• **In January 2017, SJSU launched the Institute for the Study of Sport, Society and Social Change.**

• **San Jose State occupies a unique niche in the history of sport and social change—because of its people.** The university is the birthplace of the Olympic Project for Human Rights (OPHR), a movement led by Harry Edwards that culminated in the iconic protest of Olympic medalists Tommie Smith and John Carlos.

• **The legacy of equity and social justice is a part of SJSU’s DNA.** The university was founded on education for all and providing a voice for those who may otherwise remain silent. The ISSSSC honors this legacy and continues the dialogue about athlete activism and the influence of sport in effecting positive social change.

• **As our nation confronts and explores deeply complex social issues, it is critical that we continue to challenge the boundaries of sport and activism.** Sport offers the occasion to pose big questions, not just of athletes, but also of ourselves and provide enlightened perspectives.

---

**The Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education at the intersection of sport and society.**
LIFT EVERY VOICE: ATHLETES, LIVED EXPERIENCES, AND MENTAL HEALTH & COPING IN THE AGE OF COVID-19

Dr. Akilah Carter-Francique, Moderator
- Executive Director for the Institute for the Study of Sport, Society and Social Change
- akilah.carter-francique@sjsu.edu
- http://www.sjsuwordstoaction.com

Lizette Goodloe, Panelist
- Co-Founder & COO Behind the Whistle
- coachLtg@gmail.com
- https://www.behindthewhistle.net/

William Goodloe, Panelist
- Co-Founder & CEO of Behind the Whistle
- DrGoodloe619@gmail.com
- https://www.behindthewhistle.net/

Dr. I.S. Keino Miller, Panelist
- Director of Mental Health and Follow-up Care at Tulane Sports Center
- dr.keinomiller@gmail.com
- https://centerforsport.tulane.edu

Haley Eckerman, Panelist
- Assistant Volleyball Coach & Recruiting Coordinator at Tarleton State University
- eckerman@tarleton.edu
- https://tarletonsports.com

Sage Hopkins, Panelist
- Head Coach of the Women’s Swimming & Diving Team at San José State University
- sage.hopkins@sjsu.edu
- https://sjsuspartans.com

Ervin Lewis, Panelist
- Sr. Associate AD for Facilities and Operations at University of North Florida
- e.lewis@unf.edu
- https://unfospreys.com/
topics of interests

High School, College, Amateur & Professional Athletes
  Issues and Challenges
  Transition & Retirement

Athlete Support

Mental Health, Well-Being, & Performance
  Models of Support & Transition
  Culturally Responsive Mental Health Provider
ATHLETE STORIES

- **Allison Felix, Olympian**

- **NBA Instagram Conversation with DeMar DeRozan and Dr. Kensa Gunter**
  - [https://www.instagram.com/p/B-VfD4YA76T/](https://www.instagram.com/p/B-VfD4YA76T/)

- **Women’s Sport Foundation #WeKeepPlaying**
ATHLETE SUPPORT

ACADEMIC - ATHLETIC - SOCIAL - MENTAL - EMOTIONAL

Coach Sage Hopkins, Head Coach of the Women's Swimming & Diving Team at San José State University
PANELISTS RESO URC ES
BEHIND THE WHISTLE, LLC

AN EDUCATIONAL CONSULTING COMPANY THAT PROVIDES THE TOOLS NECESSARY FOR DEVELOPING THE WHOLE COACH AND ATHLETE BEYOND SCHEMATICS. WE AIM TO ADDRESS ISSUES IN SOCIAL JUSTICE, MENTAL HEALTH AND WELLNESS, SOCIAL WORK IN SPORTS, COACHING ATHLETES IN GENERATION Z, POSITIVE COACHING, CULTURALLY RELEVANT COACHING, AND TRAUMA INFORMED COACHING.
**WEEK AT A GLANCE**

**Motivation Monday**
Listen to a podcast, Ted-talk, or video about leadership.

**Topnotch Tuesday**
Research colleges/universities that you plan to apply to.

**Warrior Wednesday**
Focus on healthy eating, workouts & overall wellness.

**Thankful Thursday**
Write a letter of gratitude to someone who has helped you.

**Fun Friday**
Send funny memes to your friends, create a Tik-Tok challenge, or commit to community service.

**Sensational Saturday**
Try a new restaurant or a new recipe and share with family/friends.

**Self-Love Sunday**
Revisit or recreate your weekly schedule. Write about 3 positive events from your week.

#BEHINDWHISTLE
BEHIND THE WHISTLE, LLC.

Books

- The Table - Dr. Pat Ivey
- Legacy - James Kerr
- The New Plantation - Billy Hawkins
- Critical Race Theory - Hawkins, Carter-Francique, Joseph Cooper
- Full Dissidence - Howard Bryant
- Life Giving Leader - Reagin
- The Last Arrow - Edwin McManus
- Divine Direction - Craig Groeschel
- The Revolt of the Black Athlete - Harry Edwards
- Mindset - Carol Dweck
- The Energy Bus - Jon Gordon
- Chop Wood Carry Water - Joshua Medcalf
- Make Your Bed - Admiral William H. McRaven
- Enrique’s Journey - Sonia Nazario
- Fearless - Eric Blehm
- Girl, Stop Apologizing - Rachel Hollis
- I Am Second - Dave Sterrett & Doug Bender
- Just Mercy - Bryan Stevenson
- Dare to Lead - Brené Brown
- Removing the Face - Monique AJ Smith
- Race, Sports, & Education - John N. Singer
- Becoming - Michelle Obama
- Discipline Equals Freedom - Jocko Willink
- Between the World and Me - Ta-Nehisi Coates

Twitter, Instagram, Facebook @BehindTheWhistle
www.behindthewhistle.net
# Resources

## Podcasts & TED Talks

### Podcasts
- Ancestor Architect - Behind the Whistle
- Beyond Sets & Reps - Dr. Pat Ivey
- It’s Bigger Than the Ball - Kyle Adams
- Sets for Life - Joi Walker
- Cape & Drew: The Real Tick-Tock - Julian Capel & Drew Johnson
- Seeds of Empowerment - Monique AJ Smith
- Women Leaders in College Sports - Patti Phelps
- Yup She Said It - Marlene Holmes
- Rise - Rachel Hollis
- Postive U - Jon Gordon
- The School of Greatness - Lewis Howes

### TED Talks
- Angela Duckworth: Grit: The Power of Passion & Perseverance
- Brené Brown: The Power of Vulnerability
- Chimamanda Ngozi Adichie: The danger of a single story
- Carol Dweck: The Power of Believing That You Can Improve
- Andy Puddicombe: All it takes is 10 mindful minutes
- Brandon Jones: The Magnifying Glass: Black Football Players on College Campuses
- Jen Fry: Radical Social Justice Education Through High Fives
- Simon Sinek: Why Good Leaders Make You Feel Safe
- Bryan Stevenson: We Need to Talk About an Injustice

Twitter, Instagram, Facebook @BehindWhistle
www.behindthewhistle.net
MENTAL HEALTH AND WELLNESS

Keywords: Awareness, Wellness, Grief, Stigma, Trauma, IQ, Postpartum, Suicide, Psychology, Post-traumatic Stress, Psychological, Emotions, Drugs, Cognitive, Optimist, Anorexia, Bipolar, Genetic, Stress, Depression, Optimist, Unhappy, Anxiety, Phobia, Treatment, Relationships, Risk, Research, Unhappy, Optimist.
Additional Support

Warning Signs of Transition Difficulties:
• Emotional Concerns (dissatisfaction, depression, hopelessness)
• Social Difficulties (feelings of isolation)
• Negative View of Self (decreased confidence, overwhelming feelings of loss, loss of identity)

Resources:
Moving On! http://athletesmovingon.org
Courtesy of Stanford University Sport Psychology
<table>
<thead>
<tr>
<th>Institution &amp; Organizational Resources</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>That Discomfort You’re Feeling is Grief</td>
<td><a href="https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief">https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief</a></td>
</tr>
<tr>
<td>Mental Imagery as a skill for coping</td>
<td><a href="https://www.lukepatrickphd.com/post/take-back-control-with-mental-imagery">https://www.lukepatrickphd.com/post/take-back-control-with-mental-imagery</a></td>
</tr>
<tr>
<td>National Basketball Association</td>
<td><a href="https://www.nbacares.com">Nbacares.com</a></td>
</tr>
</tbody>
</table>
With its historic commitment to social justice and its unique history as the birthplace of the Olympic Project for Human Rights, SJSU continues to contribute to the national dialogue on social issues through the lens of sport. SJSU's Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education focused on the intersection of sport and society. As we develop compelling programming, meaningful research, and impactful curriculum on sport and social issues, we need your support. Join us in sustaining this work by making a gift to the Institute to sustain and expand our work.

Click Link Below to GIVE NOW

[Link to give now]

Giving to SJSU ISSSSC:
**ISSSSSC CONTACT INFORMATION**

HTTPS://WWW.SJSUWORDSTOACTION.COM

**EXECUTIVE DIRECTOR**

Dr. Akilah R. Carter-Francique

- akilah.carter-francique@sjsu.edu
- 408.924.6410 (0)

**ISSSSSC Team**

- BETH DOYLE, EXECUTIVE ASSISTANT
  - ELIZABETH.DOYLE@SJSU.EDU
  - (408) 924-2173
- AJA ADAMS, STUDENT INTERN
  - AJA.ADAMS@SJSU.EDU
- TAYLOR ADAMS-BOOKER, STUDENT STAFF
  - TAYLOR.ADAMS-BOOKER@SJSU.EDU