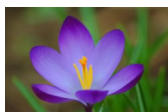


BU Faculty of Health Studies Research News



FROM THE DESK OF DONNA EPP, RESEARCH FACILITATOR

Volume 2, Issue 3

April, 2016

Overcoming obstacles to writing....

◆ I am too busy

Belcher suggests “you are not too busy to write, you are busy because you do not write”. Busy-ness may be what you do to explain why you are not writing. Finishing a writing project will help unburden you!

Tip: 15 minutes a day will move you forward on your writing!

◆ I just can't get started

A blank page can be overwhelming. Make a preferred task a delayed task. For example, I will not check my emails until I have written for 15 minutes.

Tip: Bad writing is better than no writing. Write that lousy first draft.

◆ I have to read just one more article

Finishing a writing project will help unburden you!

Some people get bogged down in the literature review. This is especially easy in this technological age where one article leads to another and so on.

Tip: Do your writing and research at the same time. “Read and then write an actual paragraph, however loose, about what you have read”

◆ I am not in the right mood to write

You may believe that you need to be in a certain head space in order to write. Behaviour modifications shows that emotions follow actions. As Belcher states “If Pavlov’s dogs can do it, so can you”.

Ideas from:

Belcher, W. L. (2009). *Writing your journal article in twelve weeks: A guide to academic publishing success*. Sage.

Master of Psychiatric Nursing Student Corner

Congratulations to **Sharran Mullins** who has been awarded the McCormick/Henry National Scholarship from the Registered Psychiatric Nurses Foundation.

The McCormick/Henry Scholarship is awarded to a Registered Psychiatric Nurse in Canada who is taking further studies in seniors’ mental health at the graduate level (MA or PhD) or through an accredited certificate program. Well done Sharran,

Did you know....

Kylee Lewis, one of our RAs, received a nomination for the YWCA Young Woman of Distinction award and was honored recently in BU ‘s list of outstanding female students.

Please let me know about presentations, posters, publications or successful grant applications so we can celebrate with you!

Reminder!!!!

The Health Studies Research Grant

Deadline date: May 1, 2015

For guidelines and application go to:

<https://www.brandonu.ca/health-studies/faculty-resources/faculty-of-health-studies-research-grant/>

Seminar Series

Date: Wednesday,

April 13, 2016

Time: 12:00 p.m.-1:00 p.m.

Place: Room 045

Topic: LPN students' lived experience of the BU bridging initiative: Implications for program delivery

Presenter: Mary Smith, Kathryn Chachula, and Dr. Kathryn Hyndman, Department of Nursing

ZOOM available

Meeting ID: 299 658 0246

Refreshments available at seminar series

Research Interest Group

Date: Monday,

April 25, 2016

Time: 10:00 a.m.-12:00 p.m.

Place: Room 025, HSB

Brandon University

ZOOM available

Meeting ID: 776 019 8698