

PROFILE

Driven undergrad pursuing clinical psychology 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 proven leader with a passion for helping individuals maintain strong authentic human connections in a technological age.

EDUCATION

University of North Carolina at Chapel Hill

Class of 2027

Bachelor of Science in Psychology, Minor in Neuroscience; GPA: 3.75

Honors and Awards:

- Honors Carolina – *Highly competitive academic program admitting 10% of each incoming class*
- Copland Scholar – *Awarded full-tuition scholarship from Alamance county for outstanding leadership and academics*
- Accelerated Research Program – *Awarded to undergraduates to pursue faculty-mentored STEM research*
- Dean’s List – *All Semesters*

Related Coursework: Psychology of Language and Mental States (PSYCH 52H), General Psychology (PSYCH 101), Statistical Measures in Psychology (PSYCH 210), Modes of Inquiry (IDST 199)

RELEVANT EXPERIENCE

National School Boards Association (NSBA) – Alexandria, VA (Remote)

August 2023 – Present

Writer and Researcher

- 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 in mental health policies
- Present at annual conferences identifying ways school administration can improve their educational atmosphere

UNC Developmental Social Neuroscience Lab & Winston Center for Brain Development

August 2023 - Present

Research Assistant

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

Global Digital Wellness Program – Remote

July 2023 – Present

Founder and Instructor

- 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
- Teach and consult the youth, educators, and parents through in-person workshops and presentations

BOOK PUBLICATION

60 Days of Disconnect – A Personal Perspective of How Social Media Affects Mental Health

Published 2022

Author and Public Speaker

- Co-wrote and published book highlighting the research and impact of social media on human behavior in collaboration with Dr. Bilal M. Ghandour, clinical psychologist and professor at Elon University
- Present and spread awareness of social media research at Universities, Mental Health organizations, and high schools
- Research and record anecdotes to capture thoughts, feelings, and emotions related to user disconnect from social media
- Featured on news outlets such as NPR and Discovery Education; sold 300+ copies

LEADERSHIP AND COMMUNITY INVOLVEMENT

American Academy of Pediatrics & Mental Health America – Alexandria, VA (Remote)

November 2023 – Present

Youth Leadership Board

- 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

Speak Out Sisterhood – Chapel Hill, NC

August 2023 – Present

Board of Directors/Director of Curriculum

- 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

UNC Active Minds – Chapel Hill, NC

August 2023 – Present

Special Events Coordinator

- Coordinate events each semester to increase students' awareness of mental health conditions, provide resources, and encourage students to have conversations regarding their mental health
- Organize and host events each semester that aims to educate and collaborate with the UNC community

ADDITIONAL PUBLICATIONS:

1. Lee, K. W. (2023, August 21). *How the instinctual fulfillment of social media algorithms have led to a loss of self-control among humanity*. Look Up.
2. Lee, K. W. (2023, September 6). *How taking a social media break revealed its negative impact in school*. Mental Health America.
3. Lee, K. W. (2023, September 11). *A message from gen Z to parents*. LOG OFF.
4. 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, pg. 42. (2024).

PRESENTATIONS

1. Lee, K.W., Ghandour, B. "iContact: The Increasing Inability for Gen-Z to Form and Maintain Human Connection in a Digital Age." Safe and Healthy Schools Conference. Virginia Association of Independence Schools, The University of Richmond, Richmond, VA (2024).
2. Lee, K.W. "Defying the Digital Dilemma." Discovery Education Documentary.(2024.)
3. Lee, K.W., Ghandour, B.M. (Co-presenter) "iGen's Battle to be Mentally Healthy in a Digital Era." The University of North Carolina at Chapel Hill (2023).
4. 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. (2023).

AWARDS

- **2023 Mental Health America Youth Leadership Award** – 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.
- **2023 Look Up Young Innovator's Grant (\$2500)** – Awarded as youth advocate and innovator for project addressing the youth mental health crisis through digital well-being and youth led movements and solutions.
- **2023 Daughter's of the American Revolution: "Good Citizen Award"** – awarded to one student in Alamance County that has demonstrated exceptional leadership, scholarship, patriotism, and service to one's community.

PROJECTS

Effects of Social Media on Mental Health Documentary

December 2023 – Present

Co-Director

- 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

Educational Technology: A guide for educators from a Gen-Z

December 2023 – January 2024

Writer and Creator

- 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
- Conducted surveys to understand which technology methods and which digital platforms were most effective and preferable for undergraduate students; performed a written analysis of the pedagogy of incentive based technology

Mental Health Matters Global Campaign

January 2022- May 2022

Founder

- 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.