emergency Response Team (07-)

Department

Faculty Liaison for Psychology Dual Credit (14-)
 Member, Psychology Continuance Committee (13-)
 Member, Psychology Scholarship Committee (09-)
 Chair, Psychology Undergraduate Program Committee (09-)
 Member, Psychology Department Undergraduate Program Committee (01-)
 Director, Motivation Lab, (01-)

Past

Interim Chair, CEBS Curriculum Committee, (November 16- May 19)
 STE continuance review for Mittelburg (Fall 2018)
 Member, Psychology Recruitment Day Committee (Spring 2018)
 Initiator of Center for Applied Behavioral Sciences (CABS), (Spring 18). I initiated discussions, contacted other departments, and scheduled meetings to discuss ideas and draft an initial mission and vision for CABS.
 Chair, Psychology TA/Adjunct Training Modules Creation Committee (15-18)
 Chair, Discussion Group Facilitators for CEBS opening meeting discussion (Fall 17)
 Advisor, WKU Outdoor Adventure Club, (04-??)
 Member, Preston Center Advisory Council, (Fall 15-Fall 17)
 Member, Visiting Assistant Professor Search Committee, (Spring 17)
 Member, Preston Center Recreation Coordinator Search Committee, (Fall 16-Spr 17)
 Member, Preston Wellness Lab Massage Therapist Search Committee, (Fall, 16)
 Member, Gifted Education Search Committee (Spring, 15)
 Member, Campus Library Advisory Committee, (12-15)
 Member, Psychology Department Marketing and Recruitment Committee, (14)
 Research Liaison for Office of Research/Sponsored Programs, Psychology rep. (14)
 Mediation Team for Psychology Department Split, (13-14)
 Attendee, Applied Experimental/Psychological Science Weekly Colloquium (01-13)
 Member, Psychology Department Head Search Committee (12-13)
 Member, Psychology Office Associate Search Committee (13)
 Member & Chair, Psychology Study Board Committee, (02-13)
 Faculty-Undergraduate Student Engagement (FUSE) grant reviewer, (Spring, 12)
 Member, Experimental Psychology Search Committee (11-12)
 Member, University Athletics Committee (03-12)
 Needs assessment of programming for athletics department (04-05)
 Needs assessment of CHAMPS programming (09-10)
 Organizer, Lunch and Colloquium for Jia Zhang, 5/11/2011
 Member, Department Psy.D. Exploratory Committee (Spring, 11)
 Member, Department Awards Committee (Spring, 11)
 Member, Clinical Psychology Search Committee (10-11)
 Facilitator, New Faculty Mentoring Meals for Psychology (Spring, 2010)
 Chair, Educational Psychology Search Committee (08-09)
 Member, SITE Review Committee (07-08)
 Member, Educational Psychology Search Committee (07-08)

Chair, Performance Appraisal Teaching Committee (07)
 Mentor, FaCET New Faculty Mentor (07-08)
 Member, Academy of Mathematics and Science Residential Coordinator Search Committee, (07)
 Member, Associate Dean Search Committee, (06)
 Member, Employee Wellness Advisory Council (05-09)
 Member, Assistant to Dean for Assessment and Evaluation Search Committee, (05-06)
 Member, SITE Evaluation Revision Committee, (05-06)
 Member, Educational Psychology Search Committee, (05-06)
 Member, WKU Faculty/Staff Health Fair Planning Committee, (04-05)
 Chair, Educational Psychology Search Committee, (04-05)
 Judge, Sigma Xi Research Conference, (4/3/04)
 Area Coordinator, Educational Psychology, (04-10)
 Chair, Educational Psychology Search Committee, (03-04)
 Member, Educational Psychology Search Committee, (03)
 Chair, Psychology Study Board Committee (02-03)
 Member, Visiting Experimental Psychology Search Committee, (02)
 Chair, Psychology Study Board Proposal Committee (01-02)
 Member, University Outcomes Assessment Committee (02-05)
 Participant, Center for Teaching and Learning Mentor Program
 Mentee (01-02), Mentor (02-03, 04-05)
 Nicholls State University, Thibodaux, LA
 Member, NCATE Steering Committee, Standards 3-6 (00-01)
 Member, College of Education Technology Utilization Committee (00-01)
 Member, College of Education Faculty Development Committee (00-01)
 Member, Psychology Undergraduate Curriculum Committee (00-01)
 Member, Psychology Graduate Standing Committee (00-01)
 Member, Psychology Inventory Committee (00-01)
 Member, Developmental Committee for Measurement and Evaluation in the Classroom Course (00-01)
 University of North Florida, Jacksonville, FL
 Chair, Planning Committee for Psychology Mini-Convention, (99-00)
 Member, Office of Institutional Research Evaluation Committee, (00)
 Member, Psychology Undergraduate Curriculum Committee, (00)

Professional Service

Organizer and Presenter for Psychology Dual Credit Instructor Professional Development Day, July 11th, 2018.
 Moderator for 2018 Wedge Speaker: Top 20 Principles from Psychology for Teaching and Learning, Dr. Rena Subotnik, 2/21/18
 Reviewer, NASA HERO research grant proposals, Spring, 2016.
 Profile questions and answers for Motivation chapter in *Educational Psychology for Effective Teaching*, 2nd Ed. Spring 2011.
 Organizer, Lab tours for A.P. Psychology class (May 20, 2010), WKU Psychology Department, Bowling Green, KY
 Chair, Exercise Psychology Paper Session, American Psychological Association 116th Annual Convention, Boston, MA (August 16, 2008).

Chair, Exercise Psychology Paper Session, American Psychological Association 115th Annual Convention, San Francisco, CA (August 20, 2007).

Member, Program Committee APA Division 47 (06- present), reviewing submissions

Discussant, Panel Discussion on Student Engagement, 37th Annual WKU Student Research Conference (March 31, 2007).

Community Service

Current

Maintainer (mowing & upkeep) of Holy Spirit Trail, 2011-

Past

Board Member, Warren County 4-H, 2017-2019

Coach, Warren County Youth Basketball, 2011-2012, 2012-2013, 2013-2014

Assistant Coach, St. Joseph Cross Country Teams, Fall 2011-2016

Creator/Director, St. Michael's Mile walking/running program, Spring 2012

Director, MoreStrides program for Warren County youth baseball parents, Spring 2012

Organizer, trail extension for Basil Griffith Park, Summer 2011, Initiated and designed an extension of the existing fitness trail.

Chair, Holy Spirit Trail Development Committee, Summer 2011, Initiated, designed, and helped build a fitness trail for church property.

Coach, Bowling Green Youth Basketball, 2010-2011

Council Member, GEMS Coordinating Council, 2008-2013

Attendee, Bowling Green Bike Summit, April 4, 2008, 7:30am -12:30pm, Representative of WKU Employee Wellness Advisory Committee.

Coach, U7 Soccer Team (07)

Team Leader, Spruce Trail Neighborhood Emergency Response Team (07- 08)

Organized and completed 8-week Neighborhood Emergency Response Team Training

Board Member, Bowling Green Coalition of Active Neighborhoods (07- 08)

Volunteer, Arbor Day Bicycle Rodeo, 4/1/06, Bowling Green, KY

Member, Whitewater Park Committee, (05-)

Presenter, Spring Rally of Neighborhoods, Whitewater Park, 5/20/06, Bowling Green, KY

Coordinator for Spruce Trail Neighborhood Association (03- 08)

-Organize National Neighborhood Night Out events

-Organize neighborhood meetings

-Address neighborhood problems

Editorial Service

Reviewer for *Journal of Sport and Exercise Psychology*, 2007-

Ad Hoc Reviewer for *Journal of Sport Behavior*, Spring 2020

Ad Hoc Reviewer for *Sport, Exercise, and Performance Psychology*, Fall 2019

Ad Hoc Reviewer for *Motivation and Emotion*, Fall 2017

Reviewer for *Motivational Science*, by Burkley (Pearson Pub.), Fall 2017

Reviewer for *In Praise of Failure* book, Rowman & Littlefield Publishers, Fall 2015

Ad Hoc Reviewer *Medicine and Science in Sports and Exercise*, Fall, 2015

Reviewer for Wiley Sport Psychology textbook proposal, Spring 2012

Ad Hoc Reviewer *Journal of Strength and Conditioning Research*, Spring, 2011

Ad Hoc Reviewer *Journal of Behavioral Medicine*, Fall, 2010

Ad Hoc Reviewer *Journal of Applied Sport Psychology*, Spring, 2009, Spring 2010
Reviewer, Assessment Cluster for a new Educational Psychology Text, McGraw-Hill, Spring 2008.
Ad Hoc Reviewer for *Canadian Journal of Behavioral Science*, 2008
Reviewer, *Motivation: A Biosocial and Cognitive Integration of Motivation and Emotion* by Eva Dreikus Ferguson, Oxford, Fall 2007
Ad Hoc Reviewer for *Educational Assessment*, 2007
Reviewer for *Psi Chi Journal of Undergraduate Research*, 2000-2015
Ad Hoc Reviewer for *Perceptual and Motor Skills*, Spring 2007
Reviewer for *Educational Psychology: Evidence, Engagement, Excellence* text proposal, McGraw-Hill, Summer 2006
Ad Hoc Reviewer for *Journal of Sport and Exercise Psychology*, Fall 2005, Spring 2006
Reviewer for Ormrod, J. E. (2006). *Essentials of Educational Psychology*, Pearson Merrill Prentice Hall, Spring 2005
Reviewer for Santrock, J. W. (2001). Motivating Students to Learn. In *Educational Psychology* (pp. 392-427). Boston, MA: McGraw-Hill Higher Education, Summer 2001
Reviewer for Santrock, J. W. (2001). Assessing Student Learning. In *Educational Psychology* (pp. 494-531). Boston, MA: McGraw-Hill Higher Education, Summer 2001
Ad Hoc Reviewer for *Journal of Personality*, Fall 1999

Research

Research Interests

My research interests are primarily in motivation and performance psychology within contexts of exercise, sport, and college teaching.

Publications

Theses (2)

Wininger, S. R. (1998). *A social cognitive model for exercise enjoyment in females engaging in aerobic dance*. Unpublished doctoral dissertation, Florida State University, Tallahassee, FL.

Wininger, S. R. (1995). *The relationship between vision and athletic performance*. Unpublished master's thesis, Western Kentucky University, Bowling Green, KY.

Book Chapters (2)

Wininger, S. R., Norman, A.D., & Duffin, L. C. (Accepted for publication) Using the Essential Self-Regulation Model as an Organizational Structure to Teach Motivation. In D.K. Meyer & A. Emery (Eds.) *Teaching Motivation for Student Engagement*. Part of a six-volume series *Theory to Practice: Educational Psychology for Teachers and Teaching* from AERA. Charlotte, NC: Information Age Publishing.

Wininger, S. R. (2019). Setting Exercise and Fitness Goals: Do's and Don'ts. In M. H. Anshel (Ed.). *Handbook of Sport and Exercise Psychology, Vol. 2*. Washington, DC: APA

Journals (26)

Wininger, S. R., Redifer, J., Norman, A., & Higginson, M. K. (2019). Prevalence of learning styles in educational psychology and introduction to education textbooks: A content analysis. *Psychology of Learning and Teaching, 18*, 221-243.

Derryberry, W. P., & Wininger, S. R. (2016). Shared Leadership: A Unique but Beneficial

- Arrangement within a University Department. *International Journal of Leadership and Change*, 4 (1), 45-48.
- Wininger, S.R., & White, T. A. (2015). An Examination of the Dumb Jock Stereotype in Collegiate Student-Athletes: A Comparison of Student versus Student-Athlete Perceptions. *Journal for the Study of Sports and Athletes in Education*, 9, 75-85.
- Wininger, S.R., Adkins, O., Inman, T. F., & Roberts, J. (2014). Development of a Student Interest in Mathematics Scale for Gifted and Talented Programming Identification. *Journal of Advanced Academics*, 25, 403-422.
- Wininger, S. R. & Birkholz, P. (2013) Sources of Instructional Feedback, Job Satisfaction, and Basic Psychological Needs. *Innovative Higher Education*, 38, 159-170.
- Wininger, S.R., & DeSena, T. M. (2012). Comparison of Future Time Perspective and Self-Determination Theory for Explaining Exercise Behavior. *Journal of Applied Biobehavioral Research*, 17, 109-128.
- Blom, L. C., Wininger, S.R., & Zakrajsek, R. (2010). Coaches' Perceived Knowledge of the National Standards for Sport Coaches: Insights into Coach Development. *Journal of Coaching Education*, 3(3), 19-36.
- Wininger, S.R., & Gieske, D. (2010). Measure of Attentional Focus: Cognitive Interviews and a Field Study. *Athletic Insight*, 2(2), 125-146.
- Wininger, S.R., & Green, J.M. (2010). Effects of Hot vs. Cold Environment on Psychological Outcomes during Cycling. *Athletic Insight*, 2(3), 1-8.
- Wininger, S. R., & Norman, A. D. (2010). Assessing Coverage of Maslow's Theory in Educational Psychology Textbooks: A Content Analysis. *Teaching of Educational Psychology*, 6, 33-48.
- Wininger, S. R. & Rinn, A. N. (2010). An Examination of Sport Participation among Academically Gifted Students. *Journal of Contemporary Athletics*, 5, 77-88.
- Wininger, S. R., & Kuhlenschmidt, S. (2009). Classroom Examination Practices in a Post Secondary Setting. *Journal of Excellence in College Teaching*, 20(3), 61-76.
- Derryberry, W. P., & Wininger, S. R. (2008). Relationships among textbook usage and cognitive-motivational constructs. *Teaching of Educational Psychology*, 3, 1-11.
- Dyrlund, A. K., & Wininger, S. R. (2008). The effects of music preference and exercise intensity on affective variables. *Journal of Music Therapy*, 45, 114-134.
- Wininger, S. R., & White, T. A. (2008). The Dumb Jock Stereotype: To What Extent Do Student-Athletes Feel the Stereotype? *Journal for the Study of Sports and Athletes in Education*, 2, 227-237.
- Rinn, A. N., & Wininger, S. R. (2007). Sport Participation among Academically Gifted Adolescents: Relationship to the Multidimensional Self-Concept. *Journal for the Education of the Gifted*, 31, 35-56.
- Wininger, S. R. (2007). Improvement of affect following exercise: Methodological artifact or real finding? *Anxiety, Stress, & Coping*, 20, 1-10.
- Wininger, S. R. (2007). Measuring marbles: Demonstrating the basic tenets of measurement theory. *Teaching Statistics*, 29, 57-59.
- Wininger, S. R. (2007). Self-Determination Theory and Exercise Behavior: An Examination of the Psychometric Properties of the Exercise Motivation Scale. *Journal of Applied Sport Psychology*, 19, 471-486.
- Dyrlund, A. K., & Wininger, S. R. (2006). An Evaluation of Barrier Efficacy and Cognitive Evaluation Theory as Predictors of Exercise Attendance. *Journal of Applied Biobehavioral Research*, 11, 133-146.
- Wininger, S. R. (2005). Using your tests to teach: Formative Summative Assessment.

Teaching of Psychology, 32, 164-166.

- Wininger, S. R., & Norman, A. D. (2005). Teacher-Candidates' exposure to formative assessment in educational psychology textbooks: A content analysis. *Educational Assessment*, 10, 19-37.
- Wininger, S. R. (2004). Predicting females' attendance for step-aerobics classes. *Recreational Sports Journal*, 28 (1), 19-30.
- Wininger, S. R., & Pargman, D. (2003). Assessment of Factors Associated with Exercise Enjoyment. *Journal of Music Therapy*, 40(1), 57-73.
- Wininger, S. R. (2002). The anxiolytic effect of aqua aerobics in elderly females. *Perceptual and Motor Skills*, 94(1), 338-340. Reprinted in S. W. Huck, 2004, *Reading Statistics and Research* (4th ed.) (pp 2-13). Boston, MA: Allyn & Bacon.
- Wininger, S. R. (2002) Instructors' and classroom characteristics associated with exercise enjoyment by females. *Perceptual and Motor Skills*, 94(2), 395-398.

Newsletters (5)

- Wininger, S.R. (2011, October). Why I teach. *Teaching Spirit*, 23(2), 1-2, 4.
- Wininger, S. R. (2007, November 21st). What should you think about while running? *Podium Sports Journal*.
- Wininger, S. R., (2004, Fall). About the OSP. *OSP News*.
- Kuhlenschmidt, S. & Wininger, S. R. (2004). What are the typical testing habits of WKU faculty? *Teaching Spirit*, 14(4), 1-2.
- Wininger, S. R. (1997, May). Making the transition to the collegiate classroom. *The Athlete's Advisor*, 2(3), 3.

Manuscripts Under Review (undergraduate coauthors; graduate student coauthors)

- Wininger, S.R., Duck, K., Higginson, M.K., & Norman, A.D. (in progress). *Examination of Context Differences in Self-Reported Competitiveness and Task Performance*. Manuscript under review.
- Zhao, Q., Wininger, S. R., & Wilson, J. (under review). *Gender Gap in Math Achievement at the Elementary Level*.
- Wininger, S. R., & Mauch, J. (under review). *Impact of Attempting to Multi-Task on Self-Selected Exercise Intensity*.
- Wininger, S. R., & Kuhn, A. (under review) *Effect of Goal Type (distance vs. time) on Self-Selected Exercise Intensity*. Manuscript under review.
- Duck, K., & Wininger, S.R. (under review). *Influence of Problem Based Learning on Individual Interest in Mathematics across Time*.
- Pulliam, D., Wininger, S. R., Redifer, J., & Derryberry, W.P. (under review). *Effect of Student Classroom Cell Phone Usage on Teachers*.

Manuscripts in Progress

- Redifer, J., Wininger, S. R., Kuhlenschmidt, S., Derryberry, P., Duffin, L., & Zhao, Q. (in progress). *Prevalence of Neuromyths Among Preservice Teachers*.
- Benningfield, S., & Wininger, S.R. (in progress). The Effects of Gender and Implicit Theories on Science Achievement and Interest in Elementary-Aged Students. Submitted to *Journal of Educational Psychology*.
- Dodds, B. M., Wininger, S. R., & Duffin, L. (in progress). The Effects of Problem-Based Learning on Mathematics Achievement of Elementary Students across Time. Submitted to *Gifted Child Quarterly*

- Inman, T., Wininger, S.R., & Roberts, J. (in progress). The Effects of Problem-Based Learning in Math and Science on High Potential Elementary School Students. *Journal of Advanced Academics*.
- Wininger, S.R., & Smith, S.N. (in progress). *Examination of Self-Regulation Model Constructs and Physical Activity*. Manuscript submitted for publication.
- Gieske, D. E., & Wininger, S. R. (in progress). *The Effects of Intensity Level and Expertise on Attentional Focus During Exercise*. Manuscript submitted for publication (working on new submission).
- Heltsley, E., & Wininger, S.R. (in progress). *Effects of Preferred Attentional Focus on Affect*. Manuscript submitted for publication (working on new submission).

Scholarly Presentations (undergraduate coauthors; graduate student coauthors)

National (84), Regional (13), Local (48)

National (84)

- Seaver, H., & Wininger, S. R. (October, 2019) *Effects of Multi-Tasking on Self-Selected Pace and Distance while Walking*. Poster presented at 2019 AASP Conference, Seattle, WA.
- Wininger, S.R., French, C.A., & Mienaltowski, A. (August, 2019) *The Impact of Exercising on Concurrent Academic Task Performance*. Poster presented at the 2019 APA Conference, Chicago, IL.
- Wininger, S.R., & Lemberg, G. (August, 2019). *Impact of Texting while Cycling on Self-Selected Exercise Intensity*. Poster presented at the 2019 APA Conference, Chicago, IL.
- Zhao, Q. & Wininger, S. R. (August, 2019). *Gender Gap in Math Achievement at the Elementary Level*. Poster presented at the 2019 APA Conference, Chicago, IL.
- Wininger, S. R. & Forgione, B. (August, 2018). *Impact of Two Types of Multi-tasking on Self-Selected Exercise Intensity*. Submitted to 2018 APA Convention, San Francisco, CA.
- Wininger, S. R., Ryle, M.K., & Redifer, J. L. (August, 2018). *Prevalence of Learning Styles in Textbooks for Educational Psychology and Introduction to Education*. Submitted to 2018 APA Convention, San Francisco, CA.
- Wininger, S. R., & Kuhn, A. (2017, August) *Effect of Goal Type (distance vs. time) on Self-Selected Exercise Intensity*. Poster presented at 125th APA Convention, Washington, DC.
- Wininger, S. R., & Mauch, J. (2017, August) *Impact of Attempting to Multi-Task on Self-Selected Exercise Intensity*. Poster presented at the 125th APA Convention, Washington, DC.
- Crowley, B.M., Wininger, S.R., & Duffin, L.C., (February, 2016). *Helping the Gifted Achieve in Mathematics: Challenges and Potential Solutions*. NASP Convention, New Orleans, LA.
- Kuhlschmidt, S. L., Wininger, S. R., Derryberry, P., Duffin, L., Redifer, J., Zhao, Q. (August, 2016). *Prevalence of Neuromyths in Preservice Teachers*. APA Convention, Denver, CO.
- Oldham, A., & Wininger, S. R. (August, 2016). *An Examination of Attributions as Mediators on Self-Efficacy, Goals, and Performance*. APA Convention, Denver, CO.
- Wininger, S. R., & Sondag, A. M. (August, 2016). *A Comparison of the BREQ and the EMS: Which is the Better Measure?* APA Convention, Denver, CO.
- Wininger, S. R., Hancock, S., Cash, L., Iverson, L., Kuhn, A., Oldham, A., & Pulliam, D. (August, 2016). *Effects of Attentional Focus Strategies and Exercise Intensity on RPE, Affect, and Cognition*. APA Convention, Denver, CO.
- Wininger, S.R., Higginson, M.K., Oldham, A., & Duck, K. (2015, August) *An examination of*

- competitiveness across academic versus athletic contexts*. 2015 APA Convention, Toronto, Canada.
- Inman, T.F., Roberts, J. L., Wininger, S.R., & Crowley, B. M. (2014, April). *Project GEMS: Results of a Study in Problem-Based Learning*. Poster presented at the Council for Exceptional Children Convention, Philadelphia, PA
- Wininger, S.R., & Benningfield, S. (2014, August). *Effects of Gender and Implicit Theories on Elementary Students' Achievement and Interest in Science*. Poster presented at the 2014 APA Convention in Washington, D.C.
- Perkins, S., & Wininger, S. R. (2014, August). *Self-Regulation and Physical Activity in WKU Employees*. Poster presented at the 2014 APA Convention in Washington, D.C.
- Duck, K., Wininger, S.R., Duffin, L., & Tassell, J. (2014, November). *Effect of problem-based learning on interest in mathematics across time for higher achieving students*. Paper presented at the 2014 NAGC Conference, Baltimore, MD.
- Wininger, S. R., Duck, K., Neblett, C., O'Grady, E., Estes, L., & Higginson, M.K. (2014, August). *No Tunes Allowed: Can Listening to Music Improve Your Exercise Performance?* Poster presented at the 2014 APA Convention in Washington, D.C.
- Wininger, S.R., Inman, T., & Roberts, J. (2013, November). *Evaluation of problem based learning (PBL) and PBL plus a pull out program on math and science achievement for high achieving students over the course of four years*. Paper presented at the 2013 NAGC Conference, Indianapolis, IN.
- Inman, T., Crowley, B., & Wininger, S.R. (2013, August). *Teacher Identification of Children with High Ability in Math and Science*. Presentation at the 20th Biennial World Conference of the WCGTC in Louisville, KY.
- Crowley, B.M., Wininger, S.R., Gregory, A., & Duck, K. (2013, May). *Examination of Pre-Service Teachers' Self-Regulation of Learning: An Intervention Study*. Poster presented at the 2013 Society for Study of Motivation, Washington, DC.
- Wininger, S.R., & Hendricks, J. (2013, May). *Examination of Implicit Theories of Math Ability, Gender, and Math Achievement*. Poster presented at the 2013 Society for Study of Motivation, Washington, DC.
- Wininger, S.R., Perkins, S., Sondag, A. & Littrell, C. (2013, August). *Self-Regulation Constructs, Stages of Change, Self-Reported Physical Activity, and Fitness*. Poster presented at the 2013 APA Conference, Honolulu, HA.
- Sondag, A. M., & Wininger, S.R. (2013, January). *Self-determination theory in an exercise context: Is intrinsic motivation optimal?* Poster presentation at the Society for Personality and Social Psychology, New Orleans, LA.
- Inman, T., Wininger, S.R., & Roberts, J. (2012, November). *The effects of problem based learning in math and science on high potential elementary school students*. Oral presentation at the 2012 NAGC Conference, Denver, Colorado.
- Wininger, S.R., Inman, T., & Roberts, J. (2012, November). *Development and Utilization of a Teacher Identification Form of Student Interest in Mathematics*. Poster presented at the 2012 NAGC Conference, Denver, Colorado.
- Perkins, S., & Wininger, S.R. (2012, August). *Personal Strategies for Increasing Exercise Intensity and Enjoyment*. Poster presented at the 120th Annual APA Convention, Orlando, FL
- Wininger, S.R., & Brown, K. (2012, August). *Development of the Negative Attentional Bias during Exercise Measure*. Poster presented at the 120th Annual APA Convention, Orlando, FL.
- Wininger, S.R., Sondag, A.M., & Delauney, A. (2012, August). *The effect of choice in exercise*

- intensity on affect*. Poster presented at the 120th Annual APA Convention, Orlando, FL
- Wininger, S.R. (2011, November). *Jazzed about Javits -- GEMS Data Showing Impact on Student Learning in Math and Science*. Paper presented at the National Association for Gifted Children, New Orleans, LA.
- Wininger, S. R., **Snow, G.**, Jones, E., Roberts, J., & Inman, T. (2011, August) *Development of the Student Interest in Mathematics Scale*. Poster presented at the 2011 APA Conference, Washington, DC.
- Perkins, S.**, Wininger, S. R., & **Atchley, A.** (2011, August). *Examination of the Effects of Mindfulness and Task-Relevant Attentional Focus on Running Performance*. Poster presented at the 2011 APA Conference, Washington, DC.
- White, T. A.**, & Wininger, S.R. (2011, August). *An Examination of the Perceived Academic Abilities of Collegiate Student Athletes by Students, Professors, and Athletes Themselves*. Poster presented at the 2011 APA Conference, Washington, DC.
- Wininger, S.R., & **Middleton, J.D.** (2010, August). *Examination of an Online Exercise Intervention Utilizing the Self-Regulation Model*. Poster presentation at the 2010 APA conference, San Diego, CA.
- Wininger, S.R., & **Smith, S.N.** (2010, August). *Examination of Self-Regulation Model Constructs and Physical Activity*. Poster presentation at the 2010 APA conference, San Diego, CA.
- Wininger, S.R., & Norman, A.D. (2009, August). *Why is the coverage of motivation so fragmented? A discussion and proposed solution*. Roundtable discussion presented at the 2009 APA pre-conference on Teaching Educational Psychology, Toronto, Canada.
- Wininger, S. R., & **Birkholz, P.** (2009, August). *Psychological Needs Satisfaction and Professors' Use of Instructional Feedback*. Poster presented at the 2009 APA conference, Toronto, Canada.
- Blom, L.C., & Wininger, S.R. (2009, November). *High School Coaches' Knowledge, Continuing Education Interests, and Sources of Feedback*. Poster presented at the 2009 International Council for Coach Education (ICCE) Global Coach Conference, Vancouver, BC.
- Wininger, S.R., & **Heltsley, E.** (2009, August). *Effects of Preferred Attentional Focus on Affect*. Poster presented at the 2009 APA conference, Toronto, Canada.
- Wininger, S.R., & **Seaton, A.L.** (2009, June). *Comparison of Live Self-Video to Task-Irrelevant Video on Maintenance of Exercise Intensity*. Poster presented at the 2009 NASPSPA conference, Austin, TX.
- Wininger, S. R., & **Abo, M. M.** (2008, September). *Comparison of Self-Talk vs. Bodily Sensations Attentional Focus on Self-Selected Exercise Intensity*. Poster presented at AASP, St.Louis, MO.
- Wininger, S. R., **Atchley, A.**, & **Middleton, J.** (2008, September). *Effects of viewing task-relevant vs. task-irrelevant videos on self-selected exercise intensity*. Poster presented at AASP, St.Louis, MO.
- Wininger, S. R., & **Gieske, D. E.** (2008, September). *Effects of Exercise Intensity and Stage of Change on Attentional Focus during Exercise*. Poster presented at AASP, St.Louis, MO.
- Wininger, S. R., **Bamonti, P.**, **Bridges, R.**, **Pociask, S.**, & **Gieske, D.** (2008, August). *Relationships between attentional focus and aerobic activity outcomes: A meta-analysis*. Poster presented at APA Annual Convention, Boston, MA.
- Wininger, S. R., & **DeSena, T.** (2008, August). *Examination of future time perspective, self-determination theory, and self-talk as correlates of exercise behavior*. Poster presented at

- APA Annual Convention, Boston, MA.
- Wininger, S. R., & Caudill, A. J. (2007, August). *Effects of Administration Directions and Student Attributions on Student Ratings*. Presentation at the 2007 American Psychological Association Annual Conference, San Francisco, CA.
- Wininger, S. R., Winters, A., Blanton, E., Abo, M. (2007, October). *Examination of Runner's Attentional Focus During Competition Versus Training*. Presentation at the 2007 Association for Applied Sport Psychology Annual Conference, Louisville, KY.
- Wininger, S. R., Gieske, D., & Abo, M. (2007, October). *Examination of the Measure of Attentional Focus via Cognitive Interviews*. Presentation at the 2007 Association for Applied Sport Psychology Annual Conference, Louisville, KY.
- Wininger, S. R., Graves, L., & Strupp, D. (2007, October). *Differences in Attentional Focus across Gender, Distance, and Stroke in Collegiate Swimmers*. Presentation at the 2007 Association for Applied Sport Psychology Annual Conference, Louisville, KY.
- Wininger, S. R., Gieske, D., & Abo, M. (2007, August). *The effects of achievement motivation and gender on acute cycling performance*. Presentation at the 2007 American Psychological Association Annual Conference, San Francisco, CA.
- Wininger, S. R. & Rinne, A. N. (2007, April). *An Examination of Sport Participation among Academically Gifted Students*. Paper presented at the 2007 American Educational Research Association Annual Conference, Chicago, IL.
- Kuhlenschmidt, S. & Wininger, S. R. (2006, October). *Typical Testing? Normative Data on Faculty Practices*. Poster presented at the meeting of the Professional and Development Network in Higher Education, Portland, OR.
- Birkholz, P. M., Wininger, S. R., & Buckman, M. (August, 2006). *What constitutes effective teaching at the college level? A current review*. Poster presented at the 114th Annual APA convention 2006, New Orleans, LA.
- Wininger, S. R., & Derryberry, W. P. (2006, April). *Relationships among textbook usage and cognitive-motivational constructs (need-for-cognition, goal-orientations, self-determination)*. Paper presented at the 2006 American Educational Research Association Annual Conference, San Francisco, CA.
- Wininger, S. R., Gieske, D. E., & Birkholz, P. M. (August, 2006). *Effects of Self-Selection of Exercise Intensity on Affective Variables*. Poster presented at the 114th Annual APA convention 2006, New Orleans, LA.
- Wininger, S. R., & White, T. A. (August, 2006). *The dumb jock stereotype: To what extent are student-athletes affected?* Poster presented at the 114th Annual APA convention 2006, New Orleans, LA.
- Wininger, S. R. (2005, August) *Future teachers' motivation to attend college and orientation towards students*. Poster presented at the 113th Annual APA Convention, Washington, D.C.
- Wininger, S. R. (2005, October). *Examination of a Potential Solution to the Affect Measurement Conundrum: UMACL-Revised*. Poster presented at the 2005 Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver, BC.
- Wininger, S. R., & Thomas, A. (2005, October). *Examination of a Potential Solution to the Affect Measurement Conundrum: UMACL*. Poster presented at the 2005 Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver, BC.
- Wininger, S. R., & Thomas, A. (2005, October). *Examination of a Potential Solution to the Affect Measurement Conundrum: Affect Circumplex*. Poster presented at

- the 2005 Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver, BC.
- Dyrlund, A., & Wininger, S.R. (2005, August). *The effects of music preference on exercise enjoyment and RPE*. Poster presented at the 113th Annual APA Convention, Washington, D.C.
- Wininger, S. R., Littlejohn, T., & Hunt, J. T., (2005, August) *Effect of achievement motivation and task difficulty on exercise performance*. Poster presented at the 113th Annual APA Convention, Washington, D.C.
- Wininger, S. R., & Kuhlenschmidt, S. L. (2004, November) *Faculty Classroom Assessment Practices*. Presented at the 24th Annual Lilly Conference on College Teaching, Oxford, Ohio.
- Wininger, S. R. (2004, October). *Improvement of affect following exercise: Methodological artifact or real finding?* Presented at the 2004 Association for the Advancement of Applied Sport Psychology Annual Conference, Minneapolis, MN.
- Wininger, S. R., & Dyrlund, A. (2004, October). *A comparison of self-efficacy versus self-determination theory for predicting exercise attendance*. Presented at the 2004 Association for the Advancement of Applied Sport Psychology Annual Conference, Minneapolis, MN.
- Wininger, S. R., & Fields, M. (2004, October). *The effects of dispositional goal orientation and situational motivation on intrinsic motivation while exercising*. Presented at the 2004 Association for the Advancement of Applied Sport Psychology Annual Conference, Minneapolis, MN.
- Wininger, S. R., Dyrlund, A. K., & Fields, M. (2003, October). *An examination of the effects of exercise intensity and attentional focus on mood change and exercise enjoyment*. Poster presented at the 2003 Association for the Advancement of Applied Sport Psychology Annual Conference, Philadelphia, PA.
- Wininger, S. R., & Fields, M. (2003, October). *An examination of the effects of perceived intensity and motivation to exercise on enjoyment and mood*. Poster presented at the 2003 Association for the Advancement of Applied Sport Psychology Annual Conference, Philadelphia, PA.
- Wininger, S. R., & Green, M. (2003, October). *A test of the thermogenic hypothesis in college age males*. Poster presented at the 2003 Association for the Advancement of Applied Sport Psychology Annual Conference, Philadelphia, PA.
- Wininger, S. R., & Norman, A. D. (2002, September). *Formative assessment: What is it, why is it important, and to what extent are teachers exposed to it?* Poster presented at the 2002 Best Practices in Assessment Conference, Atlanta, GA.
- Metze, L., Petty, P., Mosby, C., & Wininger, S. R. (2002, March). *Coaches and players perspectives on faculty development in technology*. Paper presented at the 13th International Conference of the Society for Information Technology and Teacher Education, Nashville, TN.
- Wininger, S. R. & Fields, M. (2002, October). *The effect of exercise intensity on exercise induced change in affect*. Poster presented at the 2002 Association for the Advancement of Applied Sport Psychology Annual Conference, Tucson, AZ.
- Wininger, S. R. (2002, October). *Self-determination theory and exercise behavior: An examination of the psychometric properties of the exercise motivation inventory*. Poster presented at the 2002 Association for the Advancement of Applied Sport Psychology Annual Conference, Tucson, AZ.
- Ranieri, J. & Wininger, S. R. (2001, October). *The effects of an acute bout of exercise stepping*

- on mood: Do music and intensity moderate the relationship?* Poster presented at the 2001 Association for the Advancement of Applied Sport Psychology Annual Conference, Orlando, FL.
- Winger, S. R. (2001, October) *Relief or “real” phenomenon? An extension of Petruzello’s 1995 study.* Poster presented at the 2001 Association for the Advancement of Applied Sport Psychology Annual Conference, Orlando, FL.
- Ranieri, J. & Winger, S. R. (2000, October). *Relationships between personality and athletic performance in collegiate male basketball players.* Poster presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Nashville, TN.
- Walker, S., & Winger, S. R. (2000, October). *The anxiolytic effect of martial arts style aerobic classes in females.* Poster presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Nashville, TN.
- Winger, S. R., Walker, S., Winger, A. K. (2000, October). *The anxiolytic effect of aqua aerobics in elderly females.* Poster presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Nashville, TN.
- Winger, S. R., & Pargman, D. (1999, August). *A social cognitive model for exercise enjoyment in females.* Poster presented at the 107th Annual Convention of the American Psychological Association, Boston, MA.
- Winger, S. R., & Pargman, D. (1998, August). *A social cognitive model for exercise adherence.* Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.
- Winger, S. R. (1997, January). *Evolution of the self-exploration paper for a psychology of adjustment class.* Poster presented at the 19th Annual National Institute on the Teaching of Psychology, St. Petersburg Beach, FL.
- Winger, S. R., & Abry, D. A. (1997, August). *A psychometric evaluation of the physical activity enjoyment scale in aerobic dance classes.* Poster presented at the 105th Annual Convention of the American Psychological Association, Chicago, IL.
- Winger, S. R., & Abry, D. A. (1996, November). *The relationships between perceptions of exercise leaders and class environment on participant enjoyment in aerobic classes.* Poster presented at the annual meeting of the North American Society for the Sociology of Sport, Birmingham, AL.
- Regional (13)
- Winger, S. R., & Redifer, J.L. (2018, May). Can my students really multi-task? Implications for teaching and learning. Presented at Pedagogicon, EKU, Richmond, KY.
- Pulliam, D., Winger, S. R., Redifer, J., & Derryberry, W.P. (2018, April). Effect of Student Classroom Cell Phone Usage on Teachers. Poster presented at the Rocky Mountain Psychological Association’s Portenier-Wertheimer Teaching Conference, Denver Colorado. -- Rocky Mountain Psychological Association Best Teaching Poster Award--
- French, C., Oldham, A., Gish, E., & Winger, S. R., (2018, March). The impact of exercising at a self-selected intensity on concurrent academic task performance. *Graduate Student Regional Research Conference*, Louisville, KY.
- Mauch, J., French, C., & Winger, S. R. (2017, October). *Impact of Attempting to Multi-Task on Self-Selected Exercise Intensity.* Paper delivered at the Kentucky Association for Psychology in the Schools. Louisville, KY.
- Duck, K., & Winger, S. (2013, February). *Comparing self-determination theory, expectancy-value theory, and self-efficacy theory in the context of exercise.* Poster presented at the 2013 Southeastern Psychological Association conference.
- Winger, S. R., & Norman, A. D. (2006, February). *Assessing understanding of Maslow’s*

- hierarchy of needs: A measure and a content analysis*. Poster presented at the 18th Southeastern Conference on the Teaching of Psychology 2006, Atlanta, GA.
- Wininger, S. R. (2004, February). *Measuring marbles: Demonstrating a basic tenet of psychological measurement*. Poster presented at the 2004 Southeastern Conference on the Teaching of Psychology, Atlanta, GA. [Outstanding Poster Award]
- Wininger, S. R., Macis, W., Prewitt, J., Ross, R., & Steenson, E. (2000, January). *Examination of the statistics class for psychology majors, part I*. Poster presented at the 12th Southeastern Conference on the Teaching of Psychology, Atlanta, GA.
- Wininger, S. R., & Diggins, E. (1999, February). *Which statistical concepts and tests were my students taught in their undergraduate statistics class?* Poster presented at the 11th Southeastern Conference on the Teaching of Psychology, Atlanta, GA.
- Wininger, S. R., Thomas, S., & Harlow, T. (1999, February). *A web-based exercise to facilitate understanding of basic statistical equations*. Demonstration presented at the 11th Southeastern Conference on the Teaching of Psychology, Atlanta, GA.
- Wininger, S. R. (1998, February). *Mind over matter*. Poster presented at the 10th Southeastern Conference on the Teaching of Psychology, Atlanta, GA.
- Wininger, S. R., & Ball, K. (1994, October). *Relationship between vision and athletic performance in collegiate female volleyball players and male basketball players*. Poster presented at the Kentucky Psychological Association 1994 Annual Convention, Louisville, KY.
- Beavers, K., & Wininger, S. R. (1994, October). *Health knowledge, economic status, and health behavior*. Poster presented at the Kentucky Psychological Association 1994 Annual Convention, Louisville, KY.

Local (48)

- Lemberg, G. & Wininger, S.R. (2019, March). *Impact of Texting while Cycling on Self-Selected Exercise Intensity*. Poster presented at 2019 REACH Week, Bowling Green, KY. [Session 34 Winner, Graduate Poster Interdisciplinary]
- Seaver, H., & Wininger, S. R. (2019, March). *Effects of Multi-Tasking on Self-Selected Pace and Distance while Walking*. Poster presented at 2019 WKU REACH Week, Bowling Green, KY.
- French, C., Mauch, J., Forgione, B., & Wininger, S. (2018, March). The impact of exercising at a self-selected intensity on concurrent reading and math task performance. *Western Kentucky University Student Research Conference*, Bowling Green, KY.
- Moore, E., French, C., & Wininger, S. (2018, March). The impact of completing an academic task on self-selected exercise intensity. *Western Kentucky University Student Research Conference*, Bowling Green, KY.
- French, C., & Wininger, S. R. (2017, December). *The Impact of Exercising at a Self-Selected Intensity on Concurrent Academic Task Performance*. CEBS Research Symposium, Bowling Green, KY.
- Mauch, J., French, C., & Wininger, S. R. (2017, December). *Impact of Attempting to Multi-Task on Self-Selected Exercise Intensity*. CEBS Research Symposium, Bowling Green, KY.
- Mauch, J., French, C., & Wininger, S. R. (2017, March). *Impact of Attempting to Multi-Task on Self-Selected Exercise Intensity*. WKU Research Conference, Bowling Green, KY.
- Hancock, S., Wininger, S.R., Cash, L., Kuhn, A., & Oldham, A. (April, 2016). *Examination of Attentional Focus Strategies and Exercise Intensity on RPE, Affect, and Cognitive Processing*. WKU Research Conference, Bowling Green, KY.
- Oldham, A., & Wininger, S. R. (April, 2016). *Causal Attributions as a Mediator for the Relationship between Self-Efficacy and Performance*. WKU Research Conference,

- Bowling Green, KY. [Winner of UG Poster Session #16]
- Oldham, A. C., Wininger, S.R., & Ryle, M. K. (2015, March). *An Examination of Self-Efficacy and Attributions across Contexts*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Shepherd, K., Wininger, S. R., Cash, L., & Hancock, S. (2015, March). *An Examination of Pacing Training for the Two Mile Run in ROTC Cadets*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Oldham, A.C., Duck, K., Wininger, S.R. (2014, March). *Perceptions about Competition: A Comparison of Self-report Data and Competitive Performance*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Estes, L.E., Wininger, S.R., Duck, K., Neblett, C., O'Grady, E., Higginson, M.K., (2014, March). *Music As a Performance Enhancer: Does It Work?* Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Briggs, K., Gregory, A., & Wininger, S.R. (2013, March). *Predicting Course Performance via Self-Regulation Constructs*. WKU Student Research Conference, Bowling Green, KY.
- Crowley, B., Wininger, S.R., Duffin, L., Sondag, A. (2013, March). *Pre-service Teachers' Perceptions of What It Means to Learn a Lot*. WKU Student Research Conference, Bowling Green, KY.
- Duck, K., Gregory, A., Briggs, K., & Wininger, S.R. (2013, March). *Breaking the Wall: Overcoming Barriers to Learning*. WKU Student Research Conference, Bowling Green, KY.
- Higginson, M.K., & Wininger, S.R. (2013, March). *Honors Versus Non-honors College Students: How Are They Different?* WKU Student Research Conference, Bowling Green, KY. [Winner of UG Poster Session #19]
- Sudbeck, R., & Wininger, S.R. (2013, March). *Facilitating Mastery Goal Orientation in the Classroom*. WKU Student Research Conference, Bowling Green, KY.
- O'Grady, E., & Neblett, C., & Wininger, S.R. (2013, March). *No Tunes Allowed: Can Listening To Music Improve Your Exercise Performance?* WKU Student Research Conference, Bowling Green, KY. [Winner of UG Poster Session #17]
- Sondag, A. & Wininger, S.R. (2013, March). *Self-Determination Theory and Physical Exercise: Examining the Importance of Intrinsic Motivation*. WKU Student Research Conference, Bowling Green, KY.
- Songdag, A., & Wininger, S. R. (2012, March). *A Quantitative Review of Self-Determination Theory Subtypes In Exercise Adherence*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Crowley, B., Gregory, A., & Wininger, S. R. (2012, March). *Examination of Self-regulation Constructs as Explanatory Variables for Attendance and Performance*. Poster presented at the WKU Student Research Conference. Bowling Green, KY. [Winner of Poster Session #11]
- Gregory, A., Crowley, B., & Wininger, S. R. (2012, March). *Evaluation of an Intervention to Improve Self-regulated Learning in Pre-service Teachers*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Brown, K. M., & Wininger, S. R. (2011, March). *Development of the Negative Attentional Bias During Exercise Measure and the Rumination and Escape Thoughts Measure*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Perkins, S., Greco, L. M., Brown, K. M., & Wininger, S. R. (2011, March). *Personal Strategies for Increasing Exercise Intensity and Enjoyment*. Paper presented at the WKU Student

- Research Conference. Bowling Green, KY.
- Greco, L. M., Brown, K. M., & Wininger, S. R. (2010, February). *Personal Strategies for Increasing Exercise Intensity*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Middleton, J.D., & Wininger, S.R. (2009, February). *Facilitation of social cognitive constructs in an employee wellness exercise intervention program*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Seaton, A., Wininger, S.R., Middleton, J., & Atchley, A. R. (2009, February). *Effects of live self-video vs. task-irrelevant video viewing on self-selected exercise intensity*. Poster presented at the WKU Student Research Conference. Bowling Green, KY.
- Stewart, K., & Wininger, S. R. (2009, February). *Using ratings of perceived exertion to equate ventilatory threshold*. Poster presented at the WKU Student Research Conference. Bowling Green, KY [Best in Social Sciences Category Award Winner].
- Middleton, J.D., & Wininger, S.R. (2009, February). *Facilitation of social cognitive constructs in an employee wellness exercise intervention program*. Poster presented at the Graduate Student Research at the Capitol, Frankfort, KY.
- Caudill, A. J., & Wininger, S. R. (2007, March). *Perception of purpose on course evaluations and the effect on responses*. Paper presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY. [Honorable mention in the Undergraduate Psychology and Education Paper Session]
- Abo, M. M., Gieske, D., Strupp, D., & Wininger, S. R. (2007, March). *The effects of attentional focus and expertise level on self-selected exercise intensity*. Poster presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY.
- Desena, T. M., & Wininger, S. R. (2007, March). *Examination of future time perspective, self-determination theory, and self-talk as correlates of exercise behavior*. Paper presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY. [Honorable mention in the Undergraduate Psychology and Education Paper Session]
- Gieske, D., Abo, M., Strupp, D., & Wininger, S. R. (2007, March). *The effects of intensity level and expertise on attentional focus during exercise*. Paper presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY.
- Graves, L. M., Wininger, S. R., & Strupp, D. (2007, March). *Differences in attentional focus across gender, distance, and stroke in collegiate swimmers*. Poster presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY. [First place award in the Undergraduate Psychology, Recreation, and Student Engagement Poster Session]
- Hale, J. M., Wininger, S. R., & Strupp, D. (2007, March). *Examination of professional preparation of high school coaches*. Poster presented at the 37th Annual WKU Student Research Conference, Bowling Green, KY.
- Derryberry, W. P., Pertusa, I., Wininger, S. R., & Grieve, F. (2005, June). *CSI WKU*. Presentation at e-train Express Technology Institute, Bowling Green, KY.
- Buckman, M., & Wininger, S. R. (2005, April). *A comparison of effective teaching components and WKU SITE items*. Poster presented at the 2004 Sigma Xi Student Research Conference, Bowling Green, KY.
- Leshner, N., Wininger, S. R., & Formanek, J. (2005, April). *Effects of feedback and attributions on weightlifting performance*. Poster presented at the 2004 Sigma Xi Student Research Conference, Bowling Green, KY.
- Littlejohn, T. W., Wininger, S. R., & Hunt, J. T. (2005 April). *Effect of achievement motivation and task difficulty on exercise performance*. Paper presented at the 2004 Sigma Xi Student Research Conference, Bowling Green, KY.

- White, T. & Wininger, S. R. (2005, April). *Student-athletes' perceptions of Western's facilitation of their personal growth and well-being*. Poster presented at the 2004 Sigma Xi Student Research Conference, Bowling Green, KY.
- Dyrlund, A. K., Wininger, S. R., Poff, R., Derryberry, W. P., & Norman, A. (2004, June). *Using Elisten*. Presentation for Summer 2004 e-Train Technology Symposium.
- Dyrlund, A. K., & Wininger, S. R. (2004, April). *The effects of music preference and exercise intensity on exercise enjoyment*. Paper presented at the 2004 Sigma Xi Student Research Conference, Bowling Green, KY [First Place Award in the Biology and Psychology paper session].
- Wininger, S. R. (2003, September). *Using your PDA to make presentations*. Talk presented at the 2003 e-train Technology Symposium, Bowling Green, KY.
- Wininger, S. R. (2002, March). *Three examples of how e-training has enhanced my instruction: Presenter-to-Go, website design, and the print-screen function*. Poster presented at the 1st annual e-train Technology Conference, Bowling Green, KY.
- Ranieri, J. & Wininger, S. R. (2000, March). *Relationships between personality and athletic performance in collegiate male basketball players*. Poster presented at the University of North Florida Psychology Mini-convention, Jacksonville, FL.
- Walker, S., & Wininger, S. R. (2000, March). *The anxiolytic effect of martial arts style aerobic classes*. Poster presented at the University of North Florida Psychology Mini-convention, Jacksonville, FL.
- Wininger, S. R., & Shaw, G. A. (1993, February). *Religious commitment and physical fitness run parallel with sexual practices*. Paper presented to the Georgetown College Psi Chi Chapter, Georgetown, KY.

Accepted for Presentation

Submitted for Presentation

- Wininger, S. R., & Bailey, A. *Multitasking while Cycling: Impact on Self-Selected Exercise Intensity*. Poster submission for the 2020 APA convention in Washington, DC.
- Wininger, S. R., Wink, A., & Cherry, R. *Comparing Content of Attention Chapters between Cognition vs. Sport Psychology Textbooks*. Poster submission for the 2020 APA convention in Washington, DC.

Invited talks (29)

- Wininger, S. R., (November 5, 2018). An overview of sport and exercise psychology for EXS122, Bowling Green, KY.
- Wininger, S. R., (February 10, 2018). *Optimal state of mind: Essential steps to get there*. Kentucky 4-H Volunteer Forum, Lexington, KY.
- Wininger, S. R., (February 3, 2018). *So you think you can multi-task*. CEBS Preview Day, Bowling Green, KY.
- Wininger, S.R. (April 14, 2015). *Planning to do well, optimizing arousal and focus*. Requested talk for Warren County 4-H Shooting Club, Bowling Green, KY.
- Wininger, S.R. (October, 27, 2014). *An Overview of Sport Psychology*. Requested talk for Warren County 4-H Shooting Club, Bowling Green, KY.
- Wininger, S.R. (June 26, 2014) *Overview of the motivation lab research*. Talk to AP Teachers from the WKU AP Teaching Institute.
- Wininger, S.R. (August 19, 2013) *Keys to student motivation and success in the classroom*.

- Presentation for AARC, Bowling Green, KY.
- Winger, S.R. (October 22, 2010). *How to construct valid and reliable test items*. Seminar for FACET, Bowling Green, KY.
- Winger, S.R. (June 30, 2010). *Optimizing Learning: A Model and Some Myths*. Keynote address for 2010 AP Institute for High School Teachers (27th Annual Event).
- Winger, S.R. (October 15, 2009). *The Social Cognitive Self-Regulation Model: A Potential Framework for the Teacher Work Sample*. Presentation to the Teacher Work Sample Committee, Bowling Green, KY.
- Winger, S.R. (September 28, 2009). *Intensity Regulation Training* with St. Joseph Cross Country Team. Bowling Green, KY.
- Winger, S.R. (July 2, 2009). *Motivation Research*. Discussion of research with Advanced Placement Summer Workshop participants. Bowling Green, KY.
- Winger, S.R. (May 23, 2009). *Brain Rules*. Discussion of assigned book for Wakonse Conference. Stony Lake, MI.
- Winger, S. R. (November 6, 2008) *What do you think about when you exercise?*
Attentional focus and non-scoring aerobic activity. Centre College, Danville, KY.
- Winger, S. R. & Winger, A. K. (January 20, 2007). *Moving in to Silence: Meditation*. Presentation for Holy Spirit Church Married Couples Group, Bowling Green, KY.
- Winger, S. R. & Winger, A. K. (January 14, 2007). *Successful Goal Setting*. Presentation for Holy Spirit Church Married Couples Group, Bowling Green, KY.
- Winger, S. R. (April 22, 2006). *Attentional focus, exercise intensity, and expertise levels*. Presentation at the Second Annual Sport Psychology Gathering, Bowling Green, KY.
- Winger, S. R. (April 30, 2005). *A history of my research in sport and exercise psychology*. Presentation at the First Annual Sport Psychology Gathering, Bowling Green, KY.
- Winger, S. R. & Winger, A. K. (April 10, 2005). *Youth sport, psychological considerations*. Presentation for Holy Spirit Church Married Couples Group, Bowling Green, KY.
- Winger, S. R. (August 13, 2004). *The Psychology Professorate*. Presentation for Sixth Grade Classes at Red Cross Elementary School, Glasgow, KY.
- Winger, S. R. & Winger, A. K. (April 25, 2004). *Exploring the seven deadly sins within the context of Emotional Intelligence*. Presentation for Holy Spirit Church Married Couples Group, Bowling Green, KY.
- Winger, S. R. (April 19, 2004). *Exercise motivation*. Presentation to Kentucky Association for Blacks in Higher Education, Bowling Green, KY.
- Winger, S. R. (June 23, 2003). *Teaching motivation and emotion*. Presentation to AP High School Psychology Teachers, Bowling Green, KY.
- Winger, S.R. (March 18, 2003). *Motivation for health behaviors*. Presentation for Weight Management/Fitness Program, offered via the Health and Fitness Lab at WKU, Bowling Green, KY.
- Winger, S. R. & Winger, A. K. (February 16, 2003). *Secrets to happiness*. Presentation for Holy Spirit Church Married Couples Group, Bowling Green, KY.
- Winger, S. R. (February 8, 2003). *Arousal regulation*. Presentation for WKU Women's Swim Team, Bowling Green, KY.
- Winger, S. R. (February 3, 2003). *Motivation for weight loss*. Presentation for Weight Wellness Program, Health and Wellness Center, Greenwood Mall, a service of the Medical Center, Bowling Green, KY (sessions at 9am and 5:30pm).
- Winger, S. R. (May 1, 2002). *Stress and stress management*. Presentation for Psi Chi chapter at Western Kentucky University, Bowling Green, KY.
- Winger, S. R. (2001, April). *Psychological benefits of exercise*. Paper presented to Adult

Popular Press (11)

- Interview with *College Heights Herald*, Lucas Aulbach, Transitioning out of college athletics. April, 16 2014.
- Interview with *The Daily News*, A. Harvey, Psych Professor Hopes to Motivate Adults to Move, March 12, 2012.
- Interview with *Body and Soul* magazine, Liz Barker, contributing editor, about exercise and music. November 12, 2008 (to appear in March 2009 issue).
- Interview with *U.S. News & World Report*, Katherine Hobson, Senior Editor Health/Medicine, about exercise and music. August 4, 2008.
- Interview with *The Daily News* Daniel Pike, about youth sport parents, July, 2008.
- Interview with *The Post*, Nikki Naab-Levy, about exercise and music. February, 2008.
- Interview with *Women's Health*, Corey Binns, about exercise and music. April Issue 2008
- Interview with *Prevention* magazine about exercise adherence (July, 2007).
- Serving Up Sand and Sun: Beach Volleyball in Louisiana This Summer*, by Lauren Labbe Consulting expert for article, 2005.
- Class Consciousness*, Research summary appearing in *Allure* magazine's Fitness News Section: p. 151, October, 2002.
- How to find a class you'll love*, Research summary appearing in *Self* magazine's Fitness Flash Section: p. 102, September, 1999.

Television Interviews (4)

- 2008 (October), WKU News Channel 12 Sports (Hank Fuerst), *Athletic Identity & Demotion*
- 2005, (March) WKBO, *Exercise Motivation*
- 2002, PBS affiliate, *e-train program*
- 1999 (January), WJXX, ABC, Jacksonville, *New Year's Resolutions*.

Doctoral Program Committees

- Owen, Stacey (2012), **Chair**, not completed
- Inman, Tracy (2011), The effects of problem based learning in math and science on high potential elementary school students.

Thesis Committees (36 theses; 22 chaired)

- Adkins, Dane (2019, Su), member, The Impact of Musical Components on Recall Performance.
- Roberts, Joshua (2019, Spr), member, Military and PTSD
- French, Carrie (2018), **Chair**, The Impact of Exercising at a Self-Selected Intensity on Concurrent Academic Task Performance.
- Higginson, Mary Katherine (2017), **Chair**, Exploring the Prevalence of Learning Styles in Educational Psychology and Introduction to Education Textbooks.
- Pulliam, Daniel (2017), **Chair**, Effect of Student Classroom Cell Phone Usage on Teachers
- Wilson, Megan (2015), member, Psychopathologies across intercollegiate vs. intramural sports
- Sondag, Adam (2012), **Chair**, not completed
- Crowley, Brittany (2015), **Co-Chair**, The Effects of Problem-Based Learning on Mathematics Achievement of Elementary Students Across Time.
- Duck, Kerry (2014), **Chair**, The Effects of Problem-Based Learning on Interest in Mathematics for Elementary Students across Time.

- Benningfield, Savannah (2013), **Chair**, Effects of Gender and Implicit Theories on Science Achievement and Interest in Elementary Aged Students.
- Perkins, Scott (2012), **Chair**, Self-Regulation and Physical Activity in WKU Employees.
- Wilson, Jillian (2012), **Chair**, The effect of gender and implicit theories of math ability on math interest and achievement.
- Simmons, Kristi (2011), Age Differences in Revision of Casual Beliefs
- Delauney, Jessica (2011), **Chair**, The effect of choice in exercise intensity on affect and cognition.
- Brown, Katie M. (2011), **Chair**, Development of the negative attentional bias during exercise measure and the rumination and escape thoughts measure.
- Frassinelli, Gabrielle (2011), **Co-Chair**, Development of a math interest inventory to identify gifted students from underrepresented and diverse populations.
- Zirchelbach, Andrea C. (2011), **Chair**, Identifying gifted students in science.
- Thompson, Sarah E. (2010), **Chair**, Development of a teacher identification form of student interest in mathematics.
- Redding, Frank (2010), An evaluation of the impact of a thesis colloquium on self-regulated motivation toward thesis completion.
- White, Tiffany (2010), **Chair**, An Examination of Student-Athlete's Perceptions of Their Academic Abilities.
- Atchley, Anthony (2010), **Chair**, An examination of the effects of mindfulness and task-relevant attentional focus on running performance.
- Hutchins, Amanda (2009), The relationship between goal orientation, failure attribution, and gender.
- Middleton, Julianna (2009), **Chair**, Facilitation of social cognitive constructs in an employee wellness exercise intervention program.
- Heltsley, Erin (2008), **Chair**, Effects of Preferred Attentional Focus on Affect.
- Birkholz, Paige (2007), **Chair**, An Examination of Sources of Instructional Feedback and the Connection with Self-Determination Theory and Job Satisfaction.
- Bloesch, Emily (2007), Differential Effects of Mental Fatigue and Alcohol on Selective Attention.
- Abo, Melissa (2007), **Chair**, Effects of Attentional Focus and Expertise Level on Self-Selected Exercise Intensity.
- Gieske, Diana (2007), **Chair**, Effect of Intensity Level and Expertise on Attentional Focus during Exercise.
- Prior, Carrie (2006), Role of Goal Orientation in Applying for and Obtaining National Board Certification.
- Glasgow, Sarah (2006), Relevance of Teacher Efficacy in the National Certification of Teachers.
- Allison Dyrland (2004), **Chair**, Effects of Music Preference and Exercise Intensity on Affective Variables.
- Brandy Cobb (2004), Assessing Job Satisfaction and Emotional Intelligence in Public School Teachers.
- David Nuckols (2003), Influence of Music on Preferred Intensity and Associated Physiological Responses.
- Marc Fields (2003), **Chair**, The Effect of Task versus Ego Oriented Feedback on Exercise Enjoyment.
- Lisa Lorenzen (2003), The Negative Effects of Media Advertisements on Men's Body Satisfaction.
- Shannon Walker (2002), Role of Situational and Dispositional Factors on Sub-Optimal

Performance.

Honors Thesis Committees

Oldham, Alex, **Chair**, Predictive Abilities of Past Performance versus Self-Efficacy, across Contexts and Goal Types.

Grants/Funding

Western Kentucky University

Internal

- Wininger, S. R., Honors Faculty Engagement Grant, Spring 2020, Requested: \$663.08
- Wininger, S. R., WKU Quick Turn Around Grant (QTAG), Spring 2017. **Funded:** \$3,000.
- Wininger, S. R., WKU Quick Turn Around Grant (QTAG), Spring 2016. **Funded:** \$2,295.
- Wininger, S.R., Blankenship, R., & Carey, C. (2011). Research & Creative Activities Program. *Increasing physical activity in parents of youth sport participants: A web-based intervention.* **Funded:** \$6,000.
- Wininger, S. R. (2007). WKU Summer Fellowship 2008, *Increasing exercise intensity via induction of an external task-relevant attentional focus.* **Funded:** \$6,000.
- Wininger, S. R. (2007). WKU Regular Faculty Scholarship, *Examination of the Professional Preparation of High School Coaches.* **Funded:** \$1,520.
- Wininger, S. R. (2006). WKU Summer Fellowship 2007, *Meta-analysis of research on attentional focus during exercise.* Requested: \$6,000, not funded.
- Wininger, S. R. (2006). Grant Proposal Development Course Release for Spring 2007. **Funded:** One course release
- Wininger, S. R. (2005). Teaching and Research Equipment Funds, 5 BIOPAC systems. Requested: \$35,217.85 **Funded:** \$14,087.20.
- Wininger, S. R. (2005). e-train Express Mini-Grant, Digital Camera, Accessories, and software. **Funded:** \$704.
- Wininger, S. R. (2004). Teaching Resource Faculty Funds, *Inspiration for Teaching: Facilitating Teacher Motivation.* Requested: \$4000, not funded.
- Wininger, S. R. (2004). WKU Summer Fellowship 2004, *Examination of a potential solution to the affect measurement conundrum.* **Funded:** \$5,000.
- Wininger, S. R. (2003). e-train Express Mini-Grant, Hewlett Packard DVD Writer & writable DVDs. **Funded:** \$300.
- Wininger, S. R. (2003). WKU Junior Faculty Fellowship, *Effects of music preference and exercise intensity on affective variables.* **Funded:** \$4,000.
- Wininger, S.R., & Kuhlenschmidt, S. (2003). *Evaluation Practices of College Teachers. Teaching Resource Faculty Funds.* **Funded:** \$819.
- Wininger, S. R. (2003). WKU Summer Fellowship 2003, *Anxiety reduction following exercise: Methodological artifact or real finding?* **Funded:** \$5,000.
- Wininger, S. R. (2002). Dell Inspiron 2650 Notebook Computer. e-train Express Mini-grant **Funded:** \$1,500.
- Wininger, S. R. (2001) Enhancement of Assessment in College of Education Faculty and Future Teachers. Action Agenda/Professional Development Funds. **Funded:** \$4,520.

External

- Redifer, J., Kuhlenschmidt, S., Wininger, S. R., Zhao, Q., Duffin, L. C., & Derryberry, W. P. (2016, February). Applying the science of misinformation correction as a teaching intervention: Increasing the accuracy of student beliefs about learning styles. APS Teaching Fund Grant. Requested: \$15, 000, not funded.

- Roberts & Pereira (2014, June/July), STEM+C, Department of Education, Javits Gifted and Talented Students Education Program Grant, 1, 771, 146. [I worked on the identification plan, research design, and evaluation portions of this grant. I was included at the evaluator/researcher], not funded.
- Wininger, S.R. (2012). A.S.K. Service Proposal. *The Essentials of Motivation*. Submitted, Awarded \$2,500, **Funded**, but declined due to concerns about readiness of model at the time.
- Wininger, S. R. (2007). NIH Decision Making in Health: Behavior Maintenance (R21) grant: *Increasing Exercise Intensity via Manipulation of Attentional Focus*. Requested: \$370,630, not funded.
- Rinn, A., Wininger, S. R., & Roberts, J. (2007). Institute for Research and Policy on Acceleration. Requested: \$25,000, not funded.

Nicholls State University

- Mead, T., Brannagan, K., Bonvillain, J., Caruso, M., Guillot, D., Matherne, M., Wininger, A., & Wininger, S. (2000). *Bayou LaFourche Linear Park Extension*. Department of Transportation and Development. **Funded**: \$156, 800.
- Mead, T., Bonvillain, J., Brannagan, K., Guillot, D., Wininger, S., & Zannis, M. (2000). *Enhancing the Health and Wellness of Students and Community Members in the Bayou Region and South Central Louisiana*. Louisiana Education Quality Support Fund. **Funded**: \$25, 625.

University of North Florida

- Wininger, S. R. (2000). Office of Faculty Enhancement Software Support for Purchase of 20 copies of *ActivStats*. **Funded**: \$700.
- Wininger, S. R. & Eisler, J. (1999). Institutional Mini Grant for the Purchase of Qualitative Analysis Software Package. **Funded**: \$400.

Honors and Awards

Western Kentucky University

- 2019 CITL Teaching Honors Nomination
- 2018-2019: Student nomination for faculty advising award
- 2018 Rocky Mountain Psychological Association Best Teaching Poster Award
- 2011-2012, 2012-2013: Student nominations for faculty teaching award
- 2007 College of Education and Behavioral Sciences Faculty Award for Research
-Department of Psychology Research Award
- 2005 College of Education and Behavioral Sciences Faculty Award for Teaching
-Department of Psychology Teaching Award
-Teaching Scholar for Western Kentucky University, College of Education & Behavioral Sciences Representative for Teaching Scholars Institute.
- 2004 -Society for the Teaching of Psychology: Division Two, American Psychological Association. Outstanding Poster Presentation 2004 Southeastern Conference on the Teaching of Psychology

Western Kentucky University

- 1995 -Outstanding Graduate Student for the College of Education and Behavioral Sciences
-Outstanding Graduate in Applied Experimental Psychology

Georgetown College

- 1993 -Outstanding Graduate in Psychology
-Outstanding Graduate in Philosophy
-Lambda Chi Alpha Academic Award
-Outstanding Student Leader Nominee
-Who's Who Among Students in American Colleges and Universities
-Nominee for *USA Today Academic All-American*

Professional Memberships and Honorary Affiliations

Member, American Psychological Association

Divisions: 2, Teaching of Psychology
5, Quantitative & Qualitative Methods
47, Sport, Exercise, and Performance Psychology

Member of Psi Chi, National Honorary Society for Psychology

Member of Phi Kappa Delta, National Honorary Society for Forensics and Debate

Member of Eta Delta Phi, Senior Honorary Society

Continuing Education/Training

1) Teaching

- Pedagogicon, ECU, Richmond, KY, May 2018.
- Top 20 Principles from Psychology for Teaching and Learning, Dr. Rena Subotnik, 2/21/18
- Blackboard training, Summer 2015
- Weekly observations and meeting with graduate student for PSY412 class...goal of improvement of visuals and activities, Spring 14.
- Weekly observations and meeting with graduate student for PSY310 class...goal of improvement of visuals and activities, Fall 13.
- MS Outlook Email & Calendar Training. WKU IT, 8/6/10.
- Wakonse Teaching Conference, May 20-26, 09.
- Grading Papers with Word 2007. WKU IT training, 2/11/09.
- Legal and Ethical Issues for Instructors. CEBS professional development session, 8/21/06
- The Dichotomy of "Read Chapter Five". Engaging the Spirit, 8/18/06
- Being Scholarly About Teaching: Researching Your Methods, a FACET seminar, 4/3/06
- e-train Dreamweaver 2 (intermediate) workshop, 1/12/06
- e-train Dreamweaver 1 (intro) workshop, 12/1/05
- e-train Fall Technology Institute, 9/24/05
- e-train Spring Technology Institute, 6/11/05
- FACET book discussion group, *What the Best College Teachers Do*, March & April, 2005
- e-train video editing workshop, 2/4/05
- e-train video production workshop, 1/20/05
- e-train digital photography workshop, 11/29/04
- e-train resources workshop, 10/26/04
- e-train Fall Technology Institute, 10/4/04
- Reid Buckley Orator in Residence Workshop, sponsored by FACET, 4/7/04
- Developing Your Teaching Philosophy & Style, Workshop at the 16th Southeastern Conference on the Teaching of Psychology, Atlanta, GA, 2/27/04
- Third Annual e-train Fall Technology Institute, 9/20/03

- Motivating students: Teaching how to learn, FACET, 2/6/03
- ParScore software training, Scantron Cor., 11/4/02
- Teaching portfolios, FACET, 9/4/02
- Second Annual e-train Technology Institute, 7/11/02 & 7/12/02
- Legal and Ethical Issues in Teaching, FACET, 6/4/2002
- e-train Technology Institute, 8/8/01
- Member, e-train Express:
 - Presentation Software Group, 01-02
 - Web Design Group, 01-02
 - On-line Survey Group, 01-03
 - E-listen Group, 02-04
 - ParScore Group, 02-03
 - Video Production Group, 02-05

2) Educational Psychology

- Educational Psychology Group monthly meetings and discussions (August 2014-)
- Small Learning Communities Training Institute, Department of Education, Washington, DC, 11/13-15, 06
- The Kentucky Academy of Mathematics and Science. Engaging the Spirit, 8/18/06.
- Developing a comprehensive faculty evaluation system: A CEDA workshop for college faculty and administrators. St.Louis, Missouri, 10/10 & 10/11, 05
- Ways to prevent underachievement in gifted children, Sylvia Rimm, 9/15/05
- Continuous School Improvement Questionnaire training, AEL, Nashville, TN, 5/17/04
- Teacher work sample scoring event, CEBS WKU, 4/16/05
- Teacher work sample training, CEBS WKU, 4/15/05
- CHAMPS training, Behavioral management system for schools, 5/2/03.
- Training for continuous progress initiative: Accountability testing in the schools, 10/25/02
- Training for Institutional Assessment, presented by Nichols, K., & Nichols, J., 9/13/02
- E-listen training, 6/24 & 6/25/02
- Praxis Principles of Teaching and Learning Exam, 6/15/02
- Praxis II ETS Workshop, 1/11/02
- Kentucky Teacher Internship Training, 7/13/02

3) Methodology & Statistics

- Led a discussion group on mediation and moderation analyses, Spring 2017
- Hierarchical Data Modeling workshop, Chicago, IL, 5/20-22, 08
- HLM reading group, Spring 07. Met once per week to discuss reading on HLM.
- Effect sizes, confidence intervals, and especially confidence intervals for effect sizes.
- Professional development course taught by Bruce Thompson at AERA conference, 4/9/06

4) Funding

- Supported Hannah Seaver with FUSE Grant Funding, Fall 2018
- Pivot workshop, Spring 2018
- Support Emma Moore with Gatton Research Supplies Grant, Spring 2018
- Supported Getter Lemberg with FUSE Grant Funding, Fall 2017/Spring 2018
- Supported Brandi Forgione with FUSE Grant Funding, Spring 2017
- Supported Jordan Mauch with FUSE Grant Funding, Fall 2016
- Supported Ariana Kuhn with FUSE Grant Funding, Spring 2016

- Supported Alex Oldham with FUSE Grant Funding, Fall 2013
- Supported Kerry Duck with his Graduate Study Research Funding, Fall 2013
- Robert Wood Johnson Foundation Games for Health Conference, Boston, MA, 5/17-19/11
- Regional Neighborhood Network Conference, Louisville, KY, (9/27-29, 07; learning about grant ideas and resources for neighborhoods and physical activity promotion.
- Department of Psychology Grantsmanship Workshop via UL, 11/8/06
- Planning the budget for your grant proposal, WKU, 3/31/06
- Breaking through the barriers to proposal writing, WKU, 9/9/05
- Internal Grants at WKU Workshop, 1/31/03
- Searching for Funds for Education and Behavioral Sciences Workshop, WKU, 3/29/02
- Introduction to Grants at WKU Workshop, 11/2/01

5) Advising Events

- 2018: CEBS Preview Day 2/3/18
- 2017: Major/Minor Fair, 9/19/17
- 2017: TOP session, 7/13/17
- 2016: TOP session, 7/12/16
- 2016: Mini Major/Minor Fair, 4/6/16
- 2015: Head for the Hill Recruitment Event, 11/11/15
- 2015: ATPs on 3/18 & 3/27
- 2014: ATPs on 3/24 & 4/9
- 2013: ATP, 3/27
- 2012: Honors ATP, 3/14; Majors/Minors Fair, 9/19
- 2001-2011: Participated in at least 3-4 per year, but did not document.

6) Administrative

- Using Motivational Interviewing to Engage and Motivate Faculty (Magna Online Seminar), 11/2/18
- Faculty Leader Year Fellow, 2017-2018, training in leadership via CITL
- Graduate Curriculum Inventory Management Training, 9/20/17
- Suicide Prevention Workshop (QPR), 2/6/17
- OU Campus training, 6/29/16