

# ASHLEY KUCHAR

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## EDUCATION

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**Ph.D. Educational Psychology**, The University of Texas at Austin May 2022

- Human Development, Culture, and Learning Sciences
- Advisor: Dr. Kristin Neff
- **Dissertation:** *RESET: A Brief Self-Compassion Intervention with NCAA Student-Athletes*
  - EDP Nominee for the Graduate School Outstanding Dissertation Award, 2022
  - AASP Doctoral Dissertation Award, 2023

**M.Ed. Educational Psychology**, The University of Texas at Austin May 2020

- Quantitative Methods

**B.A. Psychology**, Fort Lewis College, Durango, CO May 2014

- Minor: Exercise Science, Coaching Option

### Certifications

- Inclusive Classrooms Leadership Certificate Seminar for Excellence in Teaching (2021)
- Certified Sport Psychology Coach (2021)
- Trained Mindful Self-Compassion Teacher (2021)
- Advanced Teaching Certificate in Interdisciplinary Instruction (2018)
- Student Employee Excellence Development (2017)

## RESEARCH

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### Grant Funding

- AASP Collaborative Research Grant, **\$5,000**, Association for Applied Sport Psychology, Awarded June 17, 2024
- NCAA Graduate Student Research Grant, **\$5,000**, National Collegiate Athletic Association, Awarded September 24, 2019

### Peer-Reviewed Publications

1. **Kuchar, A. L.,** & Neff, K.D. (2024). *Self-Compassion*. In Pressman, S.D., & Parks, A. (Eds) Activities for Teaching Positive Psychology, Volume II. American Psychological Association.
2. **Kuchar, A. L.,** Neff, K. D., & Mosewich, A. D. (2023). Resilience and Enhancement in Sport, Exercise, & Training (RESET): A brief self-compassion intervention with NCAA student-athletes. *Psychology of Sport and Exercise, 67*, 102426. <https://doi.org/10.1016/j.psychsport.2023.102426>
3. Gonçalves, L. S., Angélico, A. P., Oliveira, M. S. D., **Kuchar, A.,** & Andrade, M. C. R. (2023). Potential attenuating factors of anxiety in college students in the context of the COVID-19 pandemic: The role of self-compassion. *Trends in Psychology*. <https://doi.org/10.1007/s43076-023-00347-y>
4. Kahtani, N. S., Faridi, M. R., & **Kuchar, A.** (2020). Cultivating a compassion-centric academic environment: an empirical study at a higher education institution in Saudi Arabia. *Academy of Strategic Management Journal, 19*(5).
5. Neff, K. D., Tóth-Király, I., Knox, M. C., **Kuchar, A.,** & Davidson, O. (2021). The Development and Validation of the State Self-Compassion Scale (Long- and Short Form). *Mindfulness, 12*(1), 121–140. <https://doi.org/10.1007/s12671-020-01505-4>

6. Neff, K. D., Long, P., Knox, M. C., Davidson, O., **Kuchar, A.**, Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. G. (2018). The forest and the trees: Examining the factor structure of the self-compassion scale and the association of its positive and negative components with psychological functioning. *Self and Identity*, 17(6). <https://doi.org/10.1080/15298868.2018.1436587>
7. **Kuchar, A. L.**, & Kraus, S. (2015). Overcoming fear of failure: Self-compassion in sport psychology. *Metamorphosis: COPLAC journal of undergraduate research*.

### Conference Presentations

1. Chu, A., **Kuchar, A.**, Frentz, D., & Silversides, L. (2024, October). *Demystifying Self-Compassion: Data-Driven Approaches for Conceptualization and Integration Into Mental Performance Consulting*. [Symposium]. Association for Applied Sport Psychology Annual Conference, Las Vegas, NV.
2. Chu, A., **Kuchar, A.**, Frentz, D., & Silversides, L. (2023, October). *Being kind to oneself and beyond: Diverse and flexible approaches for working with athletes on self-compassion*. [Workshop]. Association for Applied Sport Psychology Annual Conference, Orlando, FL.
3. **Kuchar, A.**, Neff, K., & Mosewich, A. (2022, October). *Resilience and Enhancement in Sport, Exercise, & Training (RESET): The impact on student-athlete coping, well-being, and perceived performance*. [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.
4. Silversides, L., **Kuchar, A.**, & Espinoza, S., (2022, October). *Collegiate student-athlete development through Strong Girls U, a youth sports and mental skills community service program*. [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.
5. Silversides, L., **Kuchar, A.**, Gonring, M., & Espinoza, S., (2022, October). *FAM (Female Athlete Mentorship): A 1:1 mentorship program that connects collegiate student-athletes to the next generation of strong girls*. [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.
6. **Kuchar, A.**, & Henegar, M. (2022, June). *Receptiveness to self-compassion: The roles of language, athlete status, gender, and traditional masculinity ideology*. [Poster session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Kona, HI.
  - a. Professional Development Travel Award, Educational Psychology
7. **Kuchar, A.**, & Van De Walle, K. (2022, April). *Coping with failure: The role of perspective-taking and self-compassion for undergraduate students and athletes*. [Paper session]. American Educational Research Association Annual Meeting. San Diego, CA.
8. **Kuchar, A.**, Van De Walle, K., Mitchell, N., & Mosewich, A. (2021, June). *Making mistakes: What athletes perceive as most harmful to performance and well-being*. [Poster session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Kona, HI.
  - a. Professional Development Travel Award, Educational Psychology
9. **Kuchar, A.** (2020, October). *Fail Better: A brief self-compassion intervention with NCAA student-athletes*. [Lecture presentation]. Association for Applied Sport Psychology Annual Conference. Virtual Conference.
10. **Kuchar, A.**, Kimball, S., & Diehl, D (2020, October). *What would a positive coach say? Enhancing goal-directed self-talk through self-compassion*. [Poster session]. Association for Applied Sport Psychology Annual Conference. Virtual Conference.
11. **Kuchar, A.**, Kimball, S., & Diehl, D (2020, October). *Positive Coaches: A new perspective for self-compassion in sport*. [Poster session]. Association for Applied Sport Psychology Annual Conference. Virtual Conference.

12. **Kuchar, A.**, & Kimball, S. (2019, June). *Self-compassion in sports: Athletes may benefit more from taking a coach's perspective than a friend's*. [Verbal session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Baltimore, MD.
  - a. Professional Development Travel Award, Educational Psychology
13. **Kuchar, A.** (2018, October). *Insights into common athlete mistakes and the role of sport motivation on goal commitment*. [Poster session]. Canadian Society for Psychomotor Learning and Sport Psychology. Toronto, Canada.
  - a. Graduate Student Assembly Travel Award
14. **Kuchar, A.**, Park, J., & Choe, N. (2018, April). *Self-compassion as a moderator between fear of failure and academic motivation for undergraduate student athletes*. [Roundtable session]. American Educational Research Association Annual Meeting. New York City, NY.
  - a. Research Focus on Education and Sport Travel Grant Award
15. **Kuchar, A.**, & Kraus, S. (2015, April). *Overcoming fear of failure: Self-compassion in sport psychology*. [Poster session]. Rocky Mountain Psychological Association. Salt Lake City, UT.

### Other Scholarly Publications

1. **Kuchar, A.** (2022, December). RESET: A brief self-compassion intervention with NCAA Student-Athletes. *Research From the Front Porch*. University of Washington Center for Leadership in Athletics.
2. **Kuchar, A.** (2022, April). Bouncing back from failure: A self-compassion intervention with NCAA student-athletes. *Graduate Student Research Grant Summaries of Findings*. National Collegiate Athletic Association Research.

### Research Positions

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|---|-----------------------------|
| Research Director<br><i>Strong Girls United Foundation</i>  | January 2023 – Present      |
| <ul style="list-style-type: none"> <li>● Responsible for the research portfolio and program evaluation of SGU programs</li> </ul>                       |                             |
| Research Consultant<br><i>Gabb Wireless</i>   | October 2021 – March 2024   |
| <ul style="list-style-type: none"> <li>● Examine the impact of smartphone and social media use on adolescents and young adults</li> </ul>               |                             |
| Graduate Research Assistant<br><i>Center for Sports Leadership and Innovation, The University of Texas at Austin</i>                                    | May 2018 – August 2019      |
| <ul style="list-style-type: none"> <li>● Assessed rejection resiliency tasks in Daron Roberts' course Gameplan for Winning at Life</li> </ul>           |                             |
| Graduate Research Assistant<br><i>Department of Educational Psychology, The University of Texas at Austin</i>   | August 2017 – December 2017 |
| <ul style="list-style-type: none"> <li>● Assisted in Project 2020 grant writing to further develop the educational psychology minor</li> </ul>          |                             |
| Graduate Assistant<br><i>School of Undergraduate Studies, The University of Texas at Austin</i>   | June 2017 – August 2017     |
| <ul style="list-style-type: none"> <li>● Analyzed data and created reports for various programs on campus such as the Sanger Learning Center</li> </ul> |                             |

### Research Mentorship

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|---|------------------------------|
| 1. Co-supervised master's thesis research and publication                         | January 2024 – July 2025     |
| 2. Created a research team and provided supervision to six undergraduate students | August 2017 – May 2022       |
| 3. Faculty mentor for an undergraduate student's honors thesis                    | January 2021 – December 2021 |

## TEACHING

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### **Mental Performance Coach, Fail Better Training LLC**

**June 2021 – Present**

RESET: Resilience and Enhancement in Sport, Exercise, & Training  
RESET Instructor Training  
Overcoming Injury

### **Lecturer, The University of Texas at Austin**

**January 2025 – Present**

EDP 352K: Mindfulness, Compassion, and the Self  
EDP 382F: Mindfulness, Compassion, and the Self

Spring 2025 – Fall 2025  
Spring 2025

### **Teaching Assistant, The University of Texas at Austin**

**August 2016 – May 2022**

EDP 352K: Mindfulness, Compassion, and the Self  
UGS 303: Gameplan for Winning at Life

Fall 2016 – Spring 2022  
Spring 2018

### **Assistant Instructor, The University of Texas at Austin**

**August 2018 – December 2021**

EDP 304: Strategic Learning for the 21<sup>st</sup> Century

Fall 2018, Spring 2019, Fall 2021, Spring 2022

### **Guest Lecturer, The University of Texas at Austin**

**April 2016 – May 2024**

EDP 352K: Mindfulness, Compassion, and the Self  
UGS 303: Gameplan for Winning at Life  
EDP 304: Strategic Learning for the 21<sup>st</sup> Century

Fall 2021 - Spring 2024  
Spring 2019  
Spring 2016

### **Guest Lecturer, Seton Hall University**

**June 2024**

SHU CPSY 8541 Sport and Exercise Psychology

Summer 2024

### **Guest Lecturer, Utah State University**

**September 2022**

KIN 4000/PSY 4000 Mental Aspects of Sports Performance

Fall 2022

### **ACT/SAT Tutor**

**February 2016 – Present**

Test preparation, performance anxiety, test-taking skills

## SERVICE

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### **Professional Service**

1. Self-Compassion in Sport & Performance SIG Coordinator, Association for Applied Sport Psychology, 2024 – Present
2. Advisory Board Member, LearnYou Academy, 2024 – Present
3. Mental Health Advisory Committee Member, SG United Foundation, 2024 – Present
4. Board of Advisors, SG United Foundation, 2019 – Present
5. Abstract Reviewer for the Applied Sport Psychology Annual Conference, 2020 – 2023
6. Peer Reviewer for Psychology of Sport and Exercise, 2022
7. Capital of Texas Undergraduate Research Forum Judge, 2021
8. Onsite assistant for the Mindful Self-Compassion Teacher Training, 2020

### **Media Appearances**

1. **Self-Compassion Community with Dr. Kristin Neff** - [Watch Here](#)  
*Guest Conversation with Ashley Kuchar* (June 7, 2025).
2. **Mindful Sport Performance Podcast** - [Listen Here](#)  
*Episode 82: The Art of Failing Better* (January 3, 2025).
3. **Save The Kids Podcast** - [Listen Here](#)  
*Episode 151: Help Your Teen Fail* (March 11, 2024).

4. **The Team Behind the Team Podcast** - [Listen Here](#)  
*Episode 53: Compassion Over Criticism* (January 4, 2024)
5. **High Performance Mindset Podcast** - [Listen Here](#)  
*Episode 586: Failing Better, Mental Performance Coach & Researcher* (December 14, 2023)
6. **KSL Studio 5** - [Listen Here](#)  
*When Your Child Wants to Quit: 4 Ways to Balance Your Desires with Their Decision* (September 14, 2023)
7. **Athletic Business Article** - [Read Here](#)  
*Former Star Athlete Focuses Successful Business on Handling Failure.* (June 30, 2023)
8. **UT-Austin College of Education Article** - [Read Here](#)  
*Self-Compassion Can Improve Sport Performance and Overall Well-Being Among Athletes.* (April 20, 2023)
9. **Common Kindness Podcast** - [Listen Here](#)  
*Self-Compassion Stories - Ashley* (December 9, 2022)
10. **Mindful Sport Performance Podcast** - [Listen Here](#)  
*Resetting in Sport* (October 14, 2022)
11. **KSL Studio 5** - [Watch Here](#)  
*Summer Sports or Family Vacation? Here's How to Balance Summer Activities* (May 19, 2022)
12. **KSL Studio 5** - [Watch Here](#)  
*Encouraging Kids After Losing a Game in 5 Ways* (March 29, 2022)
13. **Compete Every Day Podcast** - [Listen Here](#)  
*S6 E444: Failing Better* (February 23, 2022)
14. **KSL Studio 5** - [Watch Here](#)  
*4 Ways to Help Your Athletes Be More Resilient* (January 22, 2022)
15. **PerformHappy Podcast** - [Listen Here](#)  
*Self-Compassion Expert Ashley Kuchar* (September 9, 2020)
16. **Injured Athletes Toolbox** - [Listen Here](#)  
*Self-Compassion: A Better Alternative to Beating Yourself Up* (June 10, 2020)
17. **Triathlete Article** - [Read Here](#)  
*Become a Better Triathlete by Practicing Self-Compassion* (May 8, 2018)

## FELLOWSHIPS AND HONORS

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AASP Doctoral Dissertation Award, 2023  
 EDP Nominee for the Graduate School Outstanding Dissertation Award, 2022  
 Benjamin and Dorothy Fruchter Centennial Award for Excellence in Educational Psychology Research at the Doctoral Level, 2022  
 Bernice and Saul Manaster Endowed Fellowship, Department of Educational Psychology, UT Austin, 2020  
 Graduate School Summer Fellowship, Department of Educational Psychology, UT Austin, 2018  
 Oliver H. Bown Endowed Fellowship in Educational Psychology, UT Austin, 2017  
 Texas New Scholar Award for a strong application to the program, Department of Educational Psychology, UT Austin, 2016  
 RMAC Nominee for NCAA Woman of the Year Award, 2014  
 Anderson H. Henio Research Award, 2014  
 Dr. Troy Bledsoe Female Scholar Athlete Award, 2014  
 Rocky Mountain Athletic Conference Women's Basketball Academic Player of the Year, 2014  
 Capital One Academic All-District 6 Women's Basketball Team, 2014

Rocky Mountain Athletic Conference Scholar-Athlete, 2014  
Psychology Scholar-Athlete Award, 2013

## **SKILLS AND INTERESTS**

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**Computing:** R, SPSS, Zotero, Qualtrics, Online Teaching, Microsoft Office, Google Apps, NVivo

**Languages:** Native English, limited working Polish

**Interests:** Performance psychology, resilience, self-compassion, mental health, motivation, self-talk