Jean M. Twenge, Professor of Psychology at San Diego State University, is the author of more than 190 scientific publications and seven books, including 10 Rules for Raising Kids in a High-Tech World and Generations: The Real Differences between Gen Z, Millennials, Gen X, Boomers and Silents—and What They Mean for America's Future. She holds a BA and MA from the University of Chicago and a Ph.D. from the University of Michigan. She writes the Generation Tech Substack.