ASHLEY L. KUCHAR, Ph.D.

Assistant Professor of Instruction
Department of Educational Psychology, College of Education, The University of Texas at Austin
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EDUCATION

Ph.D., Educational Psychology, The University of Texas at Austin May 2022
Program: Human Development, Culture, and Learning Sciences
Advisor: Dr. Kristin Neff
Dissertation: *RESET: A Brief Self-Compassion Intervention with NCAA Student-Athletes*
AASP Doctoral Dissertation Award (2023); EDP Nominee, Graduate School Outstanding Dissertation Award (2022)

M.Ed., Educational Psychology, The University of Texas at Austin May 2020
Concentration: Quantitative Methods

B.A., Psychology, Fort Lewis College, Durango, CO May 2014
Minor: Exercise Science, Coaching Option

ACADEMIC APPOINTMENTS

Assistant Professor of Instruction August 2026 – Present
Department of Educational Psychology, The University of Texas at Austin

Lecturer January 2025 – August 2026
Department of Educational Psychology, The University of Texas at Austin

Assistant Instructor (Instructor of Record) August 2018 – December 2021
Department of Educational Psychology, The University of Texas at Austin

Teaching Assistant August 2016 – May 2022
Department of Educational Psychology and School of Undergraduate Studies, The University of Texas at Austin

TEACHING

Courses Taught, The University of Texas at Austin

Assistant Professor of Instruction
- EDP 304: Strategic Learning for the 21st Century (undergraduate) Fall 2026
- EDP 352K: Mindfulness, Compassion, and the Self (undergraduate) Fall 2026

Lecturer
- EDP 352K: Mindfulness, Compassion, and the Self (undergraduate) Spring 2025 – Spring 2026
- EDP N352K: Mindfulness, Compassion, and the Self (summer) Summer 2025, Summer 2026
- EDP 382F: Mindfulness, Compassion, and the Self (graduate) Spring 2025, Spring 2026

Assistant Instructor (Instructor of Record)
- EDP 304: Strategic Learning for the 21st Century Fall 2018, Spring 2019, Spring 2021, Fall 2021

Teaching Assistant
- EDP 352K: Mindfulness, Compassion, and the Self Fall 2016 – Spring 2022
- UGS 303: Gameplan for Winning at Life Spring 2018

Student Course Evaluations, The University of Texas at Austin

Course Instructor Survey results, Spring 2025 – Summer 2026 (scale 1–5).

Term	Course	Level	Enrollment	Responses (Rate)	Course Rating	Instructor Rating
Summer 2026	EDP N352K	UG	20	19 (95%)	4.8	4.8
Spring 2026	EDP 382F	Grad	9	8 (89%)	4.5	4.8
Spring 2026	EDP 352K	UG	88	76 (86%)	4.5	4.7
Fall 2025	EDP 352K	UG	87	67 (77%)	4.7	4.9
Summer 2025	EDP N352K	UG	21	13 (62%)	4.8	4.8
Spring 2025	EDP 382F	Grad	13	8 (62%)	4.8	4.9
Spring 2025	EDP 352K	UG	98	83 (85%)	4.6	4.8
Overall			**336**	**274**	**4.67**	**4.81**

Teaching Leadership

2026 – Present EDP 304 Assistant Instructor Coordinator, Department of Educational Psychology, The University of Texas at Austin

Guest Lectures

May 2025 *From Researcher to Entrepreneur*. Social Psychology of Sport & Physical Activity, University of Minnesota, Minneapolis, MN

March 2025 *Putting Psychology to Work*. Psychology Career Paths, St. Edward's University, Austin, TX

November 2024 *Pursuing a Career Outside the Academy*. Professional Development, Utah State University (virtual)

June 2024 *Building a Sport Psychology Private Practice*. Sport and Exercise Psychology, Seton Hall University (virtual)

2022 – 2024 *Self-Compassion in Sport and Performance*. EDP 352K: Mindfulness, Compassion, and the Self, The University of Texas at Austin (virtual)

September 2022 *Foundations of Resilient Coaching*. Mental Aspects of Sports Performance, Utah State University, Logan, UT

Student Mentoring and Research Supervision

2024 – 2025 Co-Supervisor, master's thesis research and publication (Erfan Sedighi), Shahid Beheshti University

2021 Faculty Mentor, undergraduate honors thesis (Nichole Mitchell), The University of Texas at Austin

2017 – 2022 Founder and Supervisor, undergraduate research team (six students), The University of Texas at Austin

Teaching Development and Certifications

2021 Inclusive Classrooms Leadership Certificate, Seminar for Excellence in Teaching

2021 Certified Sport Psychology Coach

2021 Trained Mindful Self-Compassion Teacher

2018 Advanced Teaching Certificate in Interdisciplinary Instruction

SCHOLARSHIP

Grants

2024 – 2026	AASP Collaborative Research Grant, Association for Applied Sport Psychology, $5,000
2019 – 2022	NCAA Graduate Student Research Grant, National Collegiate Athletic Association, $5,000

Peer-Reviewed Journal Articles

1. **Kuchar, A. L.**, Neff, K. D., & Mosewich, A. D. (2023). Resilience and Enhancement in Sport, Exercise, & Training (RESET): A brief self-compassion intervention with NCAA student-athletes. *Psychology of Sport and Exercise, 67*, 102426. https://doi.org/10.1016/j.psychsport.2023.102426

2. Gonçalves, L. S., Angélico, A. P., Oliveira, M. S. D., **Kuchar, A.**, & Andrade, M. C. R. (2023). Potential attenuating factors of anxiety in college students in the context of the COVID-19 pandemic: The role of self-compassion. *Trends in Psychology*. https://doi.org/10.1007/s43076-023-00347-y

3. Neff, K. D., Tóth-Király, I., Knox, M. C., **Kuchar, A.**, & Davidson, O. (2021). The development and validation of the State Self-Compassion Scale (long- and short form). *Mindfulness, 12*(1), 121–140. https://doi.org/10.1007/s12671-020-01505-4

4. Kahtani, N. S., Faridi, M. R., & **Kuchar, A.** (2020). Cultivating a compassion-centric academic environment: An empirical study at a higher education institution in Saudi Arabia. *Academy of Strategic Management Journal, 19*(5).

5. Neff, K. D., Long, P., Knox, M. C., Davidson, O., **Kuchar, A.**, Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. G. (2018). The forest and the trees: Examining the factor structure of the Self-Compassion Scale and the association of its positive and negative components with psychological functioning. *Self and Identity, 17*(6). https://doi.org/10.1080/15298868.2018.1436587

6. **Kuchar, A. L.**, & Kraus, S. (2015). Overcoming fear of failure: Self-compassion in sport psychology. *Metamorphosis: COPLAC Journal of Undergraduate Research*.

Book Chapters

Kuchar, A. L., & Neff, K. D. (2024). Self-compassion. In S. D. Pressman & A. Parks (Eds.), *Activities for teaching positive psychology* (Vol. II). American Psychological Association.

Manuscripts Under Review

Hogue, C. M., Inoue, H., & **Kuchar, A. L.** (2026). RESET mental skills program helps athletes better manage performance stress and protects from psychologically induced elevations in cortisol during an experimental investigation. [Manuscript submitted for publication]. Department of Kinesiology & Health Promotion, University of Kentucky.

Sedighi, E., Moteshareie, E., Abdoli, B., & **Kuchar, A.** (2026). RESET: Enhancing adolescent male athletes' mental health and performance through self-compassion training. [Manuscript submitted for publication]. Faculty of Sport Sciences and Health, Shahid Beheshti University.

Other Scholarly Publications

Kuchar, A. (2022, December). RESET: A brief self-compassion intervention with NCAA student-athletes. *Research From the Front Porch*. University of Washington Center for Leadership in Athletics.

Kuchar, A. (2022, April). Bouncing back from failure: A self-compassion intervention with NCAA student-athletes. *Graduate Student Research Grant Summaries of Findings*. National Collegiate Athletic Association Research.

Peer-Reviewed Conference Presentations

Kuchar, A. (2026, October). *Building resilience through self-compassion: Applying the RESET intervention in sport* [Symposium contribution]. In M. Sakar (Chair), *Evidence-informed resilience interventions in competitive sport: Research and practice* [Symposium]. Association for Applied Sport Psychology Annual Conference, Minneapolis, MN.

Kuchar, A., Johnson, S., & Ortiz, A. (2026, October). *Breaking the performance script: An exploratory approach to athlete agency and storytelling* [Roundtable presentation]. Association for Applied Sport Psychology Annual Conference, Minneapolis, MN.

Kuchar, A., Sedighi, E., Moteshareie, E., & Abdoli, B. (2025, October). *The effect of RESET on self-compassion, burnout, perfectionism and performance under pressure among male adolescent basketball players* [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Montréal, Canada.

Kuchar, A., Gregovic, M., Potter, A., Kamphoff, C., & Bullard, J. (2025, October). *Cultivating confidence through self-compassion: Translating self-compassion practice to competition* [Workshop]. Association for Applied Sport Psychology Annual Conference, Montréal, Canada.

O'Kelly, J., **Kuchar, A.**, Frentz, D., Chu, A., Tschirgi, J., & Lee, N. (2025, October). *Reimagining self-compassion in sport: Diverse psychological perspectives on a growing practice* [5 slides in 5 minutes]. Association for Applied Sport Psychology Annual Conference, Montréal, Canada.

Schriefer, L., Carter, C., & **Kuchar, A.** (2025, October). *Exploring entrepreneurship: Is it right for you?* [Workshop]. Association for Applied Sport Psychology Annual Conference, Montréal, Canada.

Chu, A., **Kuchar, A.**, Frentz, D., & Silversides, L. (2024, October). *Demystifying self-compassion: Data-driven approaches for conceptualization and integration into mental performance consulting* [Symposium]. Association for Applied Sport Psychology Annual Conference, Las Vegas, NV.

Chu, A., **Kuchar, A.**, Frentz, D., & Silversides, L. (2023, October). *Being kind to oneself and beyond: Diverse and flexible approaches for working with athletes on self-compassion* [Workshop]. Association for Applied Sport Psychology Annual Conference, Orlando, FL.

Kuchar, A., Neff, K., & Mosewich, A. (2022, October). *Resilience and Enhancement in Sport, Exercise, & Training (RESET): The impact on student-athlete coping, well-being, and perceived performance* [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.

Silversides, L., **Kuchar, A.**, & Espinoza, S. (2022, October). *Collegiate student-athlete development through Strong Girls U, a youth sports and mental skills community service program* [Poster presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.

Silversides, L., **Kuchar, A.**, Gonring, M., & Espinoza, S. (2022, October). *FAM (Female Athlete Mentorship): A 1:1 mentorship program that connects collegiate student-athletes to the next generation of strong girls* [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Fort Worth, TX.

Kuchar, A., & Henegar, M. (2022, June). *Receptiveness to self-compassion: The roles of language, athlete status, gender, and traditional masculinity ideology* [Poster session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference, Baltimore, MD.

Kuchar, A., & Van De Walle, K. (2022, April). *Coping with failure: The role of perspective-taking and self-compassion for undergraduate students and athletes* [Paper session]. American Educational Research Association Annual Meeting, San Diego, CA.

Kuchar, A., Van De Walle, K., Mitchell, N., & Mosewich, A. (2021, June). *Making mistakes: What athletes perceive as most harmful to performance and well-being* [Poster session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference, Virtual.

Kuchar, A. (2020, October). *Fail Better: A brief self-compassion intervention with NCAA student-athletes* [Lecture presentation]. Association for Applied Sport Psychology Annual Conference, Virtual.

Kuchar, A., Kimball, S., & Diehl, D. (2020, October). *What would a positive coach say? Enhancing goal-directed self-talk through self-compassion* [Poster session]. Association for Applied Sport Psychology Annual Conference, Virtual.

Kuchar, A., Kimball, S., & Diehl, D. (2020, October). *Positive coaches: A new perspective for self-compassion in sport* [Poster session]. Association for Applied Sport Psychology Annual Conference, Virtual.

Kuchar, A., & Kimball, S. (2019, June). *Self-compassion in sports: Athletes may benefit more from taking a coach's perspective than a friend's* [Verbal session]. North American Society for the Psychology of Sport and Physical Activity Annual Conference, Baltimore, MD.

Kuchar, A. (2018, October). *Insights into common athlete mistakes and the role of sport motivation on goal commitment* [Poster session]. Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, Canada.

Kuchar, A., Park, J., & Choe, N. (2018, April). *Self-compassion as a moderator between fear of failure and academic motivation for undergraduate student athletes* [Roundtable session]. American Educational Research Association Annual Meeting, New York, NY.

Kuchar, A., & Kraus, S. (2015, April). *Overcoming fear of failure: Self-compassion in sport psychology* [Poster session]. Rocky Mountain Psychological Association, Salt Lake City, UT.

Research Positions

Research Consultant October 2021 – March 2024
Gabb Wireless
Examined the impact of smartphone and social media use on adolescents and young adults

Graduate Research Assistant May 2018 – August 2019
Center for Sports Leadership and Innovation, The University of Texas at Austin
Assessed rejection-resiliency tasks in Daron Roberts' course *Gameplan for Winning at Life*

Graduate Research Assistant August 2017 – December 2017
Department of Educational Psychology, The University of Texas at Austin
Assisted with Project 2020 grant writing to further develop the Educational Psychology minor

Graduate Assistant June 2017 – August 2017
School of Undergraduate Studies, The University of Texas at Austin
Analyzed data and created reports for campus programs, including the Sanger Learning Center

SERVICE

Department and University Service

2026 – Present EDP 304 Assistant Instructor Coordinator, Department of Educational Psychology, The University of Texas at Austin

Professional Service

2024 – Present	SIG Coordinator, Self-Compassion in Sport & Performance, Association for Applied Sport Psychology
2022	Peer Reviewer, *Psychology of Sport and Exercise*
2020 – 2023	Abstract Reviewer, Association for Applied Sport Psychology Annual Conference
2021	Judge, Capital of Texas Undergraduate Research Forum
2020	Onsite Assistant, Mindful Self-Compassion Teacher Training

Community and Advisory Service

2026 – Present	Advisory Board Member, Family Advocacy Services
2024 – Present	Mental Health Advisory Committee Member, Strong Girls United Foundation
2023 – Present	Research Director, Strong Girls United Foundation
2024 – 2026	Advisory Board Member, LearnYou Academy
2019 – 2022	Advisory Board Member, Strong Girls United Foundation

INVITED PRESENTATIONS AND WORKSHOPS

September 2026	*From Inner Critic to Inner Coach: 4 Ways to RESET and Fail Better*. Invited speaker, World Racquets Conference, Racquet Sports Professional Association, Dallas, TX
May 2026	*Beyond the Scoreboard*. Invited panelist, Nui Community, Austin, TX
February 2026	*Cultivating a Resilient Mindset*. Invited workshop, Texas Taekwondo Club, Austin, TX
January 2026	*How to RESET and Fail Better*. Invited speaker, Professional Women's Hockey League × Strong Girls United (virtual)
November 2025	Invited workshop series (3 sessions), Keller Preece: *Keeping TABs on Yourself* (firm-wide); *Fail Better Together* (drafting attorneys); *Managing Team Dynamics* (reviewing attorneys). Salt Lake City, UT
June 2025	*Coaching with Confidence: How to Fail, RESET, & Rise*. Invited workshop, St. Paul Urban Tennis (virtual)
May 2025	*From Setbacks to Success: How to Fail, RESET, & Rise*. Invited speaker, Women Coaches Symposium, University of Minnesota, Minneapolis, MN
February 2025	*Thriving in Distress: Resilience & Setbacks*. Invited speaker, Kendra Scott Women's Entrepreneurial Leadership Institute, Austin, TX
October 2024	Invited workshop series (3 sessions), Keller Preece: *The F Word: 4 Tips to Fail Better* (firm-wide); *Strengths in Action: Receiving Feedback with GRACE* (drafting attorneys); *How to Give CLEAR Feedback* (reviewing attorneys). Salt Lake City, UT
September 2024	*Developing Confidence and Resilience for a Successful Career*. Invited speaker, World Racquets Conference, Racquet Sports Professional Association, Palm Springs, CA
August 2024	*Teaching with Empathy*. Invited speaker, Salt Lake Academy, Salt Lake City, UT
June 2024	*Confidence Boost: Tackling Challenges Head-On*. Invited workshop, Halftee, Provo, UT
May 2024	*Building Resilient Mentors*. Invited speaker, Longhorn Legacy Mentorship Program, The University of Texas at Austin (virtual)

May 2024	*Help Me, Help You: Supporting Athletes Through the Pressures of Sport*. Invited speaker, United States Professional Tennis Association (virtual)
April 2024	*Driven by Purpose: Developing Resilience in Leadership, Academics, and Beyond*. Invited speaker, 4EVER TEXAS, The University of Texas at Austin, Austin, TX
November 2023	*Building a Resilient Mindset*. Invited workshop, Longhorn Athletic Training Student Association, The University of Texas at Austin, Austin, TX
October 2023	*Mastering Your Mindset*. Invited workshop, Dell Medical School, Austin, TX
October 2023	*Utilizing Sport Psychology to Tackle Business Challenges*, Invited workshop, Mixhers, Provo, UT
August 2023	*Enhancing the Resident Experience: Utilizing Sport Psychology to Support Medical Professionals*. Invited speaker, Dell Medical School Resident Directors (virtual)
June 2023	*Embracing Setbacks: Learning to Fail Better through Meditation, Self-Talk, and Self-Reflection*. Invited speaker, Meditation Research in Sport Symposium, University of Wisconsin (virtual)
April 2023	*Resilience and Enhancement in Sport, Exercise, and Training*. Invited speaker, 4EVER TEXAS, The University of Texas at Austin, Austin, TX
April 2023	*Developing Resilient Athletes*. Invited speaker, Texas Athletics staff, The University of Texas at Austin, Austin, TX

SELECTED MEDIA AND PUBLIC SCHOLARSHIP

June 11, 2026	Why Failure Is Your Greatest Coach. *Focus Freedom Flow Podcast*
May 18, 2026	Self-Compassion and Mindset in Sports: How to Conquer Your Inner Critic. *Yoga with Jake Podcast*
June 7, 2025	Guest Conversation with Ashley Kuchar. *Self-Compassion Community with Dr. Kristin Neff*
January 3, 2025	Episode 82: The Art of Failing Better. *Mindful Sport Performance Podcast*
March 11, 2024	Episode 151: Help Your Teen Fail. *Save The Kids Podcast*
January 4, 2024	Episode 53: Compassion Over Criticism. *The Team Behind the Team Podcast*
December 14, 2023	Episode 586: Failing Better, Mental Performance Coach & Researcher. *High Performance Mindset Podcast*
September 14, 2023	When Your Child Wants to Quit: 4 Ways to Balance Your Desires with Their Decision. *KSL Studio 5*
June 30, 2023	Former Star Athlete Focuses Successful Business on Handling Failure. *Athletic Business*
April 20, 2023	Self-Compassion Can Improve Sport Performance and Overall Well-Being Among Athletes. *UT Austin College of Education News*
October 14, 2022	Resetting in Sport. *Mindful Sport Performance Podcast*
May 19, 2022	Summer Sports or Family Vacation? Here's How to Balance Summer Activities. *KSL Studio 5*
March 29, 2022	Encouraging Kids After Losing a Game in 5 Ways. *KSL Studio 5*
February 23, 2022	S6 E444: Failing Better. *Compete Every Day Podcast*
January 22, 2022	4 Ways to Help Your Athletes Be More Resilient. *KSL Studio 5*

PROFESSIONAL PRACTICE

Founder and Mental Performance Coach, Fail Better Training LLC June 2021 – Present

Programs developed and delivered:

- RESET: Resilience and Enhancement in Sport, Exercise, & Training
- RESET Instructor Training
- Overcoming Injury Foundations
- Individual and group mindset coaching

ACT/SAT Tutor February 2016 – Present

Test preparation, performance anxiety, and test-taking skills

HONORS AND AWARDS

2023	AASP Doctoral Dissertation Award, Association for Applied Sport Psychology
2022	Benjamin and Dorothy Fruchter Centennial Award for Excellence in Educational Psychology Research at the Doctoral Level
2022	EDP Nominee, Graduate School Outstanding Dissertation Award
2019, 2021, 2022	Professional Development Travel Award, Department of Educational Psychology, UT Austin
2020	Bernice and Saul Manaster Endowed Fellowship, Department of Educational Psychology, UT Austin
2018	Graduate School Summer Fellowship, Department of Educational Psychology, UT Austin
2018	Graduate Student Assembly Travel Award, UT Austin
2018	Research Focus on Education and Sport Travel Grant Award
2017	Oliver H. Bown Endowed Fellowship in Educational Psychology, UT Austin
2016	Texas New Scholar Award, Department of Educational Psychology, UT Austin
2014	RMAC Nominee, NCAA Woman of the Year Award
2014	Anderson H. Henio Research Award
2014	Dr. Troy Bledsoe Female Scholar-Athlete Award
2014	Rocky Mountain Athletic Conference Women's Basketball Academic Player of the Year
2014	Capital One Academic All-District 6 Women's Basketball Team
2014	Rocky Mountain Athletic Conference Scholar-Athlete
2013	Psychology Scholar-Athlete Award

SKILLS AND RESEARCH INTERESTS

Research interests: Performance psychology, resilience, self-compassion, mental health, motivation, self-talk

Computing: R, SPSS, NVivo, Qualtrics, Zotero, Microsoft Office, Google Workspace, online teaching platforms

Languages: English (native), Polish (limited working proficiency)