

Kyla L. Wahlstrom, Ph.D., is a Senior Research Fellow in the College of Education and Human Development at the University of Minnesota.

She is a faculty member in the Department of Organizational Leadership, Policy, and Development, teaching courses in educational leadership and conducting research on educational policy initiatives. In 1996, she conducted the first-ever comprehensive, district-wide research on later high school start times. She was awarded a multi-year grant from the CDC in 2010 to continue this research, the findings of which led to many late-start policy initiatives across the country. In 2023, Dr. Wahlstrom received the highest honor awarded by the University of Minnesota Board of Regents for her ground-breaking research on later school start times, which has positively impacted millions of adolescents in the US. Before becoming a researcher, she spent 19 years working in public education as a classroom teacher, a school principal, and a district coordinator of special education.

