

Doing something I love for life

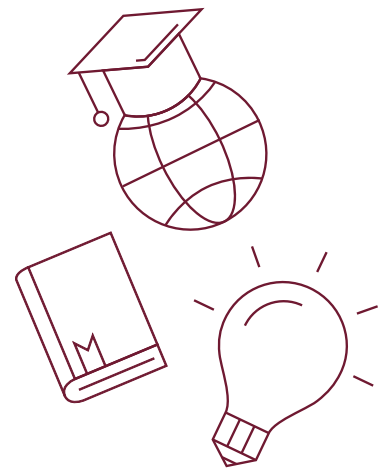


Matthew Bird

College: Education

Program: Sport Psychology

Degree: PhD



Motivation to Pursue Graduate Degree

I am pursuing a graduate degree in [sport psychology](#) because I want to help performers maximize their potential as athletes and people. My research focuses on improving student-athletes' utilization of mental health services. This work is important because this group is an underrepresented population when it comes to seeking mental health help. I will continue to research in this area throughout my career. One day I hope that my research makes a difference in the way that student-athletes approach seeking help for their mental health.

Importance of Research

My research interests include understanding the mental health care utilization of athletes. This topic is of particular importance to me because I believe that athletes face a number of additional stressors that contribute to their susceptibility to developing mental health problems while also being a population that underutilizes available mental health services. By researching this area, I hope to one day be able to help more athletes engage in the mental health services that they need.

Career Aspirations

Upon graduation, I would like to find a job at a university where I can teach and continue to produce research.

Accomplishments during Graduate Career

Gaining acceptance into the sport psychology program at Florida State University was one of the highlights of my academic career, and it is an honor to share the classroom with a number of brilliant students who push me to do my best. Other highlights of my career include receiving two external research grants in the past year, both of which will go a long way in helping me reach my career aspirations. The [AASP](#) award, which I most recently received, will aid me in completing my dissertation by allowing me to offer participants incentives. This support will hopefully allow me to complete my dissertation in a timely manner, which in turn will allow me to successfully find employment in academia.