

# KRISTINA COWAN

kristina.cowan@gmail.com  
202-421-3369 (mobile) | 630-364-2931 (home)

## EXPERIENCE

---

### **AUTHOR**, Chicago area

Cowan's first book, *When Postpartum Packs a Punch: Fighting Back and Finding Joy*, published in 2017, by Praeclarus Press. It's a work of narrative nonfiction centered on perinatal mood disorders and trauma's impact on mental health. The book recounts stories of parents who've faced mood disorders, and considers how they healed and reclaimed hope. It also weaves in expert perspectives, and looks at the state of mental health care in the United States and abroad. Distinct chapters are provided on trauma, stigma, and men's mental health.

### **FREELANCE JOURNALIST**, Chicago area

2007-present

Writer, reporter and editor focusing on health, women's issues and education

- *Edward-Elmhurst Health*: writer. Cover news and features on trends and discoveries for the health system's *Healthy Driven* newsletter and website.
- *Huffington Post*: blogger. Write about mental-health issues including postpartum depression, general depression and anxiety, suicide and grief.
- *MJCZone*: content manager and freelance writer. Oversee editorial strategy for a software-development and project-management firm. Write investigative articles for various clients, including Argonne National Laboratory.
- *American Council on Education*: freelance writer. Report and write enterprise and trend pieces on higher-education issues
- *Kellogg School of Management, Northwestern University, 2010-2012*: freelance writer. Cover breaking news and events on business and management issues
- *Harvard Education Letter, 2008-2011*: freelance writer. Cover K-12 issues and trends for a national publication of Harvard University's Graduate School of Education
- *TheLadders.com, 2010-2012*: freelance writer. Cover salary and compensation news, issues and trends
- *My Global Career, 2008-2009*: guest columnist. Reported on and wrote in-depth career pieces.
- *Jobs for the Future, 2007-2009*: editorial consultant and writer for Breaking Through, a project seeking to help low-skilled adults succeed in the workforce
- *PayScale.com, 2007-2009*: senior writer. Covered a variety of workforce issues, including generational and gender dynamics, executive compensation, personal finance, continuing education, telecommuting, green jobs, health care and technology.
- *AOL.com and Yahoo.com, 2007-2009*: syndicated writer. PayScale stories regularly appeared on the career and home pages of both sites.
- *Jobs to Careers, 2007-2008*: writer for a Robert Wood Johnson Foundation program helping frontline health-care workers upgrade their job skills and education and advance their careers
- *PayScale.com, 2007-2008*: Original blogger for PayScale's compensation blog, formerly *The Salary Reporter*, focused on breaking news and career trends (<http://www.payscale.com/author/kristina-cowan>)

### **CONGRESSIONAL QUARTERLY**, Washington, D.C.

May 2005-Feb. 2007

Deputy editor of *CQ Green Sheets*, an online publication on energy and environmental policy

- As publication's first deputy editor, defined goals, tasks and strategy of position
- Co-managed editorial decisions with senior editor, including beat assignments, long-term coverage and development of new website features

- Managed daily and weekly news budgets and staff of four reporters, shepherded copy flow, assigned, edited and copy edited stories

**COMMUNITY COLLEGE WEEK**, Fairfax, Va.

March 2001-May 2005

Senior editor of a higher-education trade newspaper, Dec. 2003-May 2005

- Redefined paper's tone, sharpening focus on state and federal education policies and their impact on colleges
- Secured op-eds from top-level policymakers and educators
- Managed three full-time editors and writers and 15 freelance reporters

Associate editor, March 2001-Nov. 2003

- Deepened publication's coverage of higher-education policy through investigative stories about state and federal policies, international education, student-visa reform and immigration, student aid, Hispanic issues, workforce training and vocational education
- Developed and wrote a series of stories on a New York college damaged on 9/11

**MEDILL NEWS SERVICE**, Washington, D.C.

Sept. 2000-Dec. 2000

Washington correspondent. Wrote and reported for the *Imperial Valley Press*, a Southern California newspaper and Medill News Service client. Covered the U.S. Congress, Hispanic issues, immigration, agriculture and the 2000 presidential election

**THE NEW YORK TIMES**, Chicago

June 2000-Sept. 2000

Intern. Assisted business correspondent with reporting, researching and editing stories

**MEDILL NEWS SERVICE**, Chicago

Sept. 1999-Dec. 1999

Education correspondent. Covered race relations and safety issues at Evanston Township High School, Evanston, Ill.

**TRIBUNE MEDIA SERVICES**, Chicago

Oct. 1997-Aug. 1998

News and features writer. Freelanced for the *College Press Exchange*, a wire service for universities and colleges, and *Trib News*, the *Chicago Tribune's* employee publication

**BETTER GOVERNMENT ASSOCIATION**, Chicago

Sept. 1996-Sept. 1997

Investigative writer and editor. Researched and wrote about investigations into government corruption, first as an intern, and later as a freelancer

**EDUCATION**

---

**Master of Science in Journalism**, Medill, Northwestern University, Evanston, Ill. 2000

**Bachelor of Science in Speech**, minor in political science, Northwestern University School of Speech, Evanston, Ill. 1996

**SKILLS**

---

*Associated Press Stylebook*, *The Chicago Manual of Style*, APA Style, blogging, copy editing, fact-checking, search-engine optimization, QuarkXPress, Wordtracker, WordPress, computer-assisted and graphics reporting, Spanish

## **HONORS AND AWARDS**

---

My story, "Learning Across Distance," was featured in *Spotlight on Technology in Education*, a May 2011 book published by Harvard Education Press

My story, "New Teachers and the Culture Gap," was one of the top 10 most viewed stories published in 2010 by the *Harvard Education Letter*

**Hechinger Institute on Education and the Media**, fellow, summer 2008 McGraw Seminar on K-12 reporting, Columbia University, New York

**Hechinger Institute on Education and the Media**, fellow, fall 2004 seminar on higher education, Columbia University, New York