

“Research in Action” Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

Dr. Heather Corwin on Embodied Research [00:00-33:52]

Research in Action - Episode 138

Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode of the podcast, the guest is Dr. Heather L. Corwin. Dr. Corwin earned her Ph.D. in Clinical Psychology with a somatic concentration from The Chicago School of Professional Psychology (L.A.) and her M.F.A. in Acting/Theatre from Florida State University/Asolo Conservatory. She teaches courses that investigate behavior, impulse awareness, effective communication styles, stamina, physical storytelling, style, actions, and identifying needs. Her research focus looks at the impacts of emotional intelligence, actor training, psychological well-being and stress management. She serves as the Editor-in-Chief of *The Players Journal* and has published articles spanning great teaching, research methods, interdisciplinary fields, sensory awareness, empathy, the therapeutic relationship, and the relationship between actor training and emotional intelligence. As an actress, her work has been seen in countries all over the world. She has performed in award winning network television and regional theater throughout the U.S. As a coach, Heather works with individuals to best understand needs, actions to suit the needs, identifying behavior in others, and producing results under pressure.

Segment One [00:00-11:45] - In this segment, Heather shares about her research on actor training.

Segment Two [11:46-21:40] - In this segment, Heather discusses how her experience as a Rolfer has impacted her research.

Segment Three [21:41-33:52] - In this segment, Heather shares about some of the challenges and benefits of being an interdisciplinary researcher.

Bonus Clip [00:00-02:48]: Movement Suggestions for Researchers

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e138/>

Learning Outcomes

By listening to this episode, students will be able to:

- Explain Rolfing
- Describe an example exercise for measuring emotional intelligence
- Discuss benefits and challenges of being an interdisciplinary researcher

Guiding Questions for Listening

- What does Dr. Corwin share are some of the methodologies she utilizes to conduct her research?
- How does Dr. Corwin explain is the value of measuring emotional intelligence within her field?
- How does Dr. Corwin describe Rolfing?
- According to Dr. Corwin, how does Rolfing impact her work as a researcher?
- What is the attachment theory and how does Dr. Corwin explain its connection to her research?
- What does Dr. Corwin share are some benefits and challenges of being an interdisciplinary researcher?
- What are Dr. Corwin’s recommendations for researchers to move more physically? (See also, Bonus Clip)

Possible Activities

- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e138/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e138/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode. What would they ask Dr. Heather Corwin if they could?

Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2018, November 19). *Dr. Heather Corwin on Embodied Research*. [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e138/>

Notes

About the Research in Action Podcast

“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus – ranked top ten in the nation for online education two years running by U.S. News & World Report. OSU Ecampus has more than 45 degree programs and more than 1,000 classes online.

Contact

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