

# MARK STONKUS

Ed.D., M.Ed., M.A.

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## **Education:**

2006-2011	Boston University	Doctor of Education: Counseling & Sport Psychology
2003-2005	Boston College	Master of Arts, Counseling Psychology: Mental Health
2001-2003	Fitchburg State University	Master of Education
1992-1996	Tufts University	Bachelor of Arts
1988-1992	Boston College High School	

## **Licensure and Certification:**

2011	AASP- Certified Mental Performance Consultant (CMPC-AASP) (Cert. #369)
2007	Licensed Mental Health Counselor- Massachusetts (LMHC) (License #6360)
2006	NSCA- Certified Strength and Conditioning Specialist (CSCS) (Cert.#200628558)
2002/2005	Massachusetts Department of Education (License #376653) School Social Worker/School Adjustment Counselor School Guidance Counselor Political Science/Political Philosophy Physical Education

## **Professional Experience:**

2015-Present	Director of Wellness- Senior Administrator <i>Saint Andrew's School</i> in Boca Raton, FL Development & Leadership of grades preK-12 Wellness Program Supervisor of Guidance Counseling & Nursing/Health Services Staff Member of: Senior Administration Team, Academic Leadership Team, Academic Programming Committee, DEI Committee, School Safety Team, and Crisis Management Team
2007-Present	Owner: Higher Hopes LLC dba The 6S Institute for Brain & Body Development <i>MBX Training®</i> - Mind & Body Cross-Training for Wellness and Performance. <i>Clutch Student &amp; Clutch Athlete®</i> - Mental Toughness Training programs . <i>Top Tots Training®</i> - Physical & mental skills training for youth. <i>Fit Out®</i> - School-based performance & wellness training program.
2016-2021	Director of Mental Performance: Professional/Elite athlete division <i>XPE Sports</i> in Boca Raton, FL
2014-2015	Adjunct Faculty <i>University of Massachusetts- Boston, Lasell College</i>
2008-2010	Adjunct Faculty <i>Boston University Schools of Education and Medicine</i>
2001-2009	Adjustment Counselor, Guidance Counselor, & Coach <i>Boston College High School</i>
2004-2006	Group Counselor <i>The Academy of Physical and Social Development</i>
2003-2004	Clinician/Case Manager <i>Westwood Lodge Psychiatric Hospital, The Boston Center, Pembroke Hospital</i>
1997-2000	Teacher/Counselor/Coach <i>Boston College High School</i>

**Academic Appointments/Fellowships:**

Adjunct Faculty- University of Massachusetts Boston

2016 (spring) CSP 660: Physiological Bases of Behavior (online)

2015 (spring) CSP 660: Physiological Bases of Behavior

2014 (spring) SPY 610: Neuropsychological Theory and Practice in Education

Adjunct Faculty- Lasell College

2015 (spring) Psyc 240: Sports Psychology

2014 (fall) Psyc 223: Adolescent Development

Adjunct Faculty- Boston University School of Education

2010(summer)RS 600: Perspectives on Inquiry

CE 620: Psychology of Performance Excellence

2008(spring) PE 505: Foundations of Sport Science

DS 504: Introduction to Adolescent Development

2008(fall) RS 600: Perspectives on Inquiry

Adjunct Faculty- Boston University School of Medicine: Mental Health & Behavioral Medicine

2010(spring) MH 707: Research and Evaluation

2008(spring) MH 707: Research and Evaluation

Teaching Fellow for Leonard Zaichkowsky, Ph.D. Boston University

2010(spring) PE 505: Foundations of Sport Science

2009(spring) RS600: Perspectives on Inquiry

2007(spring) RS 600 Perspectives on Inquiry

2007(summer)RS 600 Perspectives on Inquiry

**Internship/Lab Experience:**

2007-2010 Counselor: Boston University Sport Psychology Lab and Clinic

2004-2005 Group Therapy Counselor: The Academy of Physical and Social Development

**Publication:**

2015 Stonkus, M. A. & Royal, K. D. (2015) Further Validation of the Inventory of Mental Toughness Factors in Sport (IMTF-S). *International Journal of Psychological Studies*, 7(3), 35-45.

2012 Zaichkowsky, L. & Stonkus, M. (2014). Ethical issues in professional sport. In E. Etzel & J. Watson (Eds.), *Ethical Issues in sport, exercise, and performance psychology* (pp. 49-59). Morgantown, WV: Fit.

2006 Stonkus, M. (2006). [Review of the book *Whose Game is It, Anyway? A Guide to Helping Your Child Get the Most from Sports, Organized by Age and Stage*]. *Journal of Education*, 187(1), 97-104.

**Grant:**

2009 *United States Hockey*: \$10,000 funding for study of biofeedback training to enhance the performance of elite hockey players.

**References:**

Available upon request