

Beth McCormick

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Center for Concussion and Education Research

**1. Please describe your role at the center.**

My role for the Center for Concussion and Education Research was as a peer concussion educator. The purpose of this role was to educate my teammates on the Chestnut Hill Women's Soccer team about the importance of reporting concussions. Dr. Ernst would first provide a seminar to all of the peer concussion leaders from every team that participated in the concussion and education research program. The seminar would provide the peer concussion leaders with all of the relevant information that they would need to teach their teammates about concussions and the importance of reporting. Once the peer concussion leaders were educated, they would then hold seminars with their teammates and share the information they have learned from Dr. Ernst. As a peer concussion leader, I worked alongside a fellow teammate to distribute surveys and hold an open discussion about our teammate's feelings, thoughts, and beliefs about reporting a concussion.

**2. Why do you think the Center's work and goals are important?**

I believe that the Center's work and goals are important because concussions are a serious injury that need to be handled in an appropriate manner. Unlike other physical injuries that occur during sports, concussions are not visible injuries and the symptoms of concussions often vary. Therefore, it is important that athletes are educated about the symptoms and effects of concussions to avoid further injury. The work and goals of the center are also important because there is often a stigma that is associated with reporting

concussions. Open discussions with teammates about the importance of reporting concussions can help to rid this stigma and keep student athletes safe.

**3. In what field are you working in currently?**

I recently graduated from Chestnut Hill College with my B.A. in Psychology and minors in philosophy/religious studies and education. I am currently enrolled in Chestnut Hill's Graduate Program for Clinical and Counseling Psychology with a concentration in child and adolescent therapy and am taking two summer courses.

**4. How has your time there impacted your career trajectory?**

By the end of this program, I hope to receive my LPC and become a full-time counselor for children and adolescence. I hope to later receive licensure to become a school counselor and work to provide therapy for grade school children throughout the Philadelphia area.

**5. Please describe the most valuable experience you had while at the center.**

The most valuable experience that I had while at the center was being provided the opportunity to teach my teammates about the importance of reporting concussions. The opportunity allowed my team to speak openly about their fears and concerns in regards to reporting their own concussion or their teammates concussion. It is important to address these fears and concerns so that we can have conversations about how to overcome these fears and put the well-being of our teammates ahead of those concerns. I believe that the program is extremely beneficial and helps players to understand that their well-being always comes first.