

Accelerating a Scholarly Research Program

Frost Center Colloquia

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Check-in: Hoping to discuss

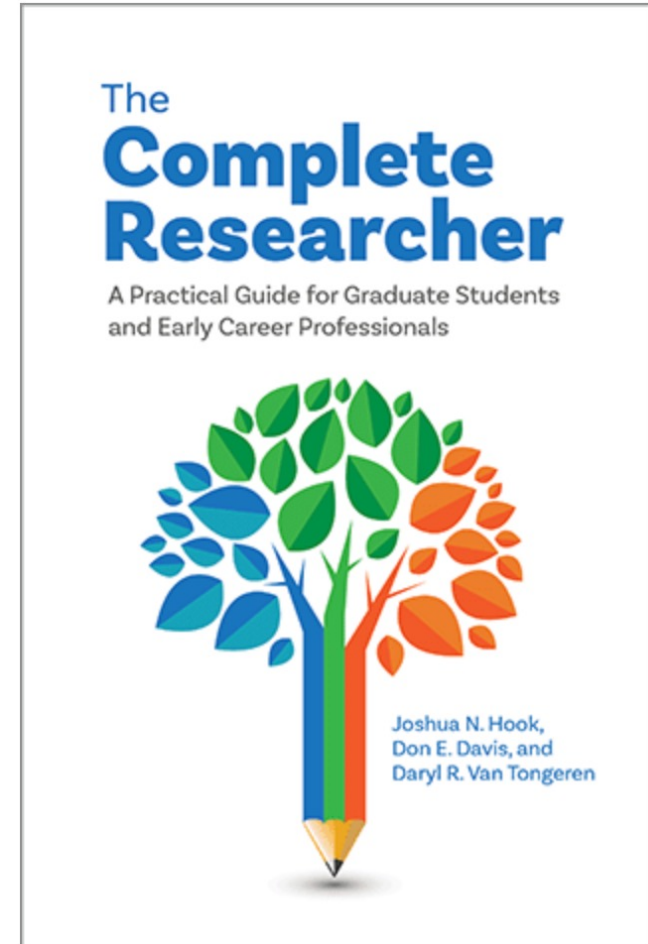
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Check-in: Your barriers to research

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10 habits of productive researchers

- There are lots of ways to build a successful research program
- And "success" can mean a lot of different things
- Let's examine some habits that might help you develop consistency and make sustained progress

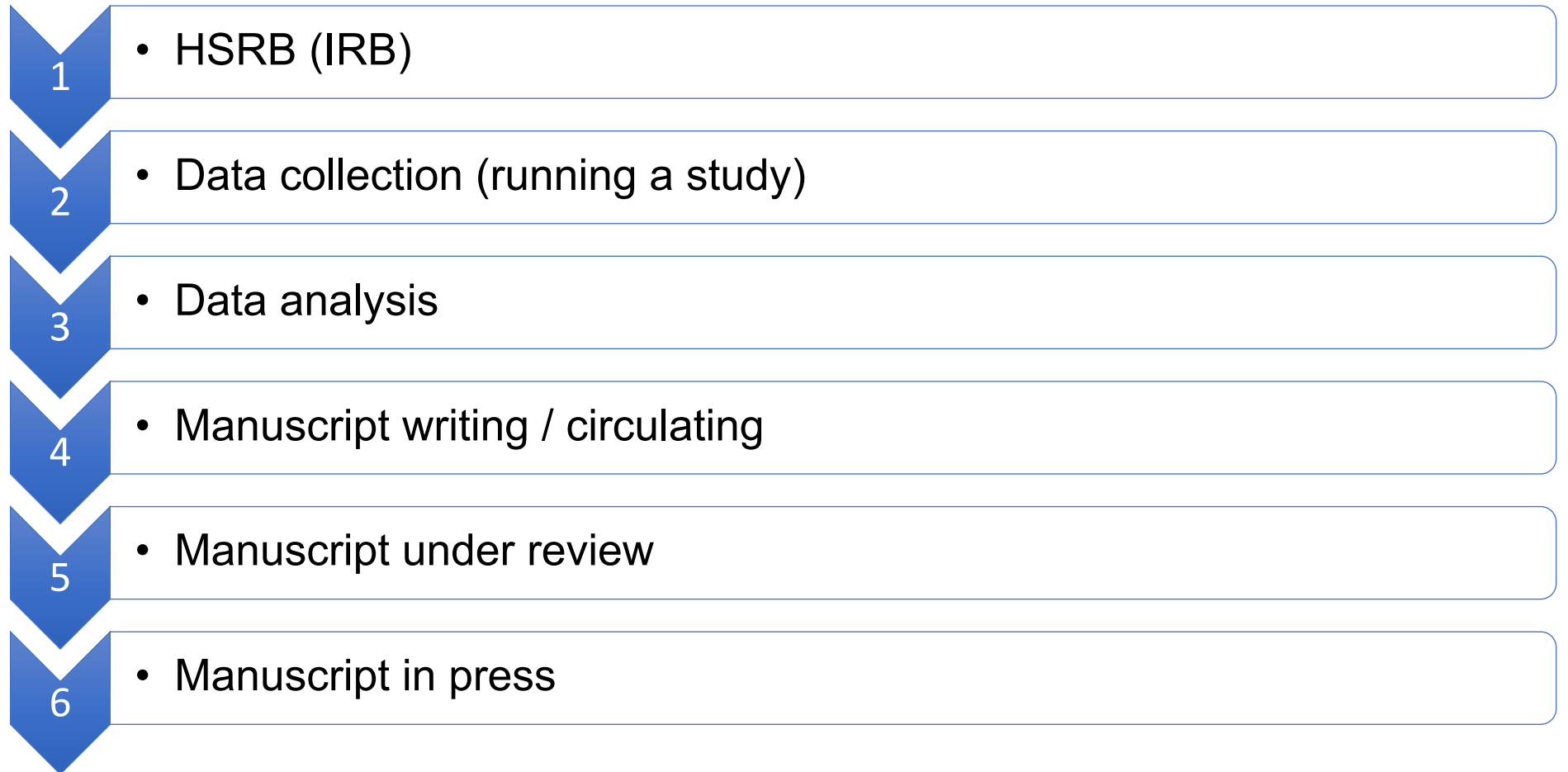


New book with APA Books

1. Schedule research time and protect it

- Research and writing take time, and they are both important parts of this job
- You schedule your teaching and would never schedule another appointment during that time; do you schedule your writing and protect that as well?
- The power of **Writing Time**
 - Start small but consistent
 - Always do something to move your research forward during this time
 - Protect this time
- Check out Paul Silvia's book "How to Write A Lot"

2. Think about “filling your pipeline”



3. Be an exemplary collaborator

- Be the collaborator you always dreamed others would be
- **Prioritize turning around papers/projects quickly** (norms differ, but my research collaborators and I aim for 48 hours)
- **Offer something special** (e.g., unique participant sample, data analytic techniques, methodological expertise)
- **Network, network, network** (especially at conferences)...then be ready to carry the lion's share of the load in the beginning as you demonstrate value of collaboration to others

4. Establish an effective writing process

- Be clear on authorship early on
- Clarify what everyone's roles on the project are; first author does the heavy lifting
- Circulate paper among coauthors and instruct them to:
 - Make changes directly to paper (NOT COMMENTS, except for analyses)
 - Move the paper along quickly (48-72 hours) or they'll be skipped and circled back
 - CC the entire team as papers move forward so the rest of the team can see the progress
- First author submits, shepherds through editorial process, and usually takes care of RR requests

5. Involve students

- Think about how to involve students at **every stage of the research process**
- Good research mentorship = good teaching
- It's more rewarding to collaborate with energetic students, and they often teach us, too
- A graduate-style lab setting

6. Develop a habit of seeking funding

- Utilize internal grant mechanisms at Hope
 - Nyenhuis grants in the summer (many kinds; annual; summer support)
 - Frost Center Fellowships (annual; year-long fellowship)
 - Towsley Research Scholar Fellowship (third-year; four-year fellowship)
 - Departmental support
- Use those pilot funds to write external grants
 - OSRP is terrific
 - Next month (November) we'll host a grant-writing discussion / workshop
 - Start small and then build up

7. Nothing for a single purpose

- A grant proposal can be a literature review introduction
- A student's poster can be translated into a coauthored manuscript
- Readings for class can enhance your inquiry in a new area of scholarship
- How can you integrate your research and teaching more seamlessly?

8. Embrace rejection

- Get used to rejection (we don't have "batting averages")
- **You never get the pellet if you don't press the bar** (successful folks don't avoid rejection; they persist despite it)
- Your work will be rejected a lot. My work has been rejected a lot (e.g., my graduate school drought)
- Journal rejection rates in social psychology are 90-95%. Grant rejection rates can be 90-95%
- Don't let rejection stop you; allow it to motivate you

9. Set goals

- Start (and regularly refer to) a document with your
 - short-term goals (e.g., this year, next year)
 - mid-range goals (e.g., pre-tenure, next 5 years)
 - long-term goals (e.g., 10-15 years)
 - lifetime goals (e.g., before you call it quits)
- Make them **SMART**: Specific, Measureable, Attainable, Realistic, and based on a Timeline
- Break them into smaller sub-goals (e.g., collecting Sample A this semester; writing the paper by next semester)
- Share these with a few trusted confidants (commitment principle); be accountable
- Regularly take stock of your progress, adjust if needed, and celebrate successes

10. Have courage (and hope!)

- Fear, perfectionism, and procrastination are three of the biggest three to productivity
 - **Fear** that you will be rejected (newsflash: you will) or be thought stupid (reviewers are USUALLY constructive) or aren't good enough (you have something important to say)
 - **Perfectionism** keeps us from sending things out (submitted is better than unpublished)
 - **Procrastination** stall us out indefinitely and can be dealt with by scheduling and holding your self accountable
- Do it, even when you don't want to (in the moment)
- Swing for the fences...you can always work your way down the publication or grants ladder
- We learn from rejection, and we usually get better

What has worked for you?

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Let's discuss!

- How can we support one another?
- What are tangible steps that you can start implementing now?
- How can the Frost Center support you?
- Don't forget that November's colloquium is on grant-writing!