

So you want to do research... here's how to get started

An interactive presentation for research novices



- * This presentation will help you establish a research direction and plan. As this is simply a template, feel free to leave sections blank. You're welcome to return to the presentation and add more detail when you have more time.

Anatomy of practice and research papers



Practice Paper

- 1. Program/intervention description** – highlight a program, practice or intervention developed or currently developing, or explore a specific TR issue or topic (i.e. ethics, credentialing, insight into supporting a specific population, new treatment models, etc.)
- 2. Rationale, methods and observations/reflections** - include clear purpose statement, brief review of related literature, descriptions about sampling (i.e., size, selection, recruitment), data collection strategies and data analysis procedures
- 3. Discussion, implications, and conclusion**

Research paper

1. **Introduction and background information**
2. **Rationale, research purpose and research questions** – include clear purpose statement/research questions and brief review of related literature
3. **Methods** – include sample size, describe sample selection, recruitment, data collection strategies and data analysis procedures
4. **Findings and discussion** – highlight key findings that address the study's purpose and all research questions
5. **Implications, recommendations for future research, conclusion** – describe the contribution the study makes to TR practice and has specific recommendations

Which is the most appropriate for your intentions for writing?

Overview of Steps

1. Common Challenges
2. Organizational Challenges
3. Ideate!
4. Assess and Access
5. What Resources We Need
6. Common Resources
7. Set Goals to Write
8. Organizing your Time
9. Some Format Ideas
10. Knowledge Mobilization - How We can Translate our Information more Broadly

Common challenges

TR practitioners describe the following as barriers to writing/researching:

- * Lack of time , feeling overwhelmed
- * Perceived lack of expertise, experience with writing
- * Lack of support from colleagues and supervisors

Organizational Challenges

- * What are some specific challenges at your workplace that will restrict your ability to engage in research?

Ideate!

- * It's brainstorming time! What interests you? What could you write about? What have you been working on that you would think the TR community would benefit from knowing? What practice issues keep you up at night? Have you mastered or refined an approach that you think would be useful for others to learn about? Write these down.

Assess and Access

- * Review the resources that can help support you through this process. **Assess** your resources (e.g., managerial support, libraries, time, journals, students, collaborators). Then create a plan to **access** these resources (e.g., I will contact the librarian at my institution to set up a meeting by x date).
- * What are some strengths that your organization has that will help you engage in research?

What Resources We Need

- * Look back at your challenges and strengths. What additional supports do you need to get started in research?

Common Resources

- * Some examples of resources are:
 - * Supportive team
 - * Colleagues
 - * Established research (unit?/facility?)
 - * TRPR Editor Team
 - * Co-op/Research Students
 - * Libraries, workshops, literature

Set Goals to Write!

- * It's time to set goals for writing. When do you have time to dedicate to writing?

(e.g., Every Tuesday and Thursday after lunch for 45 minutes, Every morning before rounds for half an hour, Every Saturday for 1.5 hours in the afternoon).

Organizing your Time

- * Start with a small goal (i.e. 15-25 minutes a day)
 - * Use a timer to increase focus and motivation
- * The Pomodoro technique is known to help “transform time from being an enemy to being an ally” Here’s a video with more info: <https://youtu.be/VFW3Ld7JOow>
- * If you don’t put a little time away at the beginning it makes it harder to carve away

<https://francescocirillo.com/pages/pomodoro-technique>

Some Format Ideas

Here are some alternate ways to represent your research:

- * Dialogue and Script
- * Poetry and Visual Representation
- * Graphic Data Visualization
- * Narrative

Knowledge Mobilization

How we can translate our information more broadly

- * How will you get your work out there? Who will want to see it? What format is best for your work? List some of your ideas:
- * In TRO's Essential Competency Framework, under Competency 8, there is an emphasis on:
 - * Knowledge of resources necessary to develop research proposals
 - * Understanding a “variety of research methods and statistical techniques”
 - * Communicating research findings
 - * Understanding the impact on therapeutic recreation service delivery and it's link to demonstrating efficacy

Now it's time to get started.
Please refer to the resource page
and other materials in the *Building
Research Capacity Toolkit* for more
support along your writing journey!

References

- * Briscoe, C. L., Lopez, K. J., Knutson, S. S., & Lyons, K. J. (2016). Developing a frame of reference to “Take us to the next level!”: Illuminating barriers expressed by TR practitioners to support agendas for research and writing”. *Therapeutic Recreation: Practice and Research Journal of Therapeutic Recreation Ontario*, 11, 57-76.
- * Paterson, G., Rachfall, T., & Reid, C. (2013). Building a culture of research: Using undergraduate research to advance the TR profession, build research capacity, and foster collaborative relationships. *Therapeutic Recreation Journal*, XLVII(4), 259-275.
- * Staudt, M.M., Dulmus, C., & Bennett, G.A. (2003). Facilitating writing by practitioners: Survey of practitioners who have published. *Social Work*, 48(1), 75-83.
- * Therapeutic Recreation Ontario. (2012). Standards of practice for recreation therapists and recreation therapy assistants.