November 2018 Preview Clips

# KL: Katie Linder

# RT: Rebecca Thomas

# DW: David Wrathall

# HC: Heather Corwin

# [*intro music*]

# Segment 1:

**KL**: Hey there, RIA listeners! This month we have several new interesting episodes to share with you.

On Episode 136, I’m joined by Dr. Rebecca Thomas, our new post-doctoral scholar in the Ecampus Research Unit here at Oregon State University. On this episode, Becca shares tips and strategies for an effective dissertation. Here’s a short clip:

**RT:** When I started in the PhD program I didn’t think that I was going to be doing research in this area. But what ended up happening is through conversations after some projects that we did, my advisor had been curious about aggressive behavior in college student friendships, in friends with benefits relationships, and that had led to some conversations and it had become an interest for me. So I didn’t initially go into it thinking this is going to be the thing that I did but through talking to her it became an interest for me. So it was kind of advisor led but it’s not like she initially brought me into the project and said this is going to be the dissertation, it emerged over time. So over the first two years that I was in the program it was just something that we were talking about, we had a little bit of pilot data, we did some analysis, we did find some significant findings there, but the data had not been collected in a way that allowed us to really look at something that could really contribute to the literature.

**KL:** On Episode 137, I’m joined by Dr. David Wrathall, an assistant professor of Geography in the College of Earth, Ocean and Atmospheric Sciences at Oregon State University. In this episode, David shares about a couple of his research projects on climate change and drug trafficking. Here’s a short clip:

**DW:** Much of my work is in the developing world. Where people have a very close relationship with their environment and they rely on it for things like agriculture, for the livelihoods, to pursue a development objective. So that kids are better off than their parents and that each generation can sort of move towards what we think of as development. And there are all sorts of reasons that progress can be destabilized. And the two major forces that I’ve looked at are climate change impacts and drug trafficking.

**KL:** On Episode 138, I’m joined by Dr. Heather Corwin, a researcher focusing on the impacts of emotional intelligence, actor training, psychological well-being and stress management. In this episode, Heather discusses the relationship between embodiment and research. Here’s a short clip:

**HC:** I feel like the value that artists bring to life creates wellness, articulates experience, helps us understand our history, our choices, how we exist in the world, and all of these ways of being help create our culture and that’s a really important mechanism for how to exist so I scientifically wanted to prove to my dad and to our culture that the values that we have as artists, is intrinsic and should be cherished.

**KL:** Heather’s episode also includes a bonus clip where she shares some movement suggestions for researchers.

On Episode 139, I offer a solo episode about some tips and strategies to get started with podcasting. I also introduce a new “Research in Action” resource that we just for those interested in getting started in their own shows. Here’s a short clip:

**KL:** For people who are thinking about being guests on a podcast, the advice that I would give is to trust the host to lead you with the right questions, and especially if the questions have been provided in advance one of the things that I really appreciate about the guests we have on this show is they trust me to kind of lead the conversation to kind of lead the conversation and they aren’t trying to answer questions before I have gotten to them, and after interviewing, at the point, almost a hundred and fifty people in this show, I have a pretty good sense of how long things will take and how I want to ask follow up questions and things like that. So having guests that really trust me to go through that process has been really useful.

**KL:** Thanks for checking out this month’s preview clips!

I’m Katie Linder – enjoy the episodes!

Show notes with links to resources mentioned in the episode, a full transcript, and an instructor’s guide for incorporating the episode into your courses, can be found at the show’s website at [ecampus.oregonstate.edu/podcast](http://www.ecampus.oregonstate.edu/podcast).

There are several ways to connect with the “Research in Action” podcast. Visit the website to post a comment about a specific episode, suggest a future guest, or ask a question that could be featured in a future episode. Email us at riapodcast@oregonstate.edu. You can also offer feedback about “Research in Action” episodes or share research-related resources by contacting the Research in Action podcast via Twitter @RIA\_podcast. Finally, you can call the “Research in Action” voicemail line at 541-737-1111 to ask a question or leave a comment. If you listen to the podcast via iTunes, please consider leaving us a review.

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus – ranked one of the nation’s best providers of online education with more than 50 degree programs and over 1,000 classes online. Learn more about Ecampus by visiting ecampus.oregonstate.edu. This podcast is produced by the phenomenal Ecampus Multimedia team.

“Research in Action” transcripts are sometimes created on a rush deadline and accuracy may vary. Please be aware that the authoritative record of the “Research in Action” podcast is the audio.