Grant Writing Workshop
The Role of a Research Program in Your Career

Health Communication Scholars Program
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College of Communication

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Dr. Mike asked me to tell my story...

From *Tinkering* to Defining a Research Agenda

I hope it helps you... you can call me 😊

512.567.1204 cell
That important question 😊

*What do you want to be when you grow up?*

Think about your career path as I share mine....

- UNC-Chapel Hill (1978)
- Lamar University (1980)
- University of Houston (1985)
- University of Georgia (1985-1986)
- UT-Austin (1986-present)

*Answer question 1 on the handout.*
Think about how you spend your time as I share how I spent my time....

1986  Assistant Professor
1992  Associate Professor
17 Publications; $130,000 Conoco, American Heart Association

Master of Arts, Professional Counseling, Texas State (1999)

2002  Professor
34 Publications; 2 million, Motorola, 3M, Applied Materials, Dall

2003  Awareness of importance of NIH funding and desire for funding

Realization that I was “tinkering” rather than having a research agenda.

Answer question 2 on the handout.
From Tinkering to a Research Agenda
(2003-present)

✓ Submitted CHPR proposal – not funded
✓ Went to grant writing workshop – met Lori H. Steiker & E. Tornquist
✓ Made appointment with Sharon Brown
✓ Joined grant writing group
✓ Realized I needed pilot work prior to submitting NIH grant
✓ Made several more appointments with Sharon Brown
✓ Wrote 2nd CHPR proposal (proposal funded) met Mike Mackert
✓ Conducted pilot work for NIH grant (submitted manuscript)
✓ Conducted second pilot for NIH grant (with CHPR funds)
✓ Wrote R34 NIH grant (3 times) – finally funded in 2011
✓ Finished R34, published 2 manuscripts 2015
✓ Challenged to submit another NIH grant
Your Research Agenda and Securing Funding

Area of interest
(fundable, innovative, practical, impact, passion)
Pilot data
Publication plan
Funding plan

Answer question 3 on the handout.
What Should I Look For In A Mentor?

✔ Has the energy and ability to support you.
✔ Possesses a strong professional network.
✔ Has experience in the area you identified for development.
✔ An excellent listener.
✔ Trustworthy, non-judgmental, and ethical.
✔ Has a genuine interest in helping you develop personally and professionally.
✔ Well respected by their peers in their field of expertise.
✔ Possesses a work style and work ethic similar to yours, unless the different style is what you are seeking to master.

Dr. James Yardley, Columbia University
What Skills Do You Need to Develop?

- Data analysis skills?
- Work with secondary data set?
- Joining a professional organization?
- Present at a professional conference?
- Submit journal articles?
- Lab techniques?
- Be part of a cooperative and productive team?
- Structural equation modeling?
- Setting up a lab?
- Writing an NIH grant?
- Serving as a TA or RA?
- Reviewing for a journal
- Preparing for a post-doc

Answer question 4 on the handout.
Reflections - Lesson Learned

It's about...

Asking the question: “what matters most”? “what do I want”?
Taking care of your health
A focus and commit to a research trajectory
Paying attention to how you spend your time
Finding the right mentor(s) and team members
Having an attitude of gratitude
Having some fun along the way
Practicing Self-leadership
Growing your Resilience
The Practice of Self-Leadership

Calm
Clarity
Curiosity
Compassion
Confidence
Courage
Creativity
Connectedness
Contentment

Growing our Resilient Self

Minimizing our Resistant Self

- A Positive Mindset
- Tiny Behavior Changes
- A Strong Support System
- A Supportive Environment