

Bansi Balar

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EDUCATION

Undergraduate at University of Colorado, Boulder

Majoring in: Psychology and Computer Science B.S. | GPA: 3.9

Relevant Coursework: Data Structures, Computer Systems, Psychological Statistics, Biopsychology

Leadership: Director of Professional Development for Women in Computing

EXPERIENCE

Cognifisense- Research Assistant

May 2025 - Present

- Guided participants through VR-based chronic pain treatment sessions.
- Co-authored documents optimizing experimental protocols and participant scripts
- Troubleshoot VR/Tablet tech issues to ensure smooth data collection
- Completed focused training in pain neuroscience to support participant education and engagement

American Academy of Pediatrics- Youth Advisory Panel and Technical Expert Panel Member

November 2023- Present

- Received position out of over 1800 applicants in 20-member youth council for AAP Center of Excellence on Social Media and Youth Mental Health to advise on the effect of social media and digital spaces on youth mental health
- Co-led AAP initiatives through policy review, content creation, speaking engagements, and digital outreach
- Contributed to the planning and execution of a Virtual Youth Forum, leading to digital literacy efforts with young people across the country
- Elected to be part of the Technical Expert Panel, representing youth perspective in a group of experts in the tech industry

American Academy of Pediatrics- Youth Leadership Group Member

April 2024- January 2025

- One of four Members of the American Academy of Pediatrics' youth leaders team on suicide prevention
- Consulting the AAP to create initiatives aimed towards helping pediatricians in aiding the efforts of suicide prevention

Digital Wellness Lab- Youth Advisory Council Member

October 2023- May 2024

- Invited to consult the Boston Children's Hospital Digital Wellness Lab in cooperation with Harvard Medical School on the effect of various digital spaces on youth mental health in monthly discussions and content review

Hope's Door New Beginning Center- Plano Mayor Intern and YAC Co-Sponsor

June 2023-August 2024

- Ran the domestic violence shelter's social media and single-handedly increased user engagement by 244%
- Created a research series educating on the organization's brand and resources as well as aspects of violence prevention that reached an audience of nearly 10,000 users
- Co-created a Youth Advisory Council, training and mobilizing young people in my community to get actively involved in violence prevention efforts

SPEAKING ENGAGEMENTS

- **CBS NEWS-** Interview bringing nuanced youth perspectives to analysis of Pew Research Study on social media's effect on youth mental health
- **HARVARD RADCLIFFE-** Participation in a workshop creating actionable guidelines for product developers of generative artificial intelligence to support early childhood development
- **AMERICAN ACADEMY OF PEDIATRICS-** Spoke at Summit on Social Media and Youth Mental Health on panel regarding "Building Healthy Digital Ecosystems" as a representative of youth perspectives
- **DIGITAL WELLNESS LAB-** Served on a panel fielding questions from tech professionals about policies impacting youth

SKILLS

Languages: C++/C, Python, Javascript, Java, R, Assembly

Technologies: Github, Visual Studio Code, GDB, Salesforce

Competencies: Data Analytics, Research, Project Management, CITI Research Ethics Certification