Youth in Crisis Training Series

Twelve Part Virtual Training Series
Register Individually for $10 per session or Participate in all Twelve Sessions for $75

Enhancing Motivation and Reducing Burnout in Youth Athletes

January 14, 2022, 8:30am -10:30am
Virtual Learning via Blackboard Collaborate Ultra
2.0 Continuing Education Hours

Trainer: Tsz Lun (Alan) Chu, PhD, CMPC

Course Description:

Approximately 70% of high school students in the U.S. participate in at least one sport. Although sport is often assumed to teach children and adolescents important values and skills, negative social environments often lead to athlete burnout and dropout. This talk will include research-based strategies on satisfying youth athletes' basic psychological needs to enhance their motivation and reduce potential burnout.

About your Trainer:

Dr. Tsz Lun (Alan) Chu is an Assistant Professor in Psychology and the Chair of the Sport, Exercise, and Performance Psychology Program at UW-Green Bay. Dr. Chu's primary areas of expertise are psychosocial aspects of sport, exercise, and health. Specifically, he conducts both quantitative and qualitative research on the roles of social agents (e.g., coaches, parents, peers) in motivation for youth sport and physical activity. Dr. Chu is also a sport psychology consultant who works with athletes and coaches, from high school to professional levels across sports, on mental skills training including goal setting and visualization. To practice what he preaches, Dr. Chu is physically active and highly involved in sports, specializing in table tennis (not the basement "ping pong"!) as a competitive player and an internationally certified coach. He currently serves on the coaching committee of the National Collegiate Table Tennis Association and teaches the coaching certification course. He received his PhD in Educational Psychology from University of North Texas, MEd in Counseling Psychology at the University of Missouri, and BSocSc in Psychology from City University of Hong Kong.