

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
	<i>17 Publications; \$130,000 Conoco, American Heart Association</i>
Master of Arts, Professional Counseling, Texas State (1999)	
2002	Professor
	<i>34 Publications; 2 million, Motorola, 3M, Applied Materials, Dell</i>
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.

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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.

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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

Calm
Clarity
Curiosity
Compassion
Confidence
Courage
Creativity
Connectedness
Contentment

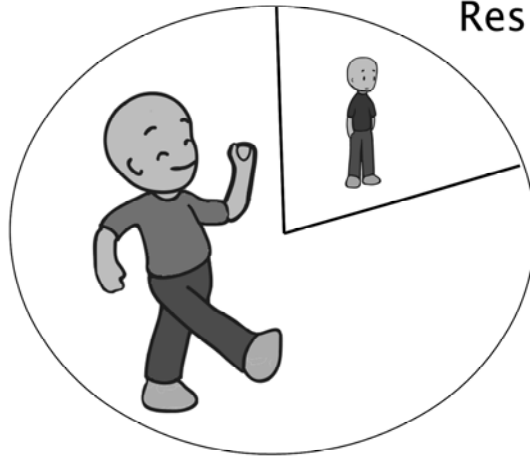


I'm so **ANGRY** i could
PUNCH someone!...

Schwartz, R.C. (1995). *Internal Family Systems Therapy*. The Guilford Press (NY).

Growing our
Resilient Self

Minimizing our
Resistant Self



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