

Kristen Lee
Lead Faculty Behavioral Science
Associate Teaching Professor of Psychology
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Education

2011 **Northeastern University**
Ed.D.

Dissertation: *An Exploration of The Central Factors Influencing Teachers' Stress Management in Urban Classrooms.*

2000 **Boston University**
M.S. in Clinical 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 Sciences
Northeastern University
College of Professional Studies
Undergraduate Behavioral Science: Psychology,
Sociology and Human Services
Boston, MA

2013 – 2017 Assistant Teaching Professor
Lead Faculty
Northeastern University
College of Professional Studies
Undergraduate Behavioral Science: Psychology,
Sociology and Human Services

Boston, MA

- 2000 – 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 treating anxiety, depression and co-occurring learning disabilities such as ADHD and autism spectrum for college students, and across the lifespan.
Fall River, MA, New Bedford, MA and Middleboro, MA
- 2000 – Keynote speaker, trainer
Professional development and training for schools, non-profits, corporations and general audiences. Focus in on early intervention, prevention and integration of evidence-based practices to support human flourishing such as mindfulness, lifestyle medicine, cognitive behavioral treatment, and advocacy for just and humane policies and practices.
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
Resource development for non-profit organizations. Raised over 8 million dollars in funding 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 PSY 1010 Introduction to Psychology
Northeastern PSY 1410 Introduction to Psychology Personal Dynamics
Northeastern PSY 2130 Stress and Its Management
Northeastern SOC 1110 Engaging Diversity and Difference
Northeastern HSV 2000 Introduction to Human Services
Northeastern HSV 4955 Human Services Directed Study
Northeastern HSV 4995 Human Services Capstone Practicum

Course Design

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	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
Northeastern	SOC 1110	Diversity

Course Oversight

Northeastern	SOC 3450	Research Methods in Psychology
Northeastern	PSY 4230	Physiological Psychology
Northeastern	PSY 4310	Personality
Northeastern	SOC 1110	Engaging Diversity and 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

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

2016—2017	Lead Faculty, Graduate Human Services
2013--Present	Lead Faculty, Undergraduate Behavioral Science (Psychology, Sociology, and Human Services)
2014-2015	Graduate School of Education Alumni Council Chair

Department, College and University Activities

2017	Northeastern University College of Professional Studies Student Speaker
2017	Northeastern University Residential Life Speaker
2017	Northeastern University Social Justice Resource Center Change Makers Keynote Speaker
2017	Northeastern University Active Minds Keynote 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	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

2017	National Alliance on Mental Illness Greater Boston Consumer Advocacy Network
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 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 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

"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	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 for Women in Science. Reset Strategies 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. (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? 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).