

**Kristen Lee**  
Lead Faculty Behavioral Science  
Associate Teaching Professor  
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## **Education**

- 2011            **Northeastern University**  
Ed.D.
- Dissertation:** *An Exploration of The Central Factors Influencing Teachers' Stress Management in Urban Classrooms.*
- Concentration in Organization and Leadership Studies
- 2000            **Boston University**  
M.S. in Clinical Social Work  
Specialization in macro social work
- 1996            **Worcester State University**  
B.S. in Communication Sciences and Disorders  
Concentrations in Early Childhood Education and Psychology

## **Employment History**

- 2017-            **Associate Teaching Professor Lead Faculty, Behavioral Science**  
Northeastern University  
College of Professional Studies  
Undergraduate Behavioral Science: Psychology, Sociology and Human Services  
Boston, MA
- 2019-2020      **Associate Teaching Professor Lead Faculty, Leadership**  
Northeastern University  
College of Professional Studies  
Undergraduate and Graduate Leadership programs  
Boston, MA

- 2013 – 2017     **Assistant Teaching Professor Lead Faculty, Behavioral Science**  
Northeastern University College of Professional Studies  
Undergraduate Behavioral Science: Psychology, Sociology and  
Human Services  
Boston, MA
- 2000 –2017     **Behavioral Health Clinician (LICSW-MA License # 112239)**  
Community-based outpatient mental health and private practice. Serve diverse  
range of individuals and families within clinics, schools, correctional settings.  
Specialize in working with college students, educators and professionals in  
conflict resolution, relationships and communication skills. Assess and treat  
trauma, PTSD, anxiety, depression and co-occurring learning disabilities such  
as ADHD and autism spectrum across the lifespan.  
Fall River, New Bedford, and Middleboro, MA
- 2000 –           **Keynote Speaker, Trainer**  
Professional development and training for schools, non-profits, corporations  
and general audiences. Focus in on applications of behavioral science for  
individual and institutional applications; early intervention, prevention and  
integration of evidence-based practices to support human flourishing and  
collective efficacy through social justice, inter-cultural and inter-generational  
efficacy, intersectionality, mindfulness, lifestyle medicine, cognitive  
behavioral principles and applied neuroscience. Advocate for social and  
economic justice, human rights, and institutionalization of just and humane  
policies and practices that support varied identities across the lifespan. Focus  
on fostering pluralism and solidarity across varied social identity groups  
within societies with an emphasis on exposing and reducing institutionalized  
ism’s, oppression, discrimination and marginalization of individuals and  
groups according to race, class, gender, sexual orientation, age, ability,  
religion and other social identities.  
Domestic and international
- 2011 – 2015     **Graduate Lecturer**  
Northeastern University  
Graduate School of Education (Doctor of Education)  
Boston, MA
- 2011 – 2013     **Graduate Lecturer**  
Northeastern University  
College of Professional Studies (Master’s Non-Profit Management)

Boston, MA

2009 – 2013     **Graduate Lecturer**  
Northeastern University  
College of Professional Studies (Master’s Corporate and Organizational  
Communication)  
Boston, MA

2009 – 2011     **Graduate Lecturer and Program Development**  
University of Massachusetts  
Center for University and School Partnerships  
Dartmouth, MA  
Taught courses and provided training for STEM teachers in 5-12 grade  
educational settings to foster inclusive classroom and school practices.

2000 – 2005     **Grant Writer, Program and Resource Developer**  
Resource development for non-profit organizations. Raised over 8 million  
dollars in funding with a particular focus on programming for marginalized  
and underserved communities to support housing, basic needs, domestic  
violence prevention and intervention services, legal services for undocumented  
immigrants, counseling, and wrap-around services for wide range of  
populations including children and families, families of 9/11 victim’s,  
veteran’s, elders, sexual abuse survivors, immigrants and refugees.  
New Bedford and Fall River, MA

### **Teaching and Advising Doctoral Courses**

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

### **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  
UMass             EDU 547 Teaching and Managing Inclusive Classrooms

## **Undergraduate Courses**

Northeastern	LDR 1200 Assessing Your Leadership Capability
Northeastern	SOC 1110 Engaging Diversity and Difference
Northeastern	PSY 1010 Introduction to Psychology
Northeastern	PSY 1410 Introduction to Psychology Personal Dynamics
Northeastern	PSY 2130 Stress and Its Management
Northeastern	HSV 2000 Introduction to Human Services
Northeastern	HSV 4955 Human Services Directed Study
Northeastern	HSV 4995 Human Services Capstone Practicum

## **Course Design**

Northeastern	Cultivating a Resilient Leadership Identity
Northeastern	LDR 6101 Leadership Lab
Northeastern	LDR 1200 Assessing Your Leadership Capability
Northeastern	SOC 1110 Engaging Diversity and Diversity
Northeastern	PSY 1100 Foundations of Psychology
Northeastern	PSY 2130 Stress and Its Management
Northeastern	CMN 6061 Personal Branding
Northeastern	HSV 2000 Introduction to Human Services
Northeastern	HSV 2200 Introduction to Clinical Practice
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

## **Course Oversight**

Northeastern	SOC 1110 Engaging Diversity and Diversity
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

## **Program Development**

Northeastern Co-lead-Plus one program Bouve College of Health Science Applied Behavioral Analysis  
Northeastern Co-lead: Plus one program Graduate School Education Master's in Arts Teaching  
Northeastern Contributor: Integrative Health Certificate development

## **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

2017	Curtis Nicholas April Rivera Christopher Windsor-Saxe
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**

2019-2010	Lead Faculty, graduate and undergraduate Leadership
2018-	Northeastern University SAIL Ambassador (well-being dimension)
2018-	Northeastern University Global Resilience Institute Faculty Affiliate
2016—2017	Lead Faculty, Graduate Human Services
2013-	Lead Faculty, Undergraduate Behavioral Science (Psychology, Sociology, and Human Services)
2014-2015	Graduate School of Education Alumni Council Chair

### **Department, College and University Activities**

2020	Northeastern University Chancellor's Office facilitator COVID Resilience
2020	Northeastern University Office Residential Life program co-host
2019	Northeastern University College of Professional Studies Faculty Review and

## Promotions Committee

- 2019 Northeastern University College of Professional Studies Wellness Co-Chair and
- 2019 presenter
- 2019 Northeastern University Alumni Lifelong Learning Facilitator
- 2019 Northeastern University Lowell Institute School Webinar Facilitator
- 2019 Northeastern University Office of Institutional Diversity and Inclusion grant recipient
- 2019 Northeastern University Khoury College of Computer Science speaker
- 2019 Northeastern University Bouve College of Health Science speaker
- 2019 Northeastern University Alumni Professional Development speaker
- 2019 Northeastern University Office of Residential life student program co-host
- 2018 Northeastern University College of Professional Studies faculty speaker
- 2018 Northeastern University Delta Tau Delta Beyond the Books speaker
- 2018 Northeastern University Project Management Club speaker
- 2018 Northeastern University Center for Intercultural Engagement facilitator
- 2018 Northeastern University Sport and Society Team Impact Leadership institute
- Northeastern University D'Amore McKim School of Business Speaker
- 2018 Northeastern University Snell Library Meet the Author Speaker
- 2017 Northeastern University Residential Life Speaker
- 2017 Northeastern University College of Professional Studies Student Speaker
- 2017 Northeastern University Social Justice Resource Center Change Makers Speaker
- 2017 Northeastern University Active Minds 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 Massachusetts Promise Fellows Keynote Speaker
- 2016 Mattapoissett Public Library Speaker Mattapoissett, MA
- 2015 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**

2013- American Psychological Association Member  
 2011- The Urban Review (ad hoc reviewer)  
 2002- United States Department of Minority Affairs Grant Reviewer  
 2002- United States Department of Substance Abuse and Mental Health Administration Reviewer  
 2002- United States Department of Health and Human Services Grant Reviewer  
 2000- National Association of Social Workers Member

**Community**

2018 Worcester State University Keynote speaker and Lunch and Learn Speaker  
 2017 National Alliance on Mental Illness Greater Boston Consumer Advocacy Network  
 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  
 2015 National Association of Academic Advising Boston, MA



## **Scholarship**

### **Scholarship of Application/Practice**

#### **Media**

Chronicle: Adjusting to Pandemic Life

Christian Science Monitor: Infodemic: When Fear and False Information Go Viral

Market Watch: The Best Gifts Might Be the Ones You Give Yourself

Forbes: Why Resilience Can Make or Break Your Career

NPR interview: Adulting and Resilience

Southcoast Matters: Being Global Conscious Citizens

NPR interview: Burnout

Thrive Global: What is Mentalligence and How Can it Help Me?

Shrink Rap Radio: Mentalligence: A New Psychology of Thinking

NPR Interview: Anxiety as Frenemy

NPR Interview: Five Tips for Coping with College Stress

NPR Interview: Burnout

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 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

#### **Articles**

"Can the Worst of Times Bring Out the Best in Us? (Lee, 2020)

"How to Stop Your Coronavirus Anxiety from Spreading" (Lee, 2020)

"Your Self-Care Sweet Spot" (Lee, 2020)

"20 Ways to Protect Your Mental Health" (Lee, 2020)

"How to Protect Your Mental Health During Finals Season" (Lee, 2019)

"Are You Resilient?" (Lee, 2019)

"Self-Care Isn't Selfish or Superficial" (Lee, 2019)

"Protecting Mental Health in College" (Lee, 2019)

"Why I Share My Own Mental Health Condition with My Students" Lee, K (2018)

“Do You Wish for a Better World?” Lee, K (2018)

“Are You a Healthy Achiever or Anxious Overachiever?” Lee, K (2019)

“9 Essential Steps to Protect Your Mental Health” Lee, K (2019)

“The New You Blues” Lee, K (2018)

“When Therapy Doesn’t Go Well” Lee, K (2018)

“You are Not an Imposter” Lee, K (2018)

“Finding Peace in Toxic Times” Lee, K (2018)

“Why is it So Hard to Set Boundaries?” Lee, K (2018)

“Is Burnout Inevitable?” Lee, K (2018)

“Four Lessons Aretha Franklin Taught Us” Lee, K (2018)

“Can Mindfulness Save the Day for Pressured Parents?” Lee, K (2018)

“The Dangers of Perfectionism” Lee, K (2018)

“Should You Major in Psychology?” Lee, K (2018)

“Why Workers Have to Do More to Protect Their Mental Health” Lee, K (2018)

“Why We Fight” Lee, K (2018)

“The Amazing Power of the Upward Spiral” Lee, K (2018)

“You’re Not as Awkward as You Think” Lee, K (2018)

“Why We Can’t Keep Treating Our Emotions Like Lord Voldemort” Lee, K (2018)

“Medication is Not the End-All-Be-All for Distress” Lee, K (2018)

“The Hidden Third Wheel That’s Messing Up Your Relationship” Lee, K (2018)

“How Agile Are You” Lee, K (2018)

“The Unsettling Truth About What’s Hurting Today’s Students” Lee, K (2018)

“Has Mindfulness Become the New Kale?” Lee, K (2018)

“Rethink Your Way to a Saner Holiday Season” Lee, K (2018)

“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, (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**

2020	Keynon College. Gambir, Ohio. “Creating a Healthy Campus Mental Health Culture”. Keynote speaker.
2019	Harvard University. Boston, MA: “Hidden Issues of Diversity: Ethnicity and Mental Health”. Keynote speaker. Lee, K.
2019	National Scholarship Providers Association. Minneapolis, Minnesota. “Cultivating a Holistic Mental Health Culture”. Webinar and breakout session. Lee, K.
2019	New Albany High School; Olentangy High School. Columbus, “Cultivating a Healthy Mental Health Culture: What Schools Can Do”. Keynote speaker. Lee, K.
2019	Harvard Medical School Grand Rounds. Boston, MA “Reimagining Success in Today’s Hypercompetitive World”. Keynote speaker. Lee, K.
2019	Nationwide. Columbus, Ohio: “Agile, Mindful and Resilient Leadership Behaviors for Today’s Complex Global Arena”. Keynote speaker. Lee, K.
2019	US Journal Adolescent and Young Adult National Conference. Las Vegas, Nevada; “Mindfulness in Today’s Changing World” breakout session. Lee, K. US Journal Adolescent and Young Adult National Conference. Las Vegas, Nevada; “Cultivating Resilience Within Today’s Global Mental Health Crisis”

keynote speaker Lee, K.

- 2019 Active Minds National Conference. Georgetown, Washington DC. “Mitigating the College Mental Health Crisis: What Faculty Can Do”. Breakout session. Lee, K.
- 2019 C-Space. Boston, MA “Mindfulness in Today’s Changing World”. Breakout session. Lee, K.
- 2019 State Street Global Advisors. Boston, MA: “Mindfulness in Today’s Changing World”. Breakout session. Lee, K.
- 2018 Worcester State University. Worcester, MA: “Your Mental Health is Everything: Become More Agile, Mindful and Connected in Today’s ‘Age of Anxiety’”. Keynote speaker. Lee, K.
- 2018 Learning and the Brain Reaching for Greatness: Unleash Potential, Passions and Creative Talents in Students with Cognitive Science; “Reimagining Success in Today’s Hypercompetitive Market” breakout session. Lee, K.
- 2018 Association for Continuing Higher Education Emerging Leaders Institute. Newport, Rhode Island; “Burn Bright: Cultivating Resilience and Agility in Today’s Complex Higher Education Landscape”, keynote speaker. Lee, K.
- 2018 International Association of Leadership. West Palm Beach, Florida: “Moving from Me to We: Collective Efficacy for Emerging Leaders”, breakout session. Lee, K.
- 2018 Delta Tau Delta Karnea Convention. St, Louis, Missouri. “Cultivating Resilience in Today’s Complex Landscape” and “Rethink Your Way to the Good Life: Move from Me to We” breakout sessions. Lee, K.
- 2018 Ever Fi Campus Prevention Summit. New Orleans; “Moving from ‘I’ to ‘We’: Strategies for Students and Educators to Cultivate Agility, Mindfulness and Connection to Mitigate the Education Mental Health Crisis” breakout session and “Put Your Mask on First” burnout prevention three-part series. Lee, K.
- 2018 Association for Continuing Higher Education Emerging Leaders Institute. Chicago, Illinois; “Cultivating Resilience in Today’s Complex Landscape”, workshop facilitator. Lee, K.
- 2018 Learning and the Brain Educating Mindful Minds Conference. New York,

New York; “Moving from ‘I’ to ‘We’: Strategies for Students and Educators to Cultivate Agility, Mindfulness and Connection to Mitigate the Education Mental Health Crisis” breakout session. Lee, K.

- 2017 Taipei American School Wellness Convention. Taipei, Taiwan. “Cultivating Resilience in Today’s Always-On World” keynote; “Moving from ‘I’ to ‘We’: Cultivating Individual Wellness and Resilience to Bring Impact” break out session; Preventing and Treating Burnout Within Today’s Complex Service Arenas break out session; Panel moderator. Lee, K.
- 2017 Ted X Ocala, Florida. “The Risk We Must Take” keynote. Lee, K.
- 2017 Association Women in Science. “Reset Your Stress” keynote. Lee, K.
- 2017 Emerson College Student Leader Conference. “Mitigating the College Mental Health Crisis” 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 on Mental Illness. 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 Engaging Diversity and Difference
- 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. (2021) *Resilience for All: A Conscious, Common Sense Guide to Activating Your Strengths and Being the Leader this World Needs. Move from Passive Bystander to Active Contributor.* (Under review).

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

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

*Universe*. Bloomington, IN.

## **Professional Practice**

### **Presentations**

**Lee, K.** (2016). What do graduate students identify as central factors contributing towards their resilience and identity? 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, Northhampton, 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).