



EAST TENNESSEE STATE
UNIVERSITY

Recipe for Research Success: Mentorship & Organization

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A little bit of Julia, Flo, and Marie Kondo



First, Some Definitions....



Research:

- The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.



Mentorship:

- The guidance provided by an experienced person (mentor) in a company or educational institution.



An Organized Person is:

- Naturally neat, punctual and detailed.
- Their habits and behaviors in life and at work are ordered, planned and efficient.
- They are often reliable, effective, and productive at work.



Superior Mentorship & Organization: Bridge to Research Success



Mentorship & Organization: Building Your Bridge



Building that Bridge: Key Ingredients

- Mentorship
- Organization
- Working Efficiently



Mentorship

- Find a mentor who has the skills that you need
 - Chose someone that you can work with easily
 - Generally, an older, more experienced person
 - May have multiple mentors for different skills, roles
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- I am a firm believer in that the bigger the knowledge gap, the greater the gains.



Getting Organized

- A good mentor can (hopefully) help you get organized to accomplish career goals, especially in their area of expertise.
- E.g., Nurse scientist = research organization
- Careful, thoughtful process on how to get things done.
- Can include a timeline, schedule, tasks, processes



So, How to Get a Mentor?

- Being in the right place at the right time (luck).
- Get out and meet people.
- Get out and interact with colleagues where you might find a mentor.
- It's really hard to get good mentoring only online.
- Seek out events where the type of mentor you need may gather. (e.g. qualitative mentor- qualitative conference).
- One-on-one mentoring is needed for research success.



How to Get Organized (and work efficiently)?

- Be purposeful in your actions and prioritize what needs to be done next.
- Anticipate bigger projects and allocate enough time for completion.
- Work efficiently
- Work on something else if you're not making good progress (if possible)
- Make sure you have enough to do!



**My Organizational
Skills Started
Here:**





**And Were
Strengthened
Here:**

**And Really Went
Up Here:**



It's Good to Have Motivation(s):



Women in Leadership



My Girl Scout Friends





My Family



- There are a lot of people in health care systems, and they've all got pieces of the puzzle, but the nurse is the one with the whole picture.”
- — Marian K. Shaughnessy, DNP, MSN, RN



In Conclusion:

The Recipe for Research Success:

- A big helping of mentorship
- Lots of organization
- Fold in a bunch of motivation
- A pinch of efficiency
- Let it marinate and grow throughout your career
- Serve others; share your recipe
- Enjoy your research success!



Questions?

