

KEEGAN W. LEE
CURRICULUM VITAE

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Driven undergrad pursuing clinical psychology and dedicated to creating a more humane digital world through research, education and advocacy. Published author of “60 Days of Disconnect,” examining how social media affects human behavior, and a proven leader with a passion for helping individuals maintain strong authentic human connections in a technological age.

EDUCATION

The University of North Carolina at Chapel Hill May 2027
B.S., Psychology, B.A., English Literature - Medicine, Science, and Literature
concentration, with honors

HONORS, AWARDS, AND GRANTS

Deans List All semesters

Honors Carolina 2023-2027
Highly competitive academic program admitting 10% of each incoming class

UNC Accelerated Research Program 2023-2027
Awarded to undergraduates to pursue faculty-mentored STEM research

Copland Scholar 2023-2027
Awarded full-tuition scholarship from Alamance county for outstanding leadership and academics

Mental Health America Leadership Award 2023
Awarded to one youth advocate in the United States that has demonstrated excellence in mental health leadership and advocacy for a prolonged period of time.

Look Up Live Innovators Grant 2023 \$5,000
This challenge is for exceptional youth advocates, storytellers, and innovators (18-25) with bold research ideas to address the youth mental health crisis through digital wellbeing and youth led movements and solutions.

RESEARCH EXPERIENCE

Research Assistant in Psychiatry 2024-present
The University of Virginia School of Medicine, Department of Psychiatry

Advisor: Dr. J. Kim Penberthy, PhD – Chair, American Psychological Association, Division 12, UVA Chester F. Carlson Professor of Psychiatry and Neurobehavioral Sciences

- Research a broad range of interventions for Prolonged Grief Disorder including psychological therapies, pharmacotherapy, and alternative treatment methods, with a focus on their effectiveness and methodological rigor

Research Assistant in Developmental Psychology 2024-present

The University of North Carolina at Chapel Hill, Department of Psychology

Developmental Social Neuroscience Lab

Advisor: Dr. Kaitlyn Burnell, Ph.D., Professor of Developmental Psychology

- Perform analysis to understand the impact of social media and technology use on the developing minds of individuals between the ages of 9-25

Research Assistant 2024-present

The University of North Carolina – Chapel Hill, Winston Center for Technology Use, Psychological, and Brain Development

Advisor: Dr. Kaitlyn Burnell, Ph.D., Research Professor of Developmental Psychology

- Conduct experiments on self-perception characteristics such as body image and confidence utilizing eye tracking technology; oversee all data collection and patient procedures
- Analyze participant data to identify the relationship between body image and self-monitoring behavior

Research Assistant 2024-present

The National School Boards Association (NSBA)

Advisor: Dr. Jinghong Cai, Ph.D. – Research Analyst, NSBA

- Write and publish articles highlighting the relationship between social media and mental health for educators
- Collaborate with research analysts to interpret social media statistics for incorporation into mental health policies
- Present at annual conferences identifying ways school administrations can improve their educational atmosphere

SERVICE AND LEADERSHIP POSITIONS

Advisory Board Member

Mental Health America

October 2023- present

- Collaborated with 20 global leaders to produce research, resources, and methods for healthy social media use
- Participated in conferences, webinars, speaking events, and publications
- Published an annual report on social media and mental health in collaboration with other youth leaders

Advisory Board Member

The American Academy of Pediatrics

October 2023- present

- Produced resources through various modes of learning to enhance knowledge about child development, peer influence, and peer feedback during adolescence
- Participated in conferences, webinars, speaking events, and publications

Special Event Coordinator 2023-2024

UNC-Chapel Hill, Active Minds

- Coordinate events each semester to increase students’ awareness of mental health conditions, provide resources, and encourage students to have conversations regarding their mental health

Board of Directors, Director of Curriculum 2023-2024

Speak Out Sisterhood

- Oversee the strategy for a global network elevating youth to eradicate the barriers to equality for women in STEM
- Create curriculum composed of videos and introspective activities in conjunction with internships for young women

Op-ed Writer June 2023- December 2023

Young People’s Alliance

- Participated in lobbying campaigns for voter registration
- Reviewed and edited changes to the Kids Online Safety Act (KOSA) policy brief proposing changes to the current social media algorithm in effort to increase child safety online

PROJECTS

Co-Director 2024

Short Film: “Disconnected: Bridging the Digital Divide”

- Creating a short film highlighting the generational differences in technology and social media to raise cross-generational mental health awareness and well-being
- Conduct cross-generational interviews to highlight the challenges different generations face in the digital age

Creator and Instructor 2024

Speak Out Sisterhood: a curriculum designed to help mitigate barriers for women in STEM; a mentorship program

- Oversee the strategy for a global network elevating youth to eradicate the barriers to equality for women in STEM
- Create curriculum composed of videos and introspective activities in conjunction with internships for young women

Creator 2024

Lee, K.W., (Informational Guide) *Integrating Educational Technology into the Classroom for Educators.* (2023).

- Provided insight into how to effectively utilize technology in the classroom in ways that foster learning and attention through topics such as participatory learning, gamification, and the digital divide
- Performed a written analysis of the pedagogy of incentive-based technology

Founder

2022

International “Mental Health Matters” Campaign

- Collected a compilation of over 75 photographs of individuals from around the world holding a sign that reads, “Mental Health Matters” to demonstrate well-being, an international cause and integral aspect of uniting humanity
- Distributed on the Log Off Movement website

Co-Creator

2021

International Digital Wellness Curriculum for Youth

- Collaborated with youth activists around the world to design a global curriculum for young people on how to responsibly navigate social media and maintain a healthy relationship with technology
- Designed individual and group activities within the curriculum to be utilized in classroom discussion

TEACHING EXPERIENCE

Instructor/Creator

2023- present

“Raising Children in a Digital Age” – A Course for Parents and Educators

- Designed and created digital wellness course for parents and educators based on pedagogical methods to help navigate the challenges of raising children in a digital age to minimize the digital divide for intergenerational change
- Create and maintain materials taught in the course including videos, assignments, quizzes, diagrams, and more
- Built website for individuals to purchase the course and educate themselves about the effects of social media on Gen-Z

PUBLICATIONS

Books

Lee, K.W., Ghandour, B.M. (2022) *60 Days of Disconnect*. Cary Press Publishing.

Journal Publications

Lee, K.W., Cai, J.(2024). “*Research: The Value of In-Person Connection and Communication*.” The National School Boards Association Journal, vol. 211, no. 1, pp. 42-43. (2024). <https://nsba.org/ASBJ/2024/february/research-column-value-of-in-person-connection>

Articles

Lee, K. W. (2023, September 6). *How taking a social media break revealed its negative impact in school*. Mental Health America.

Lee, K. W. (2023, September 11). *A message from gen Z to parents*. LOG OFF.

Lee, K. W. (2023, September 11). *Emotional intelligence: How social media can damage social and self-awareness*. LOG OFF.

Lee, K. W. (2023, September 11). *The Striking Heron*. LOG OFF.

Lee, K. W. (2023, September 21). *The Emerging Neuroscience of Social Media*. LOG OFF.

Lee, K. W. (2023, August 21). *How the instinctual fulfillment of social media algorithms have led to a loss of self-control among humanity*. LookUp.

PRESENTATIONS, INVITED LECTURES, AND SYMPOSIA

Lee, K.W., Reynolds, S. “Meditation in the Age of Digital Distraction.” Massachusetts Partnerships for Youth Inc, Remote (March, 2024).

Lee, K.W., Ghandour, B. “iGen’s Battle to be Mentally Healthy in a Digital Era.” Safe and Healthy Schools Conference, Virginia Association of Independent Schools, The University of Richmond, Richmond, VA (February, 2024).

Lee, K.W, Schezniak, A. “From Fear to Fearless: Eradicating Barriers for Women in STEM.” Science for All Summit, Friday Conference Center, Chapel Hill, NC (February, 2024).

Lee, K.W. “Defying the Digital Dilemma” Discovery Education Documentary. (January, 2024.)

Lee, K.W. Hilton Head Preparatory School - “60 Days of Disconnect” Presentation. Hilton Head Island, SC (January, 2024).

Lee, K.W. Hilton Head Preparatory School - “60 Days of Disconnect” Presentation, Hilton Head Island, SC (November, 2023).

Lee, K.W., Ghandour, B.M. (Co-presenter) “iGen’s Battle to be Mentally Healthy in a Digital Era.” The University of North Carolina, Chapel Hill, NC (November, 2023).

Lee, K.W. Gaston Day School - “60 Days of Disconnect” Presentation, Gastonia, NC (November, 2023).

Lee, K.W. (Panelist) MHA webinar: “Productivity Paradox: The Success Narratives of Generation Z” (October, 2023).

Lee, K.W. (Panelist) “Back to School Campaign” Mental Health America, Virtual (October, 2023).

Lee, K.W. (Panelist) “I Don’t Know How to Navigate My Child’s Use of Technology.” Mental Health America, Virtual (October, 2023).

Lee, K.W. (Podcast) “Social Media Addiction” with author Keegan Lee. Psych 123 (September, 2023).

Lee, K.W. (Podcast) “Is Social Media Making me Depressed?” Mental Health America (August, 2023).

Lee, K.W. (Podcast) “Am I addicted to Social Media?” Mental Health America (August, 2023).

Lee, K.W. (Workshop) Active Minds Conference, Washington, D.C., (July, 2023).

Lee, K.W. “Supporting youth mental health through policy to promote internet-based technology designs.” Mental Health America Annual Conference - Policy Institute, Washington D.C. (June, 2023).

Lee, K.W., Gooding, L. (Podcast) Pick Your Brain Podcast, “How Social is Social Media with Keegan Lee?” (April, 2023).

Lee, K.W. The Mount Vernon School - “60 Days of Disconnect” Presentation, Atlanta, GA. (April, 2023).

Lee, K.W. The Oakwood School- “60 Days of Disconnect” Presentation, Greenville, NC. (March, 2023).

Lee, K.W. Lawrence Academy - “60 Days of Disconnect” Presentation, Greenville, NC. (March, 2023).

Lee, K.W. Westchester Country Day School - “60 Days of Disconnect” Presentation, Winston Salem, NC. (March 2023).

Lee, K.W. The Burlington School - “60 Days of Disconnect” Presentation, Burlington, NC (February, 2023).

Lee, K.W. (Podcast) “Gen Z’s Digital Decalogue.” Look Up Live. (February, 2023).

Lee, K.W. “Guidance on Social Media usage and Mental Health.” Tiramisu, remote (March, 2022).

Lee, K.W. (Keynote) Tech Olympics: BYTE (Bringing Youth Technology Everywhere) Back Conference and Hackathon - Youth for Youth: Digital Wellbeing conference, remote. (January, 2022).

PROFESSIONAL AFFILIATIONS

Mental Health America, 2023- Present

American Academy of Pediatrics, 2023-Present

The National School Boards Association, 2023-Present

LANGUAGES

English: Native Language

Spanish: Conversational, proficient

OTHER INTERESTS

Member, USA Triathlon

Member, USA Track and Field

National Anthem Singer - featured venues include: Kenan Stadium (UNC-Chapel Hill), Dean Dome (UNC-Chapel Hill), Carter-Finley Stadium (NC-State), Reynolds Gym (NC State) Bojangles Coliseum (Charlotte, NC), Wallace Wade Stadium (Duke University) Burlington Royals Stadium (Burlington, NC), Schar Centre (Elon University) ALL-STATE Athlete Cross Country (2019, 2021) and Track and Field (2021, 2023)

SELECTED MEDIA APPEARANCES AND FEATURES

Discovery Education and [Creative Visions](#) Collaboration

[Smiley News](#)

[Elon University](#)

[The University of North Carolina at Chapel Hill](#)

[North Carolina Public Radio \(NPR\)](#)

[The Alamance News](#)

[The Times News](#)

[Mebane Enterprise](#)

American Academy of Pediatrics

[Mental Health America](#)

[Look Up.Live](#)

Log Off Movement

[Westchester Country Day School](#)

[The National School Boards Association](#)

REFERENCES

Dr. Bilal Ghandour, Ph.D., Professor of Psychology, Clinical Psychologist
Department of Psychology
Elon University
Phone: 704-288-7926
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Dr. Katelyn Burnell, Ph.D., Research Professor of Developmental Psychology
Department of Psychology and Neuroscience
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