

Maddie Ullom

Bachelors in BioBehavioral Health and Psychology

My name is Maddie Ullom and I am a distance runner at Penn State University. I am working with Dr. Jowdy to create a program for coaches and athletes at Penn State to pursue the gold medal mindset. I am currently a senior and have contributed at the conference and national level in the mile, 800m, relays, and cross country. As a kid, I played all the sports under the sun, basketball, soccer, swimming, gymnastics, and track. I ended up retiring from soccer my junior year of high school to join the cross-country team and pursue a division one scholarship in track and field. Both my parents were division one athletes at Purdue University, so I grew up being crazy about sports. I am a NCAA 1st Team All-American in the Distance Medley Relay, 2x B1G Ten bronze medalist in the 1500m run, 1x All-Region in Cross Country, 2x Penn Relays winner in the 4x800m, First Team All-Conference in Cross Country with a 6thplace finish at B1G Tens last year and competed in the NCAA Cross Country Championships in 2023. I am also a 4x Academic All-Big Ten recipient, 2x USTFCCA All-Academic Team, and the B1G Ten Sportsmanship Award winner in 2022. I will be coming back to Penn State for a 5th year next year to finish out my eligibility. Through my time as an elite athlete at a division one program, I have learned how essential it is to put yourself first. Focusing on your mental health and your wellbeing is imperative. In fact, if you do those two things you will actually have more success as an athlete. In my experience, division one athletics is rewarding but can also be a very cutthroat environment. My hope is to continue to be an advocate for athlete mental health in a space where wellbeing is oftentimes put on the backburner. I hope to emphasize the importance and integration of training at an elite level both psychologically and physically. The integration of these two concepts translate into being the best athlete and human that you can be.

I am double majoring in Biobehavioral Health and Psychology with a minor in Human Development & Family Studies. I am going to pursue either a Masters in Clinical Mental Health Counseling or a Doctorate in Clinical Psychology. I aspire to be a counselor and help people on their journey to being the best version of themselves. I am passionate about helping people and have always been the person that my friends go to when they need a listening ear. I am a fierce advocate for my friends and loved ones and hope that these characteristics will make me a great counselor or psychologist one day. I worked in Michelle Newman's Lab for Anxiety and Depression Research as a research assistant and administered the DIAMOND Assessment to participants and helped collect data for graduate students. This summer I will be working closely with Dr. Jowdy to create a program for coaches and athletes at Penn State to pursue the gold medal mindset and emphasize the importance of the human first mentality. Dr. Jowdy serves as a mentor to me and I hope to learn as much as I can from him about mental health and the world of psychology as I prepare for graduate school.