Mindfulness, Mindful Tech, and Mindful Research

Mindful research can help you:

• Combat information overload
• Tackle overwhelming research projects
• Change ingrained habits
• Use technology systematically
• Leave more time for creative and critical thinking and writing
Mindfulness, defined

Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

- Jon Kabat Zinn
Cycle of Research (feels like...)

Cycle of Research (actually is...)

Think & Plan

Discover

Share/Impact

Gather & Analyse

Write & Publish

Research Cycle

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Exercises to try from *Mindful Tech*:

- Observe (a part of the research cycle)
- Focus (on one task in the research cycle)
- Unplug (from the research cycle) by allowing tools and other people to help you with your research
Tools to save you time

• Citation managers (Ex: Zotero, RefWorks)
• Database email alerts
  • New journal issues
  • Search strings
• Google email alerts
  • New books or videos
  • Search strings
• Cabell’s Scholarly Analytics (submission ideas)
People who can help

• **Subject Librarians**
  - Help you set up alerts, learn citation managers

• **Faculty Library Assistants**
  - Can pickup/return your library items, make ILL requests, add/delete Course Reserves

• **Office of Sponsored Programs and Research**
  - Set up grant email alerts, manage grant applications

• **Office of Research & Creative Activity**
  - Guidance on finding internal/external funding
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