



Research Productivity: Teachers can research, too!

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Introduction



1. What productivity issues are you facing?
2. What productivity habits and strategies do you practice?

Individual Factors

- Ascriptive factors: age, gender, ethnicity, L1, family situation, life events, etc.
- Achievement factors: education, training, rank, years of experience, etc.
- Psychological factors: motivation, self-efficacy, autonomy, time management, etc.

Institutional Factors

- e.g. resources, policies, culture, colleagues, etc.

Environmental Factors

- national policy, external funding, economy, etc.



Types of Factors

Writing Habits



Role of Writing Habits

Boice (1989, 1990, 2000), DeFeo et al. (2016), Morss & Murray (2001)

Strategies

1. Create a regular writing schedule (Boice, 1989, 1990, 2000).
2. Establish routines (specific locations, cues, rituals, reminders, etc.) (DeFeo, et al., 2016).
3. Set up an accountability system (writing groups, writing coach, writing partner, etc.) (Morss & Murray, 2001).
4. Celebrate after daily wins. Consider rewarding yourself (Fogg, 2020).

Time Management



Role of Time Management

Englebrecht et al. (2008), Martínez et al. (2011),
Mayrath (2007); Roberts & Turnbull (2004)

Strategies

1. Schedule and protect your writing time (Boice, 2000).
2. Manage your teaching and administrative loads (Roberts & Turnbull, 2004).
3. Stagger your research projects (Murray, 2014).
4. Use the Eisenhower matrix: Don't forget the "important but not urgent" (Covey, 1989).
5. Know your daily energy pattern and do your writing at the right time of the day (Pink, 2018).

Self-Efficacy



Role of Self-Efficacy
Bandura (1997), Vrugt & Koenis
(2002), Jonas & Hall (2022)

Strategies

1. Build success by actually succeeding in manageable tasks (Nordin et al., 2017).
2. Watch what others do to succeed (Lockwood & Kunda, 1997).
3. Get feedback and encouragement from trusted colleagues, mentors, or supervisors (Wester et al., 2020).

Social Support



Role of Social Support
Martínez, Floyd & Erichsen, 2011;
Mayrath, 2007;
Verla Uchida & Roloff Rothman, 2023

Strategies

1. Join a research group (Martínez et al., 2011).
2. Seek a critical colleague (Verla Uchida & Roloff Rothman, 2023).
3. Set “social” deadlines:
 - a) Enter a pact with a peer.
 - b) Set a date to send your manuscript for feedback (Mayrath, 2007).

Goal Setting

Strategies



Role & Mechanism of Goal-Setting
Bandura (1997), Locke & Latham (2002),
Morisano et al. (2010), Fogg (2020)

1. Set specific and challenging yet achievable goals (Locke & Latham, 2002).
2. Consider both performance goals and learning goals (Swann, et al., 2020).
3. Define final goals and break them into smaller short-term goals (Morisano, 2020).
4. Have an objective measurement of progress and track it (Locke & Latham, 2002).
5. Visualize and mentally perform specific tasks (Oettingen, 2012).
6. Have a very small goal that you will achieve today! (Fogg, 2020)

Research Collaboration



Role of Collaboration

Baulant, 2017;

Kiewra, Luo, & Flanigan, 2021;

Martínez, Floyd, & Erichsen, 2011;

Strategies

1. Coauthor papers (Martínez et al., 2011).
2. Join a research group (Levett & Thelwall,
3. Collaborate and network to boost productivity (Kiewra, Luo, & Flanigan, 2021).
 - a) Seek international collaborators if you can (Kweik, 2015)

Networking



Role of Networking

Baulant, 2017;

Martínez, Floyd, & Erichsen, 2011;

Strategies

1. Seek happiness! You may become more efficient when you network (Baulant, 2017).
2. Foster relationships and collaborate! This is a common strategy that accounts for high productivity (Martínez et al., 2011).
3. Promise yourself to make an effort to put out your feelers the next time you attend a conference.
4. Remember what you can offer to others.
 - a) Keep your mind open to what others can offer you.

Attitudes



Role of Attitude
Boice, (1994);
Nygaard, 2017;
van Dalen & Kenkens (2012)

Strategies

1. Remember that beliefs shape choices we make in the producing academic output (Nygaard, 2017).
2. Remember that mere perceptions of PoP affect productivity—for better and for worse (van Dalen & Henkens, 2012)
3. Think about Boice's (1994) Rules of the Road for Writers

Professional Development



Role of Professional Development
Kimura (Unpublished manuscript),
Shen et al. (2022)

Strategies

1. Find a mentor (Shen et al., 2022).
2. Find a mentee (Kimura, 2025).
3. Learn new skills
4. Attend workshops and conferences
5. Join us for Zoom for Professional Development!
 - a) And OTJ's FNS!



Please help us help you by participating our survey on research productivity of TEFL academics in Japanese universities.



Let's Keep in Touch

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