

Kristen Lee

Lead Faculty Behavioral Science
Teaching Professor
Faculty in Residence
101 Belvidere Street Mailstop
30 BV Northeastern University
Boston, MA 02115 USA
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Education

- 2011 **Northeastern University**
Ed.D.

Organization and Leadership Studies

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

- 2020- **Faculty in Residence**
Northeastern University
Boston, Massachusetts
- 2021- **Teaching Professor Lead Faculty, Behavioral Science**
Northeastern University
College of Professional Studies
Undergraduate Behavioral Science
Psychology, Sociology and Human Services

Boston, Massachusetts

2017- **Associate Teaching Professor Lead Faculty, Behavioral Science**

Northeastern University
College of Professional Studies
Undergraduate Behavioral Science
Psychology, Sociology and Human Services
Boston, Massachusetts

2019-2020 **Associate Teaching Professor Lead Faculty, Leadership**

Northeastern University
College of Professional Studies
Undergraduate and Graduate Leadership programs
Boston, Massachusetts

2013 – 2017 **Assistant Teaching Professor Lead Faculty, Behavioral Science**

Northeastern University College of Professional Studies
Undergraduate Behavioral Science: Psychology, Sociology and
Human Services
Boston, Massachusetts

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, Massachusetts

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, Massachusetts
- 2011 – 2013 **Graduate Lecturer**
Northeastern University
College of Professional Studies (Master's Non-Profit Management)
Boston, Massachusetts
- 2009 – 2013 **Graduate Lecturer**
Northeastern University
College of Professional Studies (Master's Corporate and Organizational
Communication)
Boston, Massachusetts
- 2009 – 2011 **Graduate Lecturer and Program Development**
University of Massachusetts
Center for University and School Partnerships
Dartmouth, Massachusetts
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, Massachusetts

Scholarship/Creative Activity

Books

Lee, K. (2022). *Worth the Risk: How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World*. Sounds True. Boulder, Colorado.

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.

Performing Arts

December 2021	Crackin' Up with Dr. Kris: Where Therapy Meets Comedy. Lyric Stage Company of Boston.
October 2021	Crackin' Up with Dr. Kris: Where Therapy Meets Comedy. Lyric Stage Company of Boston.
August 2021	Crackin' Up with Dr. Kris: Where Therapy Meets Comedy. Lyric Stage Company of Boston.

Other/Articles

Psychology Today: "We Can' Self-Care our Way out of This Mental Health Crisis" (2022)

Psychology Today: "Therapy Isn't Grubhub" (2022)

Psychology Today: "4 Ways to Outsmart Today's Hidden Burnout Factor" (2022)

Psychology Today: "Does the Term 'Self-Care' Nauseate You?" (2022)

Psychology Today: "When Work is Total Mayhem" Lee, K. (2022)

Psychology Today: “8 Quirky Ways to Boost Your Mood and Mental Health” Lee, K. (2022)

Psychology Today: “How Do People Change?” Lee, K. (2022)

Psychology Today: “4 Dangers of Undersharing in a Relationship” Lee, K. (2022)

Psychology Today: “Why All the Adult Temper Tantrums?” Lee, K. (2021)

Psychology Today: “Teaching Within the COVID circus” Lee, K. (2021)

Psychology Today: “Overcoming the Cult of Beauty” Lee, K. (2021)

Psychology Today: “It’s Okay Not to be Okay” Lee, K. (2021)

Psychology Today: “The Difference Between Hopeful Optimism and Toxic Positivity” Lee, K. (2020)

Psychology Today: “Why the Internet Broke for Bernie Sanders’s Mittens” Lee, K. (2020)

Psychology Today: “Why Are Women Called Every Name Except the One They Earn?” Lee, K. (2020)

Psychology Today: “Can Humor Save The Day?” Lee, K. (2020)

Psychology Today: “The Election Looms: Is Mental Health a Thing?” Lee, K. (2020)

Psychology Today: “Is Sanity Possible During Insane Times?” Lee, K. (2020)

Psychology Today: “2020: Anxiety’s Frenemy” Lee, K. (2020).

Psychology Today: “The ABC’s of Accountability for Black Lives” Lee, K. (2020).

Psychology Today: “Avoiding Leap Frog Brain” Lee, K. (2020)

Psychology Today: “What Protects You?” Lee, K. (2020).

Psychology Today: “How We Find Resilience During Impossible Times.” Lee, K. (2020).

Psychology Today: “Can the Worst of Times Bring Out the Best in Us?” Lee, K. (2020).

Psychology Today: “How to Keep Your Coronavirus Anxiety from Spreading” Lee, K. (2020).

Psychology Today: “Your Self-Care Sweet Spot” Lee, K. (2020).

Psychology Today: “20 Ways to Protect Your Mental Health” Lee, K. (2020).

Psychology Today: “How to Protect Your Mental Health During Finals Season” Lee, K. (2019).

Psychology Today: “Are You Resilient?” Lee, K. (2019).

Psychology Today: “Self-Care Isn’t Selfish or Superficial” Lee, K. (2019).

Psychology Today: “Protecting Mental Health in College” Lee, K. (2019).

Psychology Today: “Why I Share My Own Mental Health Condition with My Students”. Lee, K. (2019).

Psychology Today: “Do You Wish for a Better World?” Lee, K. (2019).

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

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

Psychology Today: “The New You Blues” Lee, K. (2018).

Psychology Today: “When Therapy Doesn’t Go Well” Lee, K. (2018).

Psychology Today: "You are Not an Imposter" Lee, K. (2018).

Psychology Today: "Finding Peace in Toxic Times" Lee, K. (2018).

Psychology Today: "Why is it So Hard to Set Boundaries?" Lee, K. (2018).

Psychology Today: "Is Burnout Inevitable?" Lee, K. (2018).

Psychology Today: "Four Lessons Aretha Franklin Taught Us" Lee, K. (2018).

Psychology Today: "Can Mindfulness Save the Day for Pressured Parents?" Lee, K. (2018).

Psychology Today: "The Dangers of Perfectionism" Lee, K. (2018).

Psychology Today: "Should You Major in Psychology?" Lee, K. (2018).

Psychology Today: "Why Workers Have to Do More to Protect Their Mental Health". Lee, K. (2018).

Psychology Today: "Why We Fight" Lee, K. (2018).

Psychology Today: "The Amazing Power of the Upward Spiral" Lee, K. (2018).

Psychology Today: "You're Not as Awkward as You Think" Lee, K. (2018).

Psychology Today: "Why We Can't Keep Treating Our Emotions Like Lord Voldemort" Lee, K. (2018).

Psychology Today: "Medication is Not the End-All-Be-All for Distress" Lee, K. (2018).

Psychology Today: "The Hidden Third Wheel That's Messing Up Your Relationship" Lee, K. (2018).

Psychology Today: "How Agile Are You" Lee, K. (2018).

Psychology Today: "The Unsettling Truth About What's Hurting Today's Students" Lee, K. (2018).

Psychology Today: "Has Mindfulness Become the New Kale?" Lee, K. (2018).

Psychology Today: "Rethink Your Way to a Saner Holiday Season" Lee, K. (2017).

Psychology Today: "The Price of Choice" Lee, K. (2017).

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

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

Psychology Today: "Why You Need to Fire Your Inner Monday Morning Quarterback" Lee, K. (2017).

Thrive Global: "These Two Power Sisters Helped Save the Day (and night) in 2016". Lee, K. (2016).

Psychology Today: "5 Lessons Carrie Fisher Taught Us" Lee, K. (2016).

Thrive Global: "Can a Safety Pin Really Pop Our Collective Angst?" Lee, K. (2016)

Thrive Global: "The Reality Show We Never Thought Would Air". Lee, K. (2016).

Psychology Today: "Why I'm Giving Up My Life as an Undercover Muppet". Lee, K. (2016).

Psychology Today: "Could the Orlando Shootings Be the Smelling Salt We Need?" Lee, K. (2016).

Psychology Today: “Why “Work-Life Balance” Talk May Stress Us Out”. Lee, K. (2016).

Psychology Today: “How Unlearning Could Help our College Mental Health Crisis”. Lee, K. (2016).

Psychology Today: “Four Traps to Avoid When You’re Filled with Anxiety” Lee, K. (2016).

Psychology Today: “Six DIY Hacks”. Lee, K. (2016).

Psychology Today: “Can We Escape Bias?”. Lee, K. (2016).

Psychology Today: “Why Anxiety May Be Your # 1 Frenemy” Lee, K. (2015)

Psychology Today: “What Disney Pixar’s Inside Out Teaches Us About Emotions

Psychology Today: “Why Waiting for Your Next Vacation to Unwind Might Hurt You”. Lee, K. (2015)

Psychology Today: “What a Guy Who Ate an Entire Plane Teaches Us About Stress”. Lee, K. (2015).

Psychology Today: “Why You Can’t ‘Just Say No’ To Stress”. Lee, K. (2015)

Psychology Today: “It’s Nice to Meet You, But That’s Not Your Real Name Lee, K. (2015)

Psychology Today: “Your Mental Health is More Important Than Your Grades” Lee, K. (2015).

Psychology Today: “Do We Need a New Pill Drill?” Lee, K. (2015).

Psychology Today: “Three Ways to Give Your Kids a 1980’s Halloween To Remember”. Lee, K. (2015).

Psychology Today: “Why Our Kids Don’t Need Any More Hoops to Jump Through” Lee, K. (2015)

Psychology Today: “Bye-Bye Perfectionism: I’m Done with You”. Lee, K. (2015).

Psychology Today: “What to Do When Your Kid Emotionally Throws Up on You”. Lee, K. (2015).

Psychology Today: “Why Keeping Up with the Kardashians May Cost Us”. Lee, K. (2015).

Psychology Today: “Three Strange Words That Might Just Save You This Valentine’s Day”. Lee, K. (2015).

Psychology Today: “How to Prevent Burnout from Spreading Like Wildfire” Lee, K. (2015).

Presentations

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| 2022 | University of Akron: “Adopting a Healthy Mental Health Culture: What Faculty, Staff, and Leaders Can Do”. Keynote speaker. |
| 2022 | Seasons Behavioral Health Care. “Taking Care of You: Staying Well During Complex Times”. Keynote speaker. |

- 2022 Virginia Association Student Financial Aid Administrators. “Building Healthy Mental Health Cultures: What Faculty, Staff, and Leaders Can Do”. Keynote speaker.
- 2022 Pathify. “Building Healthy Mental Health Cultures: What Faculty, Staff, and Leaders Can Do”. Keynote speaker.
- 2022 Workplace Wellness Council of Massachusetts. “Remagining Resilience: Micro-Strategies to Help you Stay Agile, Mindful, and Connected”. Keynote speaker.
- 2021 Housatonic Community College: “Adopting a Healthy Mental Health Culture: What Faculty Can Do”. Keynote speaker.
- 2021 West Virginia Higher Education Policy Commission. “Cultivating Resilience: A Toolkit for Healthy Achievement and Sustainability in Today’s Demanding World. Keynote speaker.
- 2021 State of South Dakota Leadership Conference. “Cultivating Resilience and Building Positive Mental Health Cultures: A Toolkit for Leaders in Today’s Complex Times”. Keynote speaker.
- 2021 Community Mental Health Association of Michigan. “Cultivating Resilience in Today’s Complex World”. Keynote speaker.
- 2021 Snapchat Unity Wellness Speaker. “Visionboarding for Well-Being. Co-presenter with Halima Aden.
- 2021 Ovation TV. “Mindfulness to Help You Stay and Do Well: Cultivating Resilience During Complex Times”. Keynote speaker.
- 2021 American Chemical Society “Cultivating Resilience During Unprecedented Times”. Keynote speaker.
- 2021 United Way Rural Conference. “Cultivating Resilience During Complex Times. Presenter.
- 2020 United States Chamber of Commerce Foundation. “Parenting During the Pandemic: Supporting Teens, Tweens and Ourselves Through Challenging Times”. Virtual. Co-presenter.
- 2020 University of North Texas System. Dallas, Texas. “Adopting a Healthy Mental Health Culture”. Keynote speaker.
- 2019 Kenyon College. Gambier, Ohio. “Creating a Healthy Campus Mental Health Culture”. Keynote speaker.
- 2019 Harvard University. Boston, Massachusetts. “Hidden Issues of Diversity: Ethnicity and Mental Health”. Keynote speaker.

- 2019 National Scholarship Providers Association. Minneapolis, Minnesota. “Cultivating a Holistic Mental Health Culture”. Webinar and breakout session.
- 2019 New Albany High School; Olentangy High School. Columbus, “Cultivating a Healthy Mental Health Culture: What Schools Can Do”. Keynote speaker.
- 2019 Harvard Medical School Grand Rounds. Boston, Massachusetts. “Reimagining Success in Today’s Hypercompetitive World”. Keynote speaker.
- 2019 Nationwide. Columbus, Ohio: “Agile, Mindful and Resilient Leadership Behaviors for Today’s Complex Global Arena”. Keynote speaker.
- 2019 US Journal Adolescent and Young Adult National Conference. Las Vegas, Nevada; “Mindfulness in Today’s Changing World” breakout session.
- 2019 US Journal Adolescent and Young Adult National Conference. Las Vegas, Nevada; “Cultivating Resilience Within Today’s Global Mental Health Crisis”. Keynote speaker.
- 2019 Active Minds National Conference. Georgetown, Washington DC. “Mitigating the College Mental Health Crisis: What Faculty Can Do”. Breakout session.
- 2019 C-Space. Boston, Massachusetts. “Mindfulness in Today’s Changing World”. Breakout session.
- 2018 State Street Global Advisors. Boston, Massachusetts: “Mindfulness in Today’s Changing World”. Breakout session.
- 2018 Worcester State University. Worcester, Massachusetts: “Your Mental Health is Everything: Become More Agile, Mindful and Connected in Today’s ‘Age of Anxiety’”. Keynote speaker.
- 2018 Learning and the Brain. New York, New York. Reaching for Greatness: Unleash Potential, Passions and Creative Talents in Students with Cognitive Science; “Reimagining Success in Today’s Hypercompetitive Market” breakout session.
- 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.

- 2018 International Association of Leadership. West Palm Beach, Florida: "Moving from Me to We: Collective Efficacy for Emerging Leaders". Breakout session.
- 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.
- 2018 Ever Fi Campus Prevention Summit. New Orleans, Louisiana. "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.
- 2018 Association for Continuing Higher Education Emerging Leaders Institute. Chicago, Illinois; "Cultivating Resilience in Today's Complex Landscape". Workshop facilitator.
- 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.
- 2017 Taipei American School Wellness Convention. Taipei, Taiwan. "Cultivating Resilience in Today's Always-On World" Keynote speaker; "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.
- 2017 Ted X Risk Change. Ocala, Florida. "The Risk We Must Take". Keynote.
- 2017 Association Women in Science. Boston, Massachusetts. "Reset Your Stress". Keynote.
- 2017 Emerson College Student Leader Conference. Boston, Massachusetts. "Mitigating the College Mental Health Crisis". Keynote.
- 2017 NASPA Mental Health and Education Conference. Austin, Texas. "Mitigating the College Mental Health Crisis". Workshop.

- 2017 Ever Fi Campus Prevention Network. Boston, Massachusetts. “Mitigating the College Mental Health Crisis”. Breakout session.
- 2016 National Alliance on Mental Illness. Denver, Colorado. Time to Rethink I Can Poster Presentation.
- 2016 National Academic Advising Association. Boston, Massachusetts. Cultivating Resilience in Today’s Complex Educational Landscape. Workshop.
- 2016 Massachusetts Association of School Superintendents. Mashpee, Massachusetts. Cultivating Resilience in Today’s Complex Educational Landscape Workshop.
- 2016 Harvard University Kennedy School of Government. Boston, Massachusetts. Cultivating Resilience in Today’s Complex Educational Landscape Workshop.
- 2016 New Bedford Public Schools Professional Development. New Bedford, Massachusetts. Cultivating Resilience in Today’s Complex Educational Landscape Workshop.
- 2016 Virgin Pulse Thrive Summit. Boston, Massachusetts. ‘Rethink I Can’ Breakout Session.
- 2016 National Alliance for Mental Illness. Denver, Colorado. “What do graduate students identify as central factors contributing towards their resilience and identity?” Poster presentation.
- 2016 National Association of Social Workers. Washington, D.C. What contributes towards leader resilience? Breakout session.
- 2016 Smith College Women’s Leadership Summit. Northampton, MA. Is it time to rethink ‘I can’? Breakout session.
- 2015 National Institute on The Teaching of Psychology What Impact Does a Stress Management Course Have on Student Well-being Poster Presentation.
- 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. Co-presenter.
- 2015 Vancouver International Institute of The Teaching of Psychology Cultivating Resilience in Today’s Complex Educational Landscape Workshop.

- 2015 Quincy College. Quincy, Massachusetts. Cultivating Resilience in Today's Complex Educational Landscape Workshop Professional Development Workshop.
- 2015 National Institute of the Teaching of Psychology. What impact does a stress management course have on student well-being? Poster presentation. St. Pete's, FL.
- 2015 National Institute of the Teaching of Psychology. Surviving the doctoral process: Self-Care and sustainability strategies for preventing stress overload and burnout Poster presentation co-presenter. St. Pete's, FL.
- 2015 Vancouver International Institute of the Teaching of Psychology. What impact does a stress management course have on student well-being? Poster presentation. Vancouver BC.
- 2013 Mentoring Institute. What types of support do urban schoolteachers need to increase their resilience? Poster presentation. Albuquerque, New Mexico.

Grants

- 2019 Northeastern University Office of Inclusion and Diversity (OIDI) \$12,000.
- "Staying on Course" focus groups, film development and dialogues focused on strategies for first-generation and students of color to navigate systemic discrimination and marginalization due to race, ethnicity, class, gender, and intersecting identities.

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 2230 Stress and Its Management
Northeastern	HSV 2000 Introduction to Human Services
Northeastern	HSV 4955 Human Services Directed Study
Northeastern	HSV 4995 Human Services Capstone

Course Design

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 2230 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
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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

Advising

Thesis Chair, Doctor of Law and Policy, Northeastern University

2016 Shai Butler

Faculty Project Sponsor, Experiential Network, Northeastern University

2020 Zhennan Hao
Sichen Liu
Linyak Li
Hong Chen
Haoyu Li
Haoxiang Wang
Todd Relaford
Fei Li
Yi Tao
Ruijie Zhou
Kathleen Egger
Joseph Castelot
Ian Mearns
Janel Field
Lucie Lass

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

Service and Professional Development

Department, College and University Service

2021 Northeastern University Resilience speaker London, San Francisco Bay Area
2021 Northeastern University Wellness Week speaker
2021 Northeastern University Office of the Chancellor well-being speaker
2021 Northeastern University Provost's office well-being series speaker
2020 Northeastern University development of well-being resource center for faculty and

staff

2020 Northeastern University N.U. in and first year student mental health orientation

2020 Northeastern University Chancellor's Office COVID resilience series

2020 Northeastern University Alumni Relations Career Resilience on-demand course

2020 Northeastern University Alumni Relations Resilience During Crisis on-demand course

2020 Northeastern University College of Professional Studies Biotech and Health Care domain: Integrative Health Certificate development contributor

2020 Northeastern University Online Best Teaching Practices co-presenter

2020 Northeastern University Office Residential Life student 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 presenter

2019 Northeastern University Alumni Lifelong Learning speaker

2019 Northeastern University Lowell Institute School Webinar speaker

2019 Northeastern University Office of Institutional Diversity and Inclusion film screening co-facilitator

2019 Northeastern University Center for Intercultural Engagement You Belong Series facilitator

2018 Northeastern University Khoury College of Computer Science speaker

2018- Northeastern University Bouve College of Health Science speaker

2018 Northeastern University Alumni Professional Development speaker

2018 Northeastern University SAIL Ambassador (well-being dimension)

2018 Northeastern University Global Resilience Institute Faculty Affiliate

2018 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

2018 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 Mattapoisett Public Library Speaker Mattapoisett, Massachusetts speaker
- 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
- 2015 Graduate School of Education Alumni Council Chair
- 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
- 2013 Northeastern University Office Residential Life speaker

Service to the Discipline/Profession

- 2022 Journal of Communications in Healthcare: Strategies, Media and Engagement in Global Mental Health
- 2018- Active Minds Bureau Mental Health Speaker
- 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

Service to the Community/Public

Career Strategies for Women that Work Podcast June 22, 2022.
I Dare You Podcast with Darrin Johnson. June 17, 2022
The Mindful Psychology Podcast. June 16, 2022
In Session with Farid Holakouee podcast. June 15, 2022
Psychology America Podcast. June 14, 2022.
Vibe Abundant Podcast. June 13, 2022
Central Theatre Youth Underground Mental Health Summit. Panelist. June 11, 2022.
Sounds True One Insights at the Edge with Tami Simon podcast. June 9, 2022.
Mindfulness Matters Podcast June 3, 2022.
California Life Sciences Association Leadership Series: Becoming More Agile, Mindful and
Connected in Today's World interview. June 4, 2020.
The Wonder Dome Podcast: The Intelligence of Love interview. May 28, 2020.
Unum HR trends Podcast: Mental well-being in the age of COVID-19 Part II interview. May 26,
2020.
Unum HR trends Podcast: Mental well-being in the age of COVID-19 Part I interview. May 19,
2020
Southcoast Matters Television: Maintaining Good Mental Fitness Throughout Crisis interview.
April 24, 2020.
American Association of Nurse Anesthetists. Peer Support: Self-care and Resilience Webinar.
April 23, 2020.
Boston Globe: Staying Active Important for Kids Stuck Home During COVID-19 interview. April
8, 2020.
WCVB Chronicle: Adjusting to Pandemic Life interview. March 31, 2020.
Active Minds: Sleep, Self-care, and Sharing a Productive Environment webinar. March 25, 2020.
Christian Science Monitor: Infodemic: When Fear and False Information Go Viral interview.
March 18, 2020.
Market Watch: The Best Gifts Might Be the Ones You Give Yourself interview. December 24,
2019.
NPR Kansas City: Kansas College Students Can Ace Tests, But They Need Help 'Adulting'
interview. November 11, 2019.
Forbes: Why Resilience Can Make or Break Your Career interview. October 13, 2019.

Evolution: A Destiny Solutions Illumination: Supporting Mental Health and Wellness for Adult Learners interview. February 27, 2019.

Trident Book Sellers speaker. November 29, 2018.

National Association of Social Workers Podcast: Self-Care and Avoiding Burnout interview November 6, 2018.

NPR interview: Burnout. August 20, 2018.

National Alliance on Mental Illness Greater Boston Consumer Advocacy Network presentation. July 19, 2018.

Thrive Global: What is Mentalligence and How Can it Help Me? February 23, 2018.

Shrink Rap Radio: Mentalligence: A New Psychology of Thinking interview. December 14, 2017.

Worcester State University Keynote speaker and Lunch and Learn speaker. April 4, 2017.

Southcoast Matters: Systemic Impact on Global Mental Health interview. July 18, 2016.

Boston Globe: Forget Helicopter Parenting. It's all About Submarine Parenting interview. May 16, 2016.

Southcoast Matters Television: Being Global Conscious Citizens interview. May 13, 2016.

NPR Interview: Five Tips for Coping with College Stress interview. October 29, 2015.

NPR Interview: Anxiety as Frenemy-the Good and the Bad of Dreadful Stress interview. August 5, 2015.

Professional Development

Learning and the Brain. Calming Anxious Brains. November 21, 2021.

Second City. Advanced Storytelling Salon. October 6-27, 2021.

Esalen Institute: The Ceremony and Science of Psilocybin. April 23, 2021

Kripalu RISE for Educators program. July 7, 2019.

Active Minds National Conference. Building a Mental Health Culture. March 22, 2019.

Kripalu Improv for Life. February 16-18, 2019.

Learning and The Brain. Reaching for Greatness. November 16, 2018.

Learning and the Brain. Educating Mindful Minds. April 19, 2018.

National Association of Social Workers. Leading Change. Transforming Lives. June 22, 2016.

Awards

2022	Next Big Idea Club nominee for Worth the Risk: How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World.
2021	Old Colony Regional Vocational High School Wall of Achievement
2017	Worcester State University Distinguished Professional Achievement Award
2015	Next Generation Indie Book Awards Motivational Book of the Year
2015	Next Generation Indie Book Awards Finalist in Self-Help and Health and

Wellness Categories

- 2013 Northeastern University Excellence in Teaching Award Finalist
- 2011 Northeastern University College of Professional Studies Excellence in Teaching Award Recipient