

# Maintaining Research Productivity...while teaching

Sarah Huisman, Ph.D.

Professor, Education/Special Education



# Objectives

- Discuss what productivity looks like in academia.
- Describe and discuss various methods for promoting healthy sustainable productivity in research.
- Reflect on personal strategies for promoting research endeavors.



## **“I DON'T HAVE ENOUGH TIME”**



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1. Defining productivity
  2. Tuning in
  3. Goal setting
  4. Accountability



# Reflection

- What does productivity mean to you?
- What does it feel like to you?
- Why are you interested in this topic of productivity?

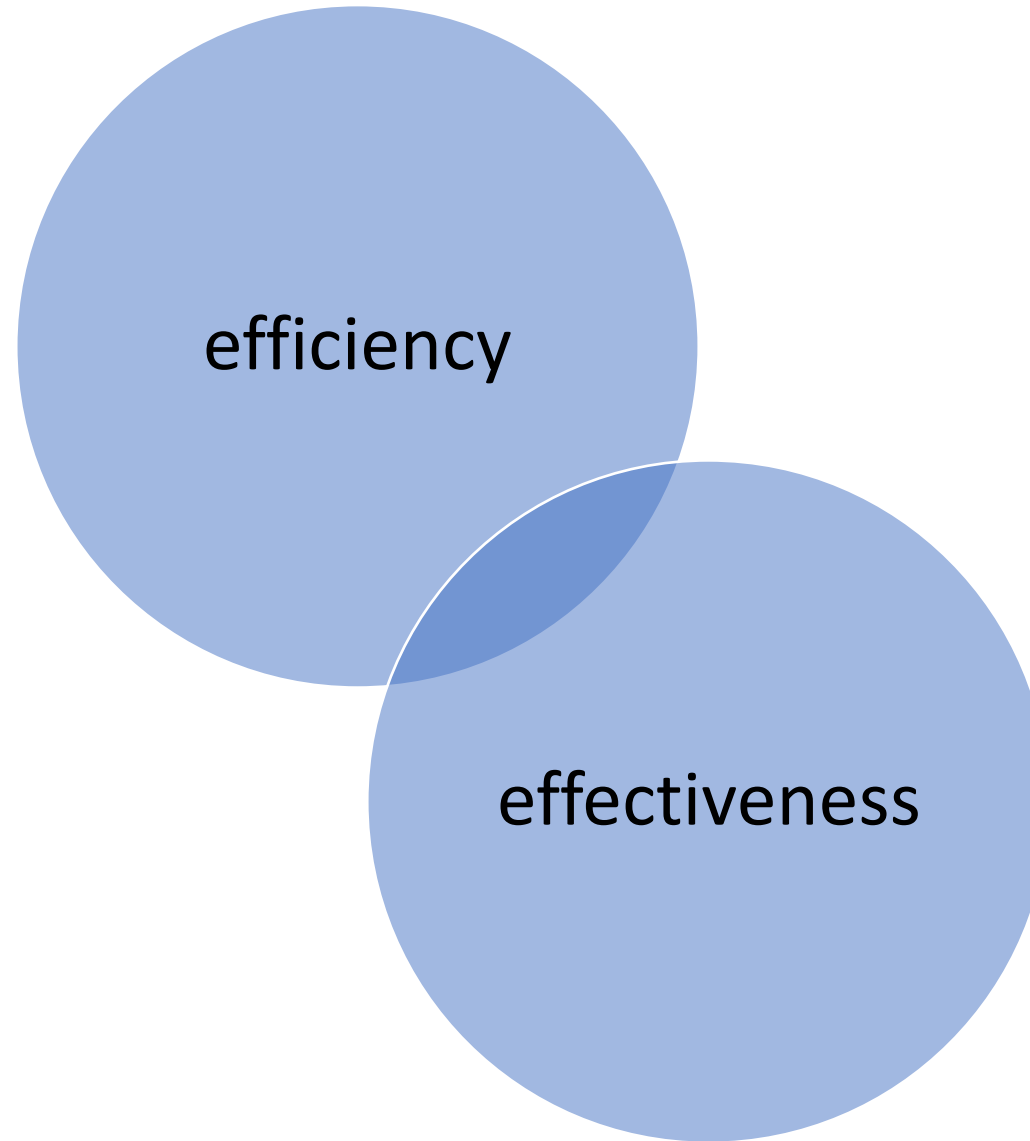


# PRODUCTIVITY

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# Productivity



# Goals

- SMART GOALS
  - ▶ Specific
  - ▶ Measurable
  - ▶ Achievable
  - ▶ Relevant
  - ▶ Timely

What is your goal?



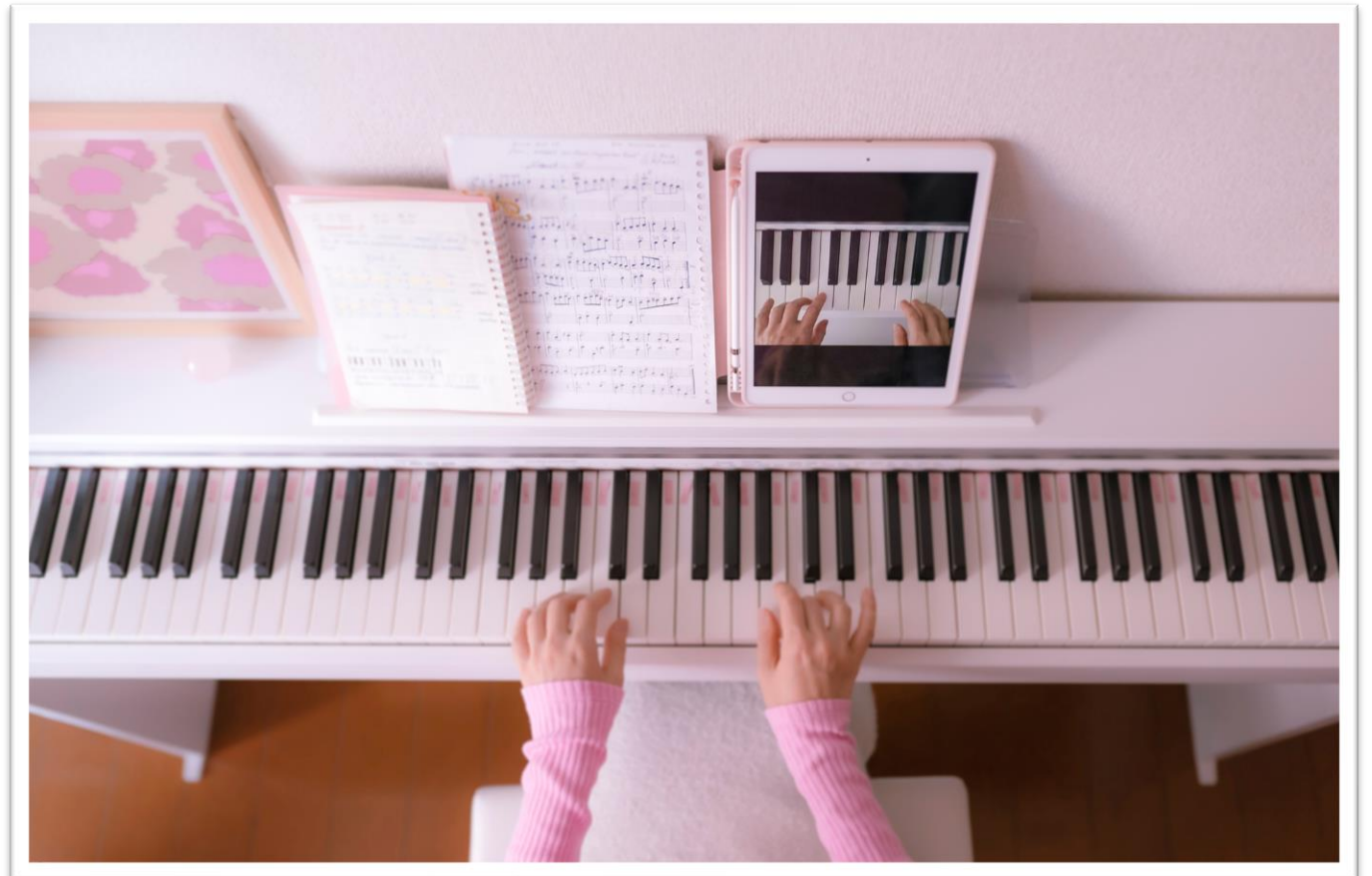
# Accountability





# Tips & Tricks

- 1. Find your sweet spot = joy
- 2. Make it a habit
- 3. Reframe your thinking
- 4. Schedule **and** be flexible
- 5. Seek support



## NEXT STEPS

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