

Kristen Lee, Ed.D., LICSW
101 Belvidere Street Mailstop 20 BV
Boston, MA 02115

EDUCATION

- 2011 **Doctor of Education**
Northeastern University Graduate School of Education
Dissertation: *An Exploration of The Central Factors Influencing Teachers' Stress Management in Urban Classrooms.*
- 2000 **Master of Social Work**
Boston University School of Social Work
- 1996 **Bachelor's of Science in Communication Sciences and Disorders, concentrations in Education and Psychology**
Worcester State University

EMPLOYMENT HISTORY

- 2017-Present Associate Teaching Professor
Lead Faculty
Northeastern University
College of Professional Studies (Undergraduate Behavioral Sciences)
Boston, MA
- 2013 – Present Assistant Teaching Professor
Lead Faculty
Northeastern University
College of Professional Studies (Undergraduate Behavioral Sciences)
Boston, MA
- 2011 – 2015 Graduate Lecturer
Northeastern University
College of Professional Studies (Graduate School of Education)
Boston, MA
- 2011 – 2013 Graduate Lecturer

Northeastern University
College of Professional Studies (Master's Non-Profit Management)
Boston, MA

2011 – 2013 Graduate Lecturer
Northeastern University
College of Professional Studies (Master's Corporate and Organizational
Communication)
Boston, MA

2009 – 2011 Graduate Lecturer
University of Massachusetts
Center for University and School Partnerships
Dartmouth, MA

2000 – Present Behavioral Health Clinician
Community-based and Private Practice
New Bedford, MA and Middleboro, MA

2000 – Present Consultant
Resource development and grant writing for schools, non-profits, corporate
organizations
New Bedford, MA

TEACHING AND ADVISING

Doctoral Courses

Northeastern EDU 7202 Transforming Educational Systems
Northeastern EDU 7210 Leadership Theory and Research
Northeastern EDU7274 Doctoral Seminar Organizational and Leadership Communication

Master's Courses

Northeastern CMN 6001 Professional Speaking
Northeastern CMN 6061 Personal Branding
Northeastern CMN 6070 Interviewing
Northeastern CMN 6110 Group Dynamics and Interpersonal Conflict
Northeastern NPM 6140 Grant and Report Writing
UMASS EDU 500 Fundamentals of Teaching and Learning

Undergraduate Courses

Northeastern	HSV 2000	Introduction to Human Services
Northeastern	HSV 4955	Human Services Directed Study
Northeastern	HSV 4995	Human Services Capstone Practicum
Northeastern	PSY 1010	Introduction to Psychology
Northeastern	PSY 1410	Introduction to Psychology Personal Dynamics
Northeastern	PSY 2130	Stress and Its Management
Northeastern	SOC 1110	Diversity

Course Design

Northeastern	CMN 6061	Personal Branding
Northeastern	HSV 2000	Introduction to Human Services
Northeastern	HSV 2240	Human Behavior in the Social Environment
Northeastern	HSV 3200	Techniques in Individual and Group Counseling
Northeastern	HSV 3220	Human Service Organizations: Opportunities and Challenges
Northeastern	HSV 3300	Social Welfare, Policies and Practices
Northeastern	HSV 3400	Social Service Volunteer Practicum
Northeastern	HSV 4995	Human Service Practicum
Northeastern	PSY 1100	Foundations of Psychology
Northeastern	PSY 2130	Stress and Its Management
Northeastern	PSY 2240	Human Sexuality
Northeastern	PSY 3200	Social Psychology
Northeastern	PSY 3210	Abnormal Psychology
Northeastern	PSY 3220	Cognition and Language
Northeastern	PSY 3230	Development Across the Lifespan
Northeastern	PSY 3240	Sensation and Perception
Northeastern	PSY 3450	Research Methods in Psychology
Northeastern	PSY 4230	Physiological Psychology
Northeastern	PSY 4310	Personality
Northeastern	SOC 1110	Diversity

Advising

Thesis Chair, Doctor of Law and Policy, Northeastern University

2016

Shai Butler

Faculty Project Sponsor, Experiential Network, Northeastern University

2016 Olivia Huang
Dixuan Bai
Christopher Baker
Saniya Thosar
Julian Inferrera
Yulan Fu
Kaizhong Liu
Yaoming Duan
Yuankai Guo
Yuhan Li

2015 Danielle Johnson
Abigail Nasshan
Flavia Santos
Courtney Foster
Samuel John
Julius Agyemang
Kai Kai Tian

Faculty Advisor, Co-Op Behavioral Sciences, Northeastern University

2016 Thor Alberto Blanco Reynoso
Kimberly Ann Parkin

2015 Thor Alberto Blanco Reynoso
Zhwei Ou

2014 Zhwei Ou
Wonman Lee

2013 Irene Lee

AWARDS

2015 Worcester State University Distinguished Professional Achievement Award

- 2015 Next Generation Indie Book Awards Motivational Book of the Year Winner
- 2015 Next Generation Indie Book Awards Finalist in Self-Help and Health and Wellness Categories
- 2014 Northeastern University Excellence in Teaching Award Finalist
- 2012 Northeastern University College of Professional Studies Excellence in Teaching Award Recipient

SERVICE/PROFESSIONAL DEVELOPMENT

Leadership

- 2016—2017 Lead Faculty, Graduate Human Services
- 2013--Present Lead Faculty, Undergraduate Behavioral Sciences
- 2014-2015 Graduate School of Education Alumni Council Chair

Department, College and University Activities

- 2017 Northeastern University Residential Life Speaker
- 2016 Northeastern University Doctoral Residency Speaker
- 2016 Northeastern University Learner Experience Community of Practice Speaker
- 2016 Northeastern University Foundation Year Student Interviews
- 2016 Northeastern University Community College Visits
- 2016 Northeastern University D’Amore McKim School of Business Speaker
- 2016 Northeastern University Residential Life Speaker East Village
- 2016 Northeastern University Residential Life Speaker West Village
- 2016 Northeastern University Bookstore De-Stress Event Speaker
- 2016 Northeastern University Human Resources Department Keynote Speaker
- 2016 Northeastern University Mass Promise Fellows Keynote Speaker
- 2016 Northeastern University College of Professional Studies Staff Speaker
- 2015 Northeastern University Center for Advancing Teaching and Learning Conference attendee
- 2015 Northeastern University Faculty Academic Council Working Committee
- 2015 Northeastern University Biological Sciences Search Committee
- 2015 Northeastern University Senior Advisor to the Dean Search Committee
- 2015 Northeastern University Organizational Leadership Studies Committee Member
- 2015 Northeastern University Undergraduate Student Orientation
- 2015 Northeastern University Alumni Webinar Speaker
- 2015 Northeastern University Library Author Series Keynote Speaker

2015 Northeastern University Charlotte Alumni Relations Speaker
 2015 Northeastern University Retired Alumni Relations Speaker
 2015 Northeastern University Boston Ballet Commencement Keynote Speaker
 2014 Northeastern University Faculty Academic Council Working Committee
 2014 Northeastern University Organizational Leadership Studies Committee
 Member
 2014 Northeastern University Undergraduate Student Orientation
 2014 Northeastern University Doctoral Residency Speaker
 2013 Northeastern University Doctoral Residency Speaker
 2012 Northeastern University Doctoral Residency Speaker
 2013 Northeastern University Organization Leadership Committee Member

Discipline

2016—Present Human Services Advisory Board Quincy College
 2016 Foundation for Critical Thinking Conference Attendee
 2015 Harvard McClean Institute on Coaching Leadership Conference Attendee
 2015 Boston University Conversations on Race Workshop Attendee
 2014 Boston University Social Workers as Educational Leaders Professional
 Development Workshop Attendee
 2013—Present American Psychological Association Member
 2011 – Present The Urban Review (ad hoc reviewer)
 2002—Present United States Department of Minority Affairs Grant Reviewer
 2002—Present United States Department of Substance Abuse and Mental Health
 Administration Reviewer
 2002—Present United States Department of Health and Human Services Grant Reviewer
 2000—Present National Association of Social Workers Member

Community

2016 National Association of Academic Advising Boston, MA
 2016 Mattapoisett Public Library Speaker Mattapoisett, MA
 2016 Hanover Chamber of Commerce Speaker Hanover, MA
 2016 Worcester State University Alumni and Student Speaker Worcester, MA
 2016 Pilgrim’s Landing Workshop Speaker Chatham, MA
 2016 A Great Yarn Bookstore Speaker Chatham, MA
 2015 De La Femme Harvard Broad Institute Speaker Cambridge, MA
 2015 Quincy College Professional Development Speaker Quincy, MA
 2015 Dedee Shattuck Art Gallery Speaker Westport, MA

2015	Good Reads Bookstore Speaker Taunton, MA
2015	Newport Athletic Club Health Fair Speaker Newport, RI
2015	Girl Scouts of America Professional Development Speaker Plymouth, MA

SCHOLARSHIP

Scholarship of Discovery

Lee, K. (2018). *Mentalligence: A New Psychology of Thinking: Learn What it Takes to be More Agile, Mindful and Connected in Today's World*. HCI Communications. Deerfield Beach, Florida.

Lee, K. (2014). (In press). *Reset: Make the Most of Your Stress: Your 24-7 Guide for Well-Being. I Universe*. Bloomington, IN.

Scholarship of Application/Practice

Media

[NPR Interview: Anxiety as Frenemy](#)

[NPR Interview: Five Tips for Coping With College Stress](#)

[Boston Globe: Submarine Parenting](#)

[Southcoast Matters: Systemic Impact on Global Mental Health](#)

[Under Pressure: Helping Students Assess Stress](#)

[Changing Behavior Network: Reset Your Stress](#)

[Dad's Divorce: How to Effectively Cope](#)

[Coach Talk Radio: Reset Your Stress](#)

[Jennings Wire: Your Mental Health is More Important You're your Grades](#)

[Jennings Wire: Reset Your Stress](#)

[Shrink Rap Radio: A Proactive Response to Stress](#)

[Divorce Support: Where's My Reset Button?](#)

[Success Magazine: What to do When You've Got the Holiday Blues](#)

Blogs

["The Price of Choice"](#) Lee, K (2017).

["Rethinking the College Mental Health Crisis: Is our Game of Hide-and-don't-see Proving a Disaster?"](#) Lee, K. (2017).

["Rethinking the College Mental Health Crisis: Do Bubble Wrap and Snowflake Myths Prevent a Vision for Needed Change?"](#) Lee, K. (2017)

[“Why You Need to Fire Your Inner Monday Morning Quarterback”](#) Lee, K. (2016)
[“These Two Power Sisters Helped Save the Day \(and night\) in 2016”](#) Lee, K. (2016)
[“Keeping the Force with us in the Wake of Carrie Fisher’s Passing”](#) Lee, K. (2016)
[“Can a Safety Pin Really Pop Our Collective Angst?”](#) Lee, K. (2016)
[“The Reality Show We Never Thought Would Air”](#) Lee, K. (2016)
[“Why I’m Giving Up My Life as an Undercover Muppet”](#) Lee, K. (2016)
[“Could The Orlando Shootings Be the Smelling Salt We Need?”](#) Lee, K. (2016)
[“Why “Work-Life Balance” Talk May Stress Us Out”](#) Lee, K. (2016)
[“How Unlearning Could Help our College Mental Health Crisis”](#) Lee, K. (2016)
[“Four Traps To Avoid When You’re Filled with Anxiety”](#) Lee, K. (2015)
[“Six DIY Stress Hacks”](#) Lee, K. (2015)
[“Can We Escape Bias?”](#) Lee, K. (2015)
[“Why Anxiety May Be Your # 1 Frenemy”](#) Lee, K. (2015)
[“What Disney Pixar’s Inside Out Teaches Us About Emotions](#) Lee, K. (2015)
[“Why Waiting For Your Next Vacation To Unwind Might Hurt You](#) Lee, K. (2015)
[“What a Guy Who Ate an Entire Plane Teaches Us About Stress](#) Lee, K. (2015)
[“Why You Can’t ‘Just Say No’ To Stress](#) Lee, K. (2015)
[“It’s Nice to Meet You, But That’s Not Your Real Name](#) Lee, K. (2015)
[“Your Mental Health is More Important Than Your Grades”](#) Lee, K. (2015)
[“Do We Need a New Pill Drill?”](#) Lee, K. (2015)
[“Three Ways to Give Your Kids a 1980’s Halloween To Remember”](#) Lee, K. (2015)
[“Why Our Kids Don’t Need Any More Hoops to Jump Through”](#) Lee, K. (2015)
[“Bye-Bye Perfectionism: I’m Done With You”](#) Lee, K. (2015)
[“What To Do When Your Kid Emotionally Throws Up on You”](#) Lee, K. (2015)
[“Why Keeping Up With the Kardashians May Cost Us”](#) Lee, K. (2015)
[“Three Strange Words That Might Just Save You This Valentine’s Day”](#) Lee, K. (2015)
[“How to Stop Burnout From Spreading Like Wildfire”](#) Lee, K. (2015)

Scholarship of Integration

2017	Ted X Ocala, Florida. The Risk We Must Take keynote. Lee, K.
2017	Association for Women in Science. Reset Strategies keynote. Lee, K.
2017	NASPA Mental Health and Education Conference. Mitigating the College Mental Health Crisis workshop. Lee, K.
2017	Ever Fi Campus Prevention Network. Mitigating the college Mental Health Crisis breakout session. Lee, K.
2016	National Association of Social Workers. Administration and Supervision Workshop. Lee, K.
2016	National Alliance for the Mentally Ill. Time to Rethink I Can Poster Presentation. Lee, K.
2016	National Academic Advising Association. Cultivating Resilience in Today’s Complex Educational Landscape Workshop. Lee, K.

- 2016 Massachusetts Association of School Superintendents. Cultivating Resilience in Today's Complex Educational Landscape Workshop. Lee, K.
- 2016 Harvard University Kennedy School of Government. Cultivating Resilience in Today's Complex Educational Landscape Workshop. Lee, K.
- 2016 New Bedford Public Schools Professional Development Cultivating Resilience in Today's Complex Educational Landscape Workshop. Lee, K.
- 2016 Virgin Pulse Thrive Summit 'Rethink I Can' Breakout Session. Lee, K.
- 2015 National Institute on The Teaching of Psychology What Impact Does a Stress Management Course Have on Student Well-being Poster Presentation. Lee, K.
- 2015 National Institute on The Teaching of Psychology Surviving the Doctoral Process: Self-Care and Sustainability Strategies for Preventing Stress Overload and Burnout Poster Presentation. Lee, K., Ewell, S.
- 2015 Vancouver International Institute of The Teaching of Psychology Cultivating Resilience in Today's Complex Educational Landscape Workshop. Lee, K.
- 2015 Quincy College Cultivating Resilience in Today's Complex Educational Landscape Workshop Professional Development Workshop. Lee, K.

Scholarship of Teaching

- 2016 Revision of HSV 4995 Human Service Practicum
- 2016 Revision of PSY1100 Foundations of Psychology
- 2016 Revision of PSY2130 Stress and Its Management
- 2016 Revision of SOC 1110 Diversity
- 2016 Video: [Under Pressure? Reset Your Stress](#)
- 2016 Video: [Your Mental Health is More Important You're your Grades](#)
- 2016 Video: [What Anxiety Can Do For You](#)
- 2016 Video: [What a Guy Who Ate an Entire Plane Teaches us About Stress](#)
- 2016 Video: [Are you Protected Against Today's # 1 Occupational Risk?](#)
- 2016 Video: [Take Your Lunch Break](#)
- 2015 [Northeastern University Alumni Webinar](#)
- 2015 Revision of HSV 2000 Introduction to Human Services

PUBLICATIONS

Books

Lee, K. (2018). *Mentalligence: A New Psychology of Thinking: Learn What it Takes to be More Agile, Mindful and Connected in Today's World*. HCI Communications. Deerfield Beach, Florida.

Lee, K. (2014). (In press). *Reset: Make the Most of Your Stress: Your 24-7 Guide for Well-Being. I Universe*. Bloomington, IN.

PROFESSIONAL PRACTICE

PRESENTATIONS

Accepted

Lee, K. (2016). What do graduate students identify as central factors contributing towards their resilience? Poster presented at the National Alliance for Mentally Ill conference. Denver, CO. (national).

Lee, K. (2016). What contributes towards leader resilience? Workshop presented at the National Association of Social Workers biennial conference, Washington, D.C. (national).

Lee, K. (2016). Is it time to rethink 'I can'? Workshop presented at the Smith College conference, Northampton, MA. (regional).

Lee, K. (2015). What impact does a stress management course have on student well-being? Poster presented at the National Institute of the Teaching of Psychology, St. Pete's, FL. (national).

Lee, K., Ewell, S. (2015). Surviving the Doctoral Process: Self-Care and Sustainability Strategies for Preventing Stress Overload and Burnout. Poster co-presented at the National Institute of the Teaching of Psychology, St. Pete's, FL. (national).

Lee, K. (2015). What impact does a stress management course have on student well-being? Poster presented at the Vancouver International Institute of the Teaching of Psychology, Vancouver, Canada (international).

Lee, K. (2013). What types of support do urban schoolteachers need to increase their resilience? Poster presented at the Mentoring Institute, Albuquerque, New Mexico (international).