

KYLE BENJAMIN ESTANDIAN LORENZO III

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EMPLOYMENT

August 2025 - present

Assistant Professor

St. Mary's College of Maryland, St. Mary's City, MD

EDUCATION

May 2025

Ph.D. in Applied Developmental Psychology

Fordham University, The Bronx, NY

Dissertation: *Multiple Identity Saliences and Mental Health: The Mediating Roles of Friendship Quality and Meaning in Life Among College Students*

Mentor: Tiffany Yip, PhD

May 2022

M.A. in Applied Developmental Psychology

Fordham University, The Bronx, NY

M.A. Thesis: *Associations Between Friendship Racial Composition and Ethnic/Racial Identity Over Time: The Role of School Racial Diversity*

Mentor: Tiffany Yip, PhD

May 2020

B.A. in Psychology & B.A. in Biological Sciences

North Carolina State University, Raleigh, NC

Senior Capstone: *Filipino American ERI & Biological Health Behaviors*

Minors: International Studies & Cognitive Sciences

Honors: *summa cum laude*

RESEARCH INTERESTS

- Multidisciplinary approaches to investigating health disparities among minoritized youth, with a focus on the impact of acute and chronic social stressors.
- Culturally responsive, developmentally tailored, and strengths-based strategies for fostering positive identity development and health behaviors among diverse youth populations.
- Applied developmental psychology research to evaluate and inform program adaptation and implementation, ensuring inclusivity and accessibility across diverse communities.

AWARDS

August 2025	Best Student Paper from the 2024 Asian American Journal of Psychology
2024-2025	Senior Teaching Fellowship from Fordham University GSAS (competitively awarded to 1-3 students annually in the Graduate School of Arts & Sciences based on student/teacher evaluations, teaching supervisor recommendation, and teaching statement).
2021-2022	University Supplement from Fordham University GSAS (awarded to graduate students demonstrating significant progress in their graduate research).
2020-2021	Bennett Fellowship from Fordham University GSAS (competitively awarded to one incoming doctoral student across the Graduate School of Arts & Sciences based on undergraduate GPA and standardized test scores).
August 2020	Darnell Johnson Outstanding Senior from North Carolina State University Department of Psychology (competitively awarded to one graduating senior in the Psychology Department who demonstrated excellence throughout their undergraduate tenure based on faculty selection).
2019-2020	Psi Chi, The International Honor Society in Psychology, Co-President (awarded to undergraduate students based on GPA).

RESEARCH EXPERIENCE

2020-2025	Graduate Assistant for Youth Development in Diverse Contexts Lab <i>Fordham University, Department of Psychology, The Bronx, NY; PI: Tiffany Yip, PhD</i> Fordham University Sleep Study (R01MD015715) <i>Fordham University, Department of Psychology, The Bronx, NY; PI: Tiffany Yip, PhD</i> ● Overseeing recruitment, pre/post, and nightly Qualtrics survey data collection, and data management through Ripple for a 6-year sleep study on diverse college students. ● Collecting sleep actigraphy data using Philips Actiware and ActiGraph watches and biomarker data through BMI, blood pressure, InBody, and dried blood spots. ● Trained ten undergraduates to collect and code actigraphy data using Philips Actiware watches and ActiGraph watches. ● Designed protocols for actigraph watch configuration, participant scheduling, data retrieval, and biomarker collection that became a standardized procedure for the lab.
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- Updated project amendments and reports for the IRB.
- Generated yearly reports on project updates for the NIH.
- Analyzing daily diary and qualitative data for weekly reports using Ripple, R, and NVivo.

Building Our Bonds Authentically (BOBA) (R01MH12936, R21HD115355)

Brigham and Women's Hospital, Boston, MA; PIs: Cindy Liu, PhD & Tiffany Yip, PhD

- Generated project name, recruitment and interview scripts, protocols, and vignettes for virtual activities between parent/child and child/peer dyads for a longitudinal study on Chinese American ethnic/racial socialization.
- Facilitated 1.5-hour Zoom activity sessions and interviews on Chinese American parent-teen dyads and teen-peer dyads using vignettes.
- Co-developed qualitative coding schemas for analyzing interview transcripts.
- Co-developed developmentally appropriate interview questions about racial socialization for Chinese American parents and children.
- Recruited Chinese American families through in-person tabling at Boston's Lunar New Year festival.
- Piloted surveys on social media and updated project amendments for the IRB.
- Analyzed pilot data to inform the design and selection of developmentally appropriate social media prompts used in a virtual activity session with Asian American youth.

Seguimos Avanzando (R01MD014737)

University of Notre Dame, Notre Dame, IN; PI: Margarita Alegria, PhD

- Created daily diary Qualtrics surveys for a longitudinal study on Latiné adolescent mental health.
- Programmed an automated distribution system through Qualtrics to deliver both email and text message surveys as well as reminders to adolescents for 21 days.
- Collaborated with undergraduate research assistants to securely transfer contact information to Qualtrics and create a distribution for new waves of participants once a week for a year.
- Designed protocol manuals providing step-by-step instructions on how to create Qualtrics contact sheets and distributions for future use.
- Developed an automated tracking sheet to record compliance and compensation across 21 days of daily diaries.

- Reported compliance and summary statistics for daily diary compliance at weekly meetings with the study team.
- Downloaded, cleaned, and merged 21-day daily diary data across 250 participants and converted to a wide format for data analyses.

2022-2023

Graduate Research Assistant, ADP Practicum

Columbia University Irving Medical Center/Hip Hop Public Health

Supervisor: Ewelina Swierad, PhD

Practicum project: *The Role of Mindfulness & Music in Shaping Narrative Identity*

- Led an independent research pilot on music and identity among college students under the supervision of an external supervisor for one year.
- Created Instagram posts and emails to recruit Fordham undergraduates to participate in a 1-week pre/post intervention and follow-up interview study.
- Co-wrote a script in collaboration with a musical composer to create a 15-minute video of a mindfulness activity intervention on YouTube.
- Distributed Qualtrics surveys to waves of participants and tracked completion of mindfulness activity intervention using Gooru Navigator.
- Conducted 13 half-hour Zoom interviews with undergraduates about personally meaningful songs across life stages and situations.
- Using NVivo to conduct thematic analysis on qualitative data from Zoom interviews.

2018-2020

Undergraduate Research Assistant for the Social Development Lab

North Carolina State University, Department of Psychology, Raleigh, NC;

PI: Kelly-Lynn Mulvey, PhD

- Coded peer nomination data for use in the analysis of social cognitive mapping within middle school classrooms.
- Conducted individual interviews in a children's museum with children ages 8-12 measuring theory of mind and intergroup forgiveness.
- Worked closely with departmental professors, graduate students, and other undergraduate RAs, contributing to weekly meetings by communicating progress on analysis on Excel and SPSS.

2018

Undergraduate Research Assistant for the Family Affect Belief & Behavior Lab

North Carolina State University, Department of Psychology, Raleigh, NC;

PI: Amy Halberstadt, PhD

- Conducted literature searches and reference checks for research on cross-racial anger bias within teacher-student relationships.
- Created daily diary Qualtrics surveys for research on racial bias fluidity.
- Updated progress on quantitative and qualitative child interview data entry to weekly lab meetings.

2017-2018

Undergraduate Research Assistant for the Applied Cognitive Lab

*North Carolina State University, Department of Psychology, Raleigh, NC;
PI: Jing Feng, PhD*

- Categorized survey data related to future outcome predictions regarding increased home automation and leisure time.
- Qualitatively coded data from surveys based on creativity measures.
- Updated progress on qualitative survey data to weekly lab meetings.

PUBLICATIONS

Peer-Reviewed Journal Articles

1. Yip, T., Zhao, Z., Wu, J., Yan, J., Zhang, M., **Lorenzo, K.**, Ruedas-Gracia, N., Cham, H., Chae, D. H., El-Sheikh, M. (in press). Discrimination and sleep difficulties among first-year students: Mediation by daily sleep quality. *Health Psychology*.
2. Yan, J., Johnson, N., Zhao, Z., **Lorenzo, K.**, Cham, H., Ruedas-Gracia, N., Chae, D., El-Sheikh, M., & Yip, T. (in press). Ethnic and racial discrimination and sleep health among Asian American college students. *Sleep Health*.
3. Yip, T., **Lorenzo, K.**, Wu, J., Yan, J., Zhao, Z., Cham, H., Chae, D., & El-Sheikh. (in press). Racial disparities in sleep among diverse young adults during the first semester of college. *Journal of Racial and Ethnic Health Disparities*.
4. Yip, T., Zhao, Z., **Lorenzo, K.**, Valentino, K., Wang, L., Alvarez, K., Park, I., Zhen-Duan, J., & Alegría, M (2025). Longitudinal links between vicarious racism and mental health among Mexican-origin adolescents: The moderating role of daily sleep quality. *Journal of Adolescent Health*.
5. **Lorenzo, K.**, Xie, M., Cham, H., El-Sheikh, M., & Yip, T. (2024). Corresponding changes in sleep and discrimination: A three-year longitudinal study among ethnically/racially diverse adolescents. *Journal of Youth and Adolescence*.
6. **Lorenzo K.** & Yip, T. (2024) Filipino American ethnic/racial identity among adolescents & young adults: An integrated review of the literature. *Journal of Asian American Psychology*.
7. **Lorenzo, K.**, Cham, H., & Yip, T. (2024). Longitudinal associations between friendship ethnic/racial composition and ethnic/racial identity: The role of school diversity. *Journal of Youth & Adolescence*.
8. **Lorenzo, K.**, Gee, G., de Castro, B., Zhenqiang, Z., Yan, J., Hussein, N., & Yip, T. (2024). The negative impact of discrimination on sleep among migrant and non-migrant Filipinos: Longitudinal analyses from the Health of Philippine Emigrants Study (HoPES). *Journal of Immigrant & Minority Health*.

9. Chung, K., **Lorenzo, K.**, Chae, D., Yip, T., & El-Sheikh, M. (2024). Acute impact of daily neighborhood violent crime on nightly sleep among adolescents. *Child Development*.
10. Yip, T., **Lorenzo, K.**, Bae, J., Hall, G., Cheah, C.S., Kiang, L., Takeuchi, D., & Tseng, V. (2024). Anti-Asian Biases in Federal Grant Reviews: Comment on Yip, Cheah, Kiang and Hall, 2021. *American Psychologist*.
11. Yip, T., Yan, J., Johnson, S., Bae, J., **Lorenzo, K.**, Ruedas-Gracia, N., & Zhao, Z. (2024). Developmental links between ethnic and racial discrimination and sleep. *Child Development Perspectives*.
12. Valentino, K., Park, I., Cruz-Gonzales, M., Zhen-Duan, J., Wang, L., Yip, T., **Lorenzo, K.**, Dias, D., Alvarez, K., & Alegría, M. (2024). Family-level moderators of daily associations between discrimination and distress among Mexican-origin youth. *Development & Psychopathology*.
13. Park, I., Wang, L., Li, R., Yip, T., Valentino, K., Giraldo-Santiago, N., **Lorenzo, K.**, Cruz-Gonzalez, M., Zhen-Duan, J., Alvarez, K., & Alegría, M. (2024). A daily diary study of discrimination and distress in Mexican-origin adolescents: Testing mediating mechanisms. *Child Development*.
14. Yip, T., Feng, Y., **Lorenzo, K.**, & El-Sheikh, M. Ethnic/racial discrimination and academic grades among adolescents: Moderation by sleep regularity. (2023). *Journal of Sleep Research*

Under Review/In Progress

1. Cheon, Y., **Lorenzo, K.**, Yip, T. (under review). Childhood sleep duration and academic achievement: The moderating role of sociodemographic and environmental factors.
2. Yip, T. **Lorenzo, K.**, Zhao, Z., Diaz, J., Wang, L., Cruz-Gonzalez, M., Valentino, K., Park, I., Zhen-Duan, J., Alvarez, K., Alegría, M. (under review). Daily associations between ethnic and racial discrimination and sleep behaviors among Mexican-origin adolescents.
3. Ruedas-Gracia, N., Zhang, C., **Lorenzo, K.**, Eitmann, E., & Yip, T. (under review). Association between university belonging, imposter syndrome and ethnic/racial sleep disparities among first-year college students.
4. Zhao, Z., Yan, J., **Lorenzo, K.**, & Wu, J. (under review). Daily mediations between discrimination and sleep through coping.
5. Yip, T., Zhao, Z., **Lorenzo, K.**, Wang, L., Cruz-Gonzales, M., and Alegría, M. (in progress). The impact of sleep on mental health among Mexican-Origin adolescents: Moderation by daily sleep variability.

Online Publications

1. **Lorenzo, K.** Filipinx American identity: A personal (ongoing) journey of positionality. *ReAppropriate*.

PRESENTATIONS

Poster Presentations

1. **Lorenzo, K.**, & Bradley, M. (2024, April). *Positive problem-solving fully*

mediates the positive association between parent-child cultural socialization and self-esteem. Poster presented at the 2024 Biennial Meeting of Society for Research on Adolescence, Chicago, IL.

2. **Lorenzo, K.,** Cham, H., & Yip, T. (2024, April) *Profiles of identity salience among college students: Longitudinal associations with mental health.* Poster presented at the Fordham University 2024 GSAS Research Day, Bronx NY.
3. **Lorenzo, K.,** Wu, J., Liu, C, Wang, J., Lee, S., Wnag, P., Yip, T., & Lie, C.H. (2024, March). Differences in emotional responses to language microaggression across parent immigrant status: A ChatGPT sentiment analysis of Chinese American parent-teen conversations. 2024 Harvard Psychiatry Research Day, Boston, MA.
4. **Lorenzo, K. & Yip, T.** (2023, March). *Associations between friendship racial composition and ethnic/racial identity over time: The role of school racial diversity.* Poster presented at the SRCD 2023 Biennial Meeting, Salt Lake City, UT.
5. **Lorenzo, K.,** Johnson, S., Bae, J., Feng, Y., & Yip, T. (2022, March). *The impact of school & friendship diversity on ethnic-racial identity development among adolescents of color.* Poster presented at the 2022 Biennial Meeting of Society for Research on Adolescence, New Orleans, LA.
6. **Lorenzo, K.,** Yip, T., Gee, G., de Castro, B., & Lee, R. (2021, May). *The negative impact of discrimination on sleep among migrant and non-migrant Filipinos: Longitudinal analyses from the Health of Philippine Emigrants Study (HoPES).* Poster presented at the 2021 Association for Psychological Studies Conference, Virtual.
7. Crowell, E., Worters, B., **Lorenzo, K.,** Jewell, A., & Charles, A. (2019, November). *Evaluation of children's forgiveness in response to social exclusion in an intergroup context.* Poster presented at the 2019 State of North Carolina Undergraduate Research and Creativity Symposium, Durham, NC
8. **Lorenzo, K.,** Ibrahim, O., Miksell, G. (2019, April). *Investigating gender and age effects on moral evaluations of intimate partner violence within adolescents.* Poster presentation at the 2019 NC State Spring Undergraduate Research and Creativity Symposium 2019, Raleigh, NC
9. Shore, A., **Lorenzo, K.,** Short, L, & (2018, April). Measuring anticipatory thinking through uncertainty and impact predictions. Poster presentation at the Applied Cognitive Lab Symposium, Raleigh NC

Oral Presentations

1. **Lorenzo, K.** (2025, May). *Filipina/x/o American ERI: An Integrated Review of the Literature.* Symposium presentation submitted to the SRCD 2025 Biennial Meeting, Minneapolis, MN.
2. **Lorenzo, K.** (2025, May). *Gender differences in the association between discrimination, mental health, and peer support.* Symposium presentation submitted to the SRCD 2025 Biennial Meeting, Minneapolis, MN.
3. **Lorenzo, K.** (2023, June). *Filipina/x/o American ERI: Looking at the past to build the future.* Oral presentation at the 2023 Bulosan Filipinx Studies Conference, Virtual.
4. Yip, T. & **Lorenzo, K.** (2022, May). Racial Discrimination, Stress, and Sleep across the College Transition at the Society for Research on Child Development at the Columbia Sleep Center, New York, NY.

5. **Lorenzo, K.** (2022, January). *The impact of school & friendship diversity: Ethnic-racial identity development among racial/ethnic minority adolescents*. Oral presentation at the Fordham University Research in Progress Seminar, New York, NY.
6. **Lorenzo, K.**, Bacong, A., Yip, T., Gee, G., de Castro, B., & Lee, R. (2021, May) *The negative impact of depression on sleep among Migrant and non-Migrant Filipinos: Longitudinal Analyses from the Health of Philippine Emigrants Study (HoPES)*. Oral presentation at the 2021 Bulosan Filipinx Studies Conference, Virtual.
7. **Lorenzo, K.**, Fowle, J., Feng, Y., & Yip, T. (2021, April). *Changes in sleep and discrimination over time: The role of school racial composition*. Symposium presentation at the Society for Research on Child Development Biennial Conference 2021, Virtual
8. **Lorenzo, K.** (2019, April). *Spring Rolls, Crosses, & DJs: Making Sense of the Philippine Spectrum* at the Triangle Area Asian American Student Conference 2019, Raleigh, NC.
9. **Lorenzo, K.** (2018, April). *Of the Mind-ority: The Mental Health Crisis in the AAPI Community* at the Triangle Area Asian American Student Conference 2018, Raleigh, NC.

Undergraduate Mentorship

1. Eitmann, E., **Lorenzo, K.**, & Yip, T. (expected 2025, May). Experiences of university belonging among students with physical, mental, and cognitive disabilities. Senior Thesis.
2. Valarezo, Y., **Lorenzo, K.**, & Yip, T. (expected 2025, May). Associations between imposter syndrome and well-being among Latino undergraduate students: The moderating role of John Henryism. Senior Thesis.
3. Linkka, I., Lorenzo, K., & Yip, T. (expected 2025, May). First-year changes in mental health among Latinx college students: Differences by commuter status. Independent Research.
4. Liu, C., Lorenzo, K., Wu, J., Yip, T., & Liu, C. (expected 2025, March). Exploring Asian American parent-teen socialization discussions about racial discrimination. Poster to be presented at the 2025 Harvard Psychiatry Research Day, Boston, MA.
5. Rodriguez, L., **Lorenzo, K.**, Yan, J., & Yip, T. (2023, December). Effects of vicarious ethnic/racial discrimination on imposter syndrome for Black and Latiné college students at a private predominantly white institution. Senior Thesis.

TEACHING EXPERIENCE

Spring 2025	Senior Teaching Fellow , Multicultural Psychology, Fordham University
Fall 2024	Senior Teaching Fellow , Multicultural Psychology, Fordham University
Summer 2024	Summer Springboard Instructor , Psychology & Neuroscience (Sessions 1 & 2), Barnard College
Fall 2023	Teaching Fellow , Multicultural Psychology, Cross-Cultural Psychology, Fordham University
Spring 2023	Teaching Assistant , Foundations of Psychology Lab, Fordham University

Fall 2022

Teaching Assistant, Biopsychology Lab, Fordham University

PROFESSIONAL SERVICE AND COMMUNITY OUTREACH

- 2025 Invited Panelist, “Psychology Across Borders”, Panel co-hosted by the Fordham University Psychology Club and DEI Advisory Council.
- 2024 Panelist, “Tips from the Near Future”, ADP Workshop at Fordham University.
- 2024-2025 Council Member, Fordham University’s ADP Executive Council
- 2024 Invited Speaker, “Filipino American Ethnic/Racial Identity Among Young People”, Virtual Speaker Series hosted by the Filipino American National Historical Society METRO-NY
- 2024 Invited Speaker, “Tips for First Time Teachers”, Teacher Training Workshop at Fordham University.
- 2024 Panelist, “Current Psych Grad Student Panel”, Professional Development Panel at Fordham University.
- 2024 Invited Panelist, “How to Survive in Grad School”, 2024 Biennial Meeting of Society for Research on Adolescence, Chicago, IL.
- 2024 Student Reviewer, *Asian American Journal of Psychology*.
- 2022 Student Reviewer, *Children and Youth Services Review*.
- 2022-2023 Council Member, Fordham University’s ADP Executive Council
- 2021 Program Evaluator Partner, “Formative Evaluation Report”, Formal Evaluation Report for Educational Alliance.
- 2019 Panel Facilitator, “Asian American Identity Panel”, Professional Development Panel at the Triangle Area Asian American Student Conference.
- 2019 Invited Panel Facilitator, “APIDA Mental Health Panel”, Mental Health Ambassadors at North Carolina State University.
- 2019 Invited Panelist, “Asian Masculinity Panel for APIDA Heritage Month”, Lambda Phi Epsilon at North Carolina State University.
- 2018 Invited Panelist, “From Dialogue to Action”, Spring Diversity Dialogue at North Carolina State University.

PROFESSIONAL MEMBERSHIPS

- 2023 Society for Research in Child Development Asian Caucus
- 2022 Society for Research on Adolescence
- 2021-2023 Society for Research in Child Development
- 2021 Association for Psychological Science
- 2019 Psi Chi, The International Honor Society in Psychology

