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Mindful Research

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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

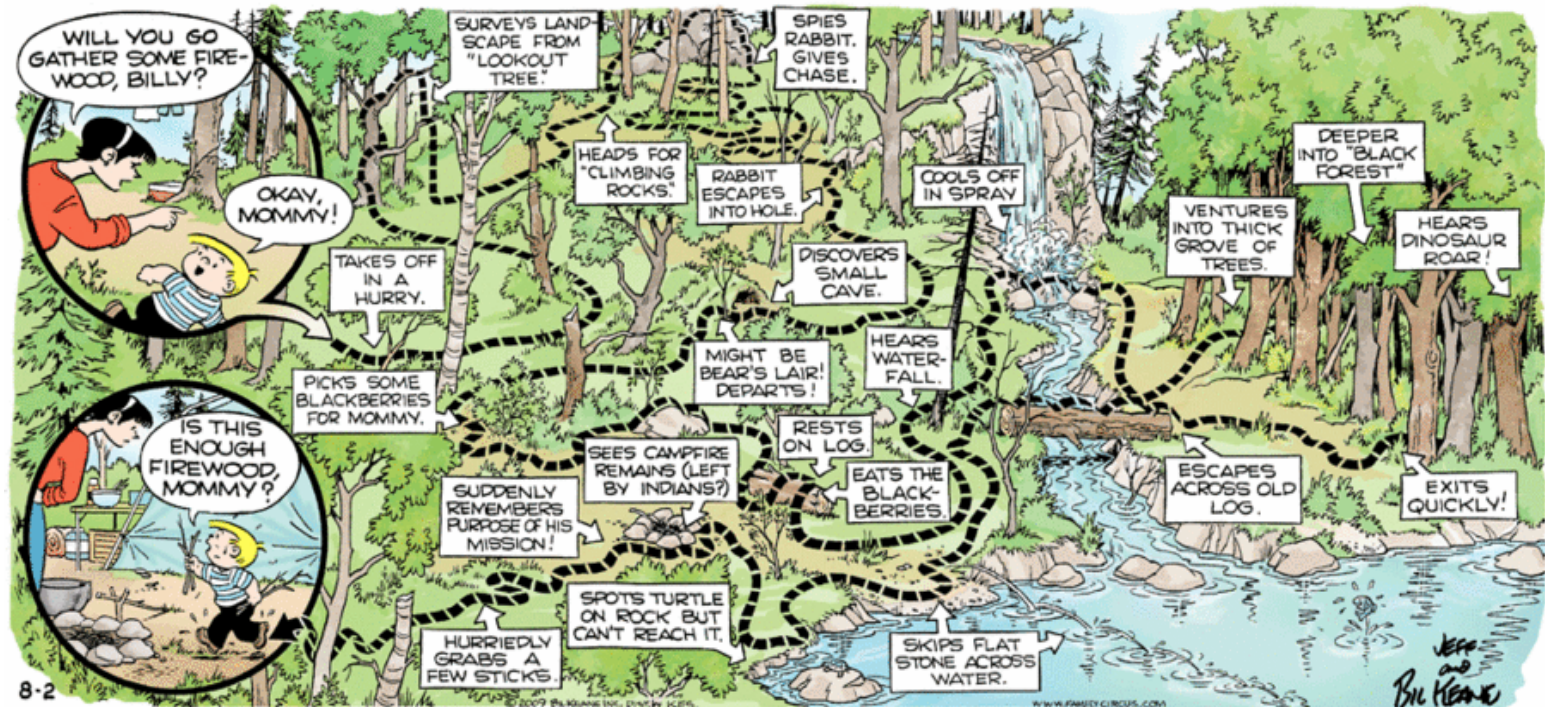
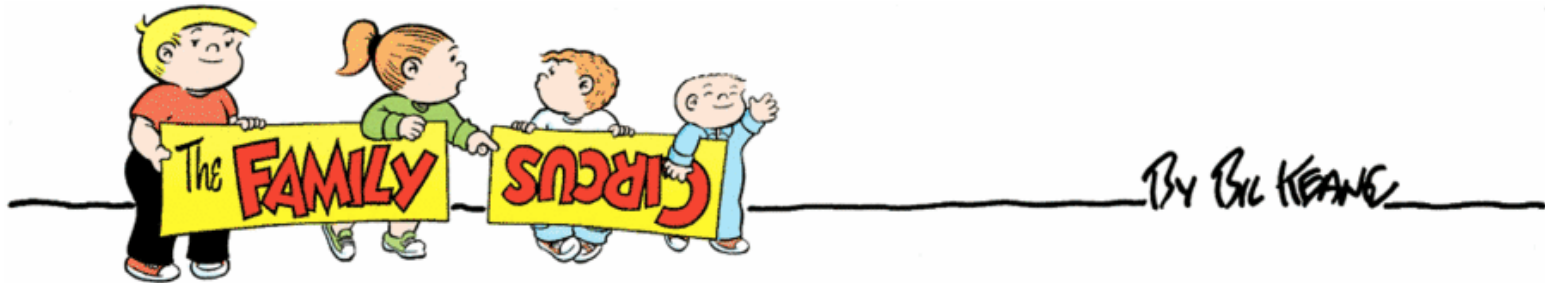


Mindfulness, defined

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...)





Mindfulness, Mindful Tech, and Mindful Research

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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