

# AACP Annual Meeting

## July 19–22, 2025



# Write on! Overcoming Barriers to Scholarly Success

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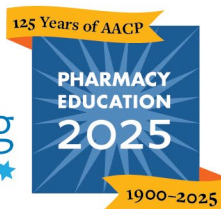
# Learning Objectives

At the completion of this activity, participants will be able to:

1. Describe how Bandura's Social Cognitive Theory applies to scholarly productivity.
2. Identify personal and/or common barriers to scholarly productivity.
3. Evaluate practical writing strategies to determine which would be most effective for addressing individual productivity barriers.

This accredited continuing education activity will discuss non-clinical content.

AACP Annual Meeting  
★ July 19–22 Chicago ★

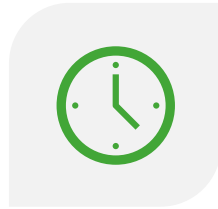


# Our Women's Writing Retreat

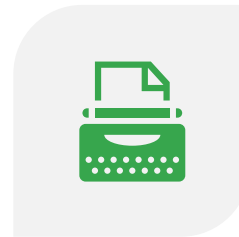
- Four women academic colleagues from across the country
- Looking for ways to improve our scholarly productivity



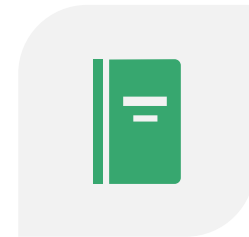
Weekend writing  
retreat at a rental  
home



Flexible schedule:  
Morning goal setting,  
progress updates and  
check-ins during  
meals



Worked on  
individual and  
collaborative  
projects

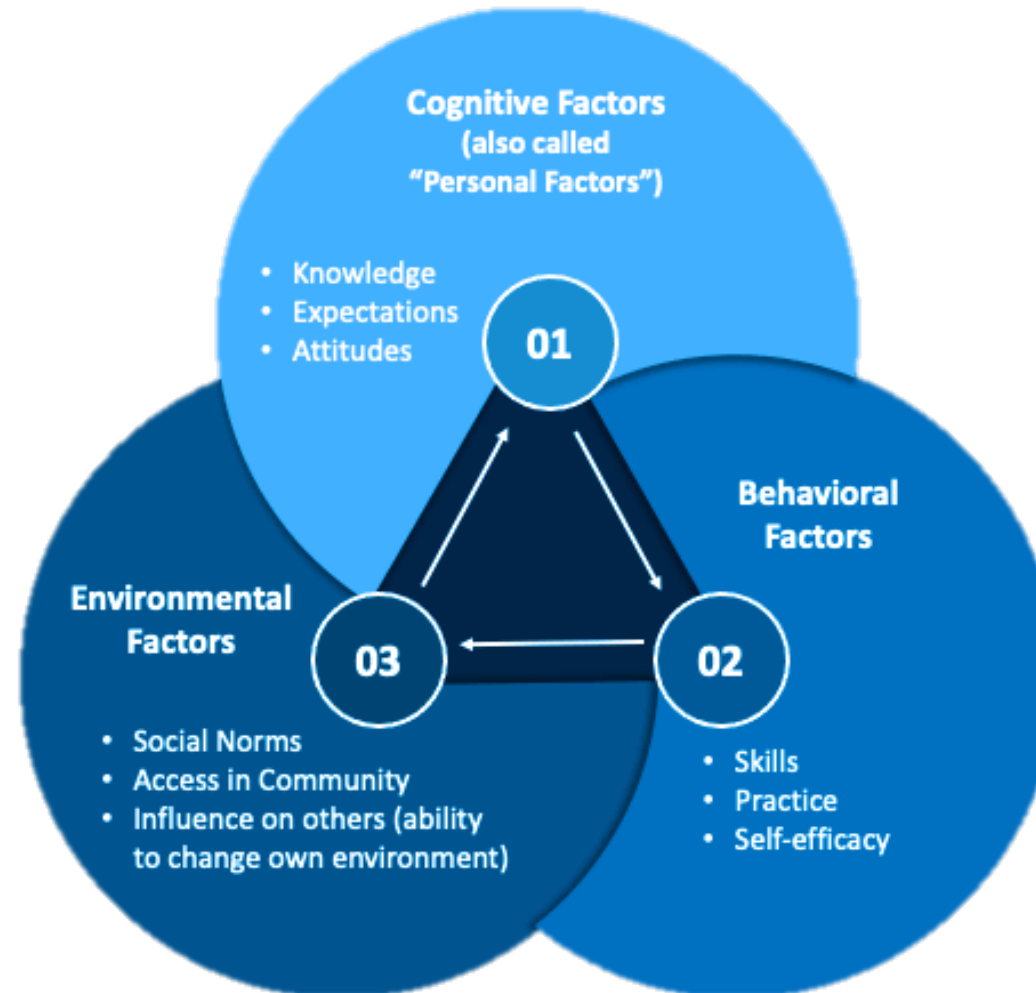


Kept journals  
related to  
experiences,  
feelings, behaviors,  
and productivity

# Analysis of Writing Retreat Journals Revealed...

- Themes:
  - 1. The Role of Emotions in Writing
  - 2. The Impact of Mindset on Writing
  - 3. The Exploration of New Writing Strategies
  - 4. The Power of Social Connection
- Connection to Bandura's Social Cognitive Theory

# Bandura's Social Cognitive Theory



# Alignment of Bandura's SCT with Qualitative Journal Analysis

## SCT Factor:

### Cognitive

(self-efficacy, emotions, confidence, motivation, thoughts, feelings, knowledge, beliefs, expectations, attitudes)

## Themes from qualitative analysis of writing journals:

- The Role of **Emotions** in Writing
- The Impact of **Mindset** on Writing

### Behavioral

(skills, practice, self-regulation, application, performance, outcomes)

- The Exploration of New **Writing Strategies**

### Environmental

(physical environment, social environment, social norms, social support, access in community, accountability, influence on others)

- The Power of **Social Connection**

# Audience Self-Reflection and Poll:

- Which factor (cognitive, behavioral, or environmental) do you think affects your scholarship most?
- What is one of your writing strengths?
- What is one of your writing barriers?



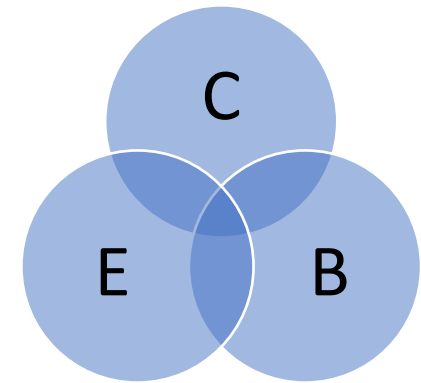
# Cognitive Factors

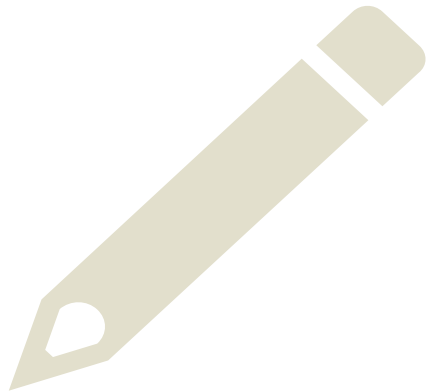
- What is your scholarship mindset?
- How do you feel about writing?
- What do you say to yourself or others about your writing and scholarly activities?

# Cognitive Factors



- Mindset & Motivation
  - Reframing your narrative about scholarly work
  - Inner critic
- Reflection
  - Personal
  - Social discussion
- Rewards & Celebration
  - Rewarding effort vs. accomplishment





# Behavioral Factors

- What are your writing/scholarship barriers?
- How can you improve your writing process?
- How can you be more productive and enjoy the process more?

# Common Barriers to Scholarship in Literature



Time constraints



Teaching and meeting demands



Student needs



Office interruptions



Lack of experience (with writing or research)



Lack of funding



Lack of mentorship, collaborators, colleagueship, or community

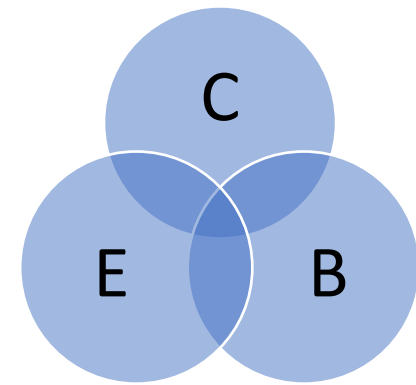


Lack of reward

# The Writing Process



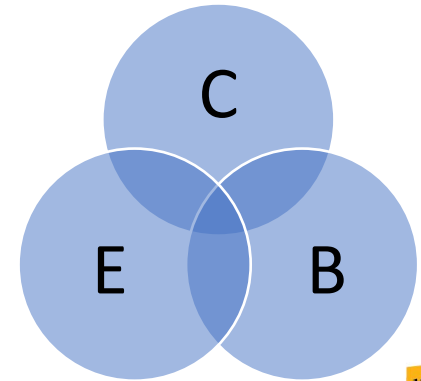
- Bits vs. Blocks of Work
  - Do you prefer short “bits” of work or longer “blocks” on your calendar?
- Reaching Deep Focus
  - Routines – brain associations
  - Consider your optimal background sounds (noise/music/silence)
  - Physical environment’s influence
- Optimal Writing Conditions
  - Time of day
  - Seating
  - Tools



# Improving Productivity

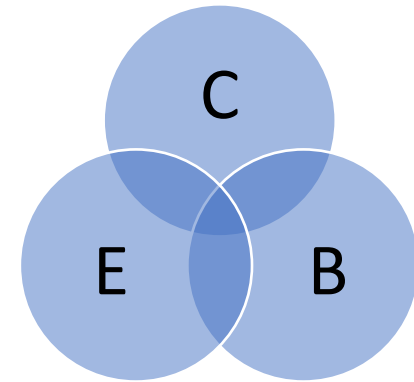


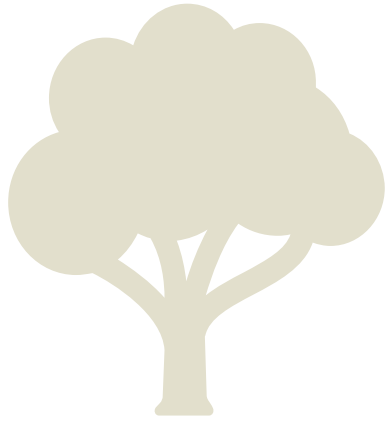
- Tracking projects & progress
  - Trello
  - Lists
  - Post-It Notes
- Breaking down tasks into smaller bits
  - Incorporate them into daily work/smaller times
- Eliminating distractions



# Productivity Methods

- Productivity Methods
  - Pomodoro & visual timers
  - Scholarship sprints
  - Parking downhill





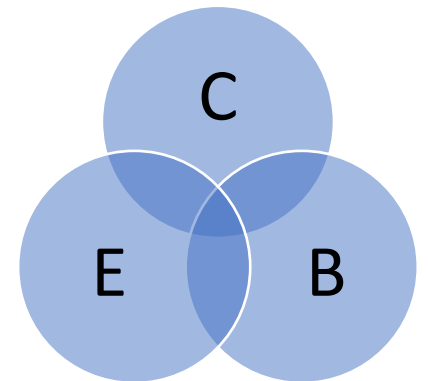
# Environmental Factors

- Do you consider writing a social activity?
- How important is social connection in your scholarship?
- What is your ideal writing space or setup?

# Collaboration



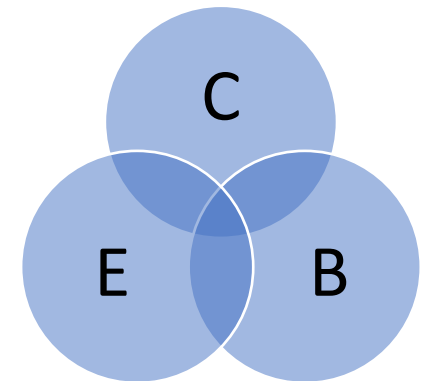
- Ways to structure collaboration
  - Parallel Writing
    - Divide content into sections and assign to be written simultaneously
  - Sequential Writing
    - Collaboratively develop detailed outline
    - Take turns drafting & polishing in a “round robin”
  - Hybrid



# Social Writing



- We have found significant value in social support
  - Accountability, encouragement, mentoring
- How can you incorporate social writing?
  - Attend a retreat – in-person or virtual
  - Find a writing group
  - Participate in RxWritingChallenge or something similar
- Body doubling
  - At the retreat – also in coworking spaces, etc.



# Create a Plan / Discussion

What resonated with you?

What can you do in the upcoming weeks, this summer, next semester?

# Large Group Discussion

- What ideas do you have?
- What will you implement when you get back to your institution?

# Key Takeaways

- Though scholarship is a requirement of faculty, numerous barriers exist for most faculty.
- There are ways to optimize environmental, behavioral, and cognitive factors (Bandura's SCT) to boost writing/scholarship.
- Community is an important way to boost scholarly productivity. Scholarship can (and perhaps should) be social.
- You might even learn to enjoy your writing! 😊

# Questions?

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