

# 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