



**INSTITUTE FOR HOPE RESEARCH
PROFESSIONAL DEVELOPMENT SERIES I:
“How to Write a Manuscript”**

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About Me



- Jinhyung Kim, Ph.D.
- Department of Psychology, Sogang University
- Social and Personality Psychology
 - True self and authenticity
 - Existential meaning
 - Free will and hope
- Visit my lab! www.askpsylab.com

Before We Get Started...



- Professional Development Series?
 - Hope for graduate students

Is There Any Hope for Graduate Students?

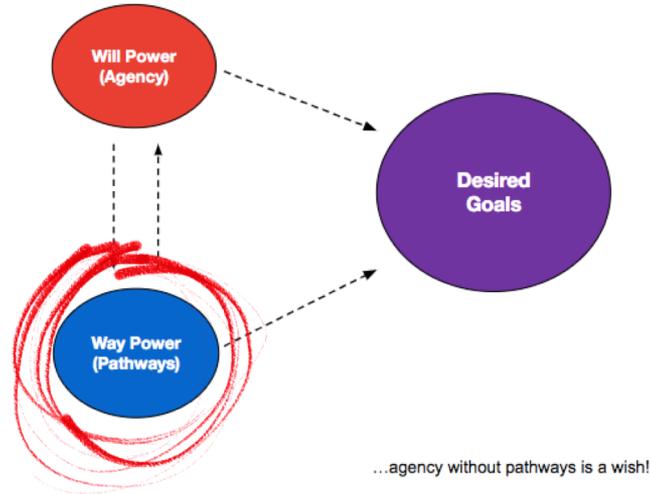


What is Hope?



- C. R. Snyder

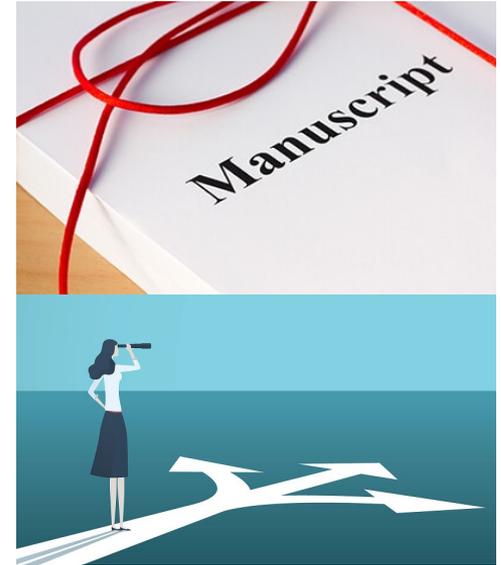
HOPE THEORY



Road to Hope for Graduate Students



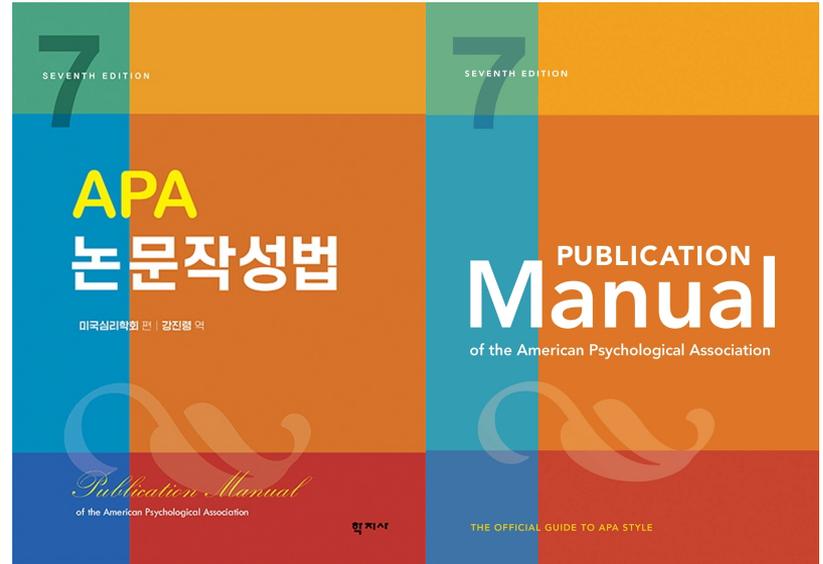
- Research Skills
 - Writing a manuscript
 - Publishing a manuscript in journals
 - Pre-registering your research
- Career Path
 - Applying for graduate programs in U.S.
 - Being a successful graduate student



How to Write a Manuscript



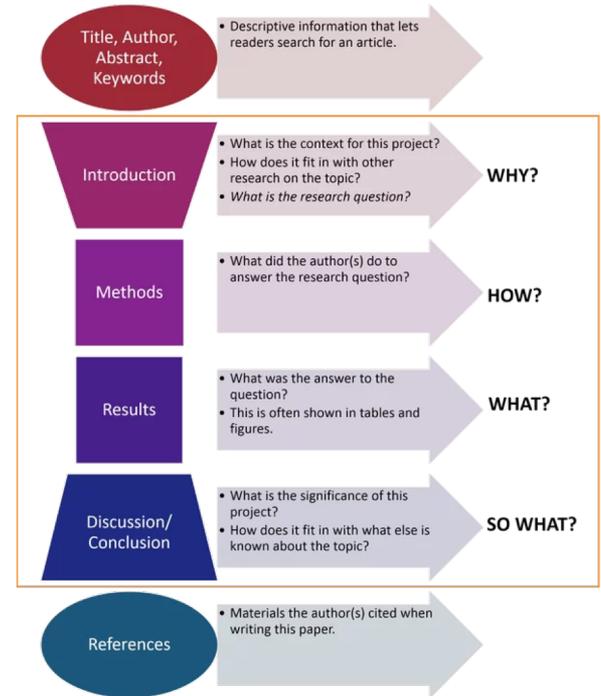
- Everything is in the...
 - Writing style
 - Grammar
- Focus
 - Structure, introduction in particular
 - Tips



Structure of Manuscript



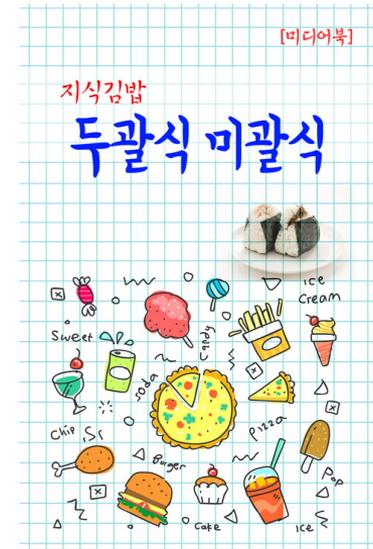
- Introduction
- Method
- Results
- General Discussion



Introduction: Opening



- Opening paragraph(s)
 - Explicitly address what your “research goal/question” is
 - Within at least 2-3 paragraphs!



Example



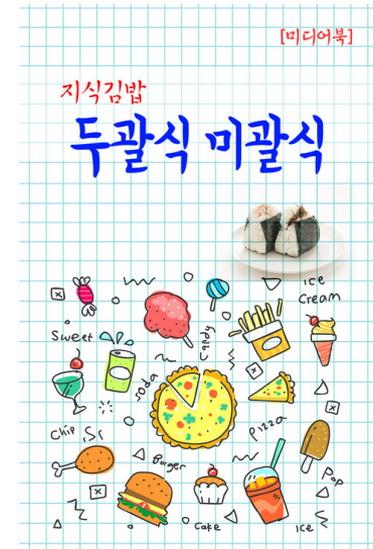
- Moral Emotion Regulation and Perceived Authenticity



Introduction: Opening



- Opening paragraph(s)
 - Explicitly address what your “research goal/question” is
 - Within at least 2-3 paragraphs!
 - Your goal is to identify a broader literature to which your research belongs!
 - Emotion regulation / Morality / Authenticity
 - “My research goal is to examine how regulating morally negative emotions influences the experience of authenticity.”



Introduction: Literature Review



- Literature Review
 - Point is to find relevant work and describe the findings *in a way that aligns with your research goal*
 - “My research goal is to examine how regulating morally negative emotions influences the experience of authenticity.”
 - Why is this important?
 - Empirical/research gap: “No prior research has yet examined this relationship.”
 - Theoretical contributions: “Examining this research question may help us better understand how people experience authenticity when controlling emotions. This is important because...”

*Reviewers
always ask
for this!*

Example



Emotion
2013, Vol. 13, No. 2, 314–329

Understand
Role

Authentic for T

[Katie E. Garrison](#) 

[OnlineFirst](#) | [https://](#)

 Contents

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ELSEVIER

Cognition

journal homepage: www.elsevier.com/locate/COGNIT



Abstract

Is self-control authentic? More authentic than self-control revealed in the face of a tendency to view ot

The essential moral self

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ABSTRACT

It has often been suggested that the mind is central to personal identity. But do all parts of the mind contribute equally? Across five experiments, we demonstrate that moral traits—more than any other mental faculty—are considered the most essential part of identity, the self, and the soul. Memory, especially emotional and autobiographical memory, is also fairly important. Lower-level cognition and perception have the most tenuous connection to identity, rivaling that of purely physical traits. These findings suggest that folk notions of personal identity are largely informed by the mental faculties affecting social relationships, with a particularly keen focus on moral traits.

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- Emotion regulation ↓ authenticity
- Self-control ↑ authenticity
- Moral emotion regulation ↓ or ↑ authenticity?
- No prior research (i.e., empirical gap)
- Two theories/findings suggest the opposite; with moral emotion regulation, it helps understand the relationship between emotional experience and authenticity (i.e., theoretical contribution)

Tips



- Literature search tools
 - [Google scholar](#)
 - Database: PsycINFO, [PsychARTICLES](#)
 - Journal email alerts: [APA](#), sage, ScienceDirect, [Google scholar](#)
- Reference Managers
 - EndNote, Mendeley...
 - [Zotero](#)
 - [Using Zotero with Cloud Storage Services like Dropbox, Google Drive, OneDrive, and More](#)

Introduction: Hypothesis



- Research Hypothesis
 - Making directional predictions about the relationship between the constructs of interest, *guided by theoretical frameworks, perspectives, accounts, and previous research*
 - Two competing theories/accounts/findings
 - Emotion regulation as hindering authenticity
 - Self-control as fostering authenticity
 - Morality as essence of identity (authentic self)
 - "Previous findings about self-control and authenticity suggest one possibility that moral emotion regulation, as a form of self-control, fosters a greater experience of perceived authenticity. In contrast, the emotion-regulation-as-hindering account suggests that regulating moral emotions would reduce an experience of perceived authenticity."

Introduction: Combined

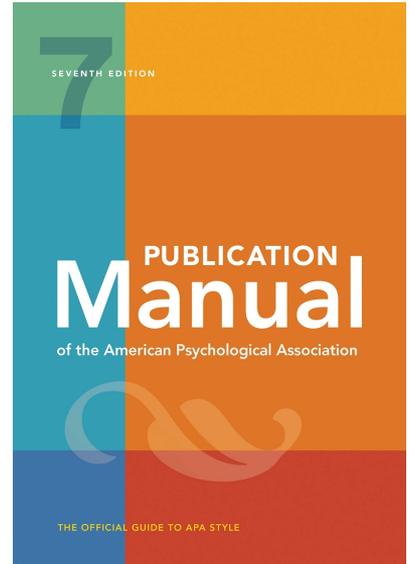


- Introduction
 - "My research goal is to examine how regulating morally negative emotions influences the experience of authenticity." (*research goal/question*)
 - "Examining this research question may help us better understand how people experience authenticity when controlling emotions. This is important because two theories/findings suggest the opposite; with moral emotion regulation, it helps us better understand the relationship between emotional experiences and authenticity." (*theoretical contribution*)
 - "Previous findings about self-control and authenticity suggest one possibility that moral emotion regulation, as a form of self-control, fosters a greater experience of perceived authenticity. In contrast, the emotion-regulation-as-hindering account suggests that regulating moral emotions would reduce an experience of perceived authenticity." (*literature review/research hypothesis*)

Method and Results



- Read APA Manual!
- Some tips/advice are:
 - Hone statistical analytic skills
 - Do best to meet the requirements of [your target journals](#)
 - Make tables and figures (good quality)
 - Read APA for tables
 - Use R or other software for figures



General Discussion



- Great degree of freedom...
 - A summary of your findings
 - Reiterating the theoretical contributions/implications of your research
 - Explain any findings that differ from previous findings and, if any, any unexpected findings
 - Limitation: in a manner that stimulates future research (do not self-criticize!)
 - [Limits of generality](#)

Other Writing Tips/Advice



- Writing Skill not Ability
 - Have a growth mindset!
 - Write every day: pick a time that work best for your writing (e.g., every morning 9-10AM)
 - Write together: writing support group helps (do we have one?)
- Write in English is hard
 - Never think it is going to be easy (do not procrastinate, don't be too optimistic in planning)
 - But don't be too afraid; you're like a baby and your job is to learn how to walk (i.e., write)
 - Have a fun!

Other Writing Tips/Advice



- Some writing tips
 - Shadow-writing (empirically proved)
 - Read papers (not relevant to your work) to make your brain prepared for creative writing
 - Make cheating notes whenever you read papers (e.g., scrapping useful expressions or important sentences to cite and save them in excel—if not, you won't be able to recall where you saw them)
 - Use [dictionary](#)/[thesaurus](#)/[collocation](#)
 - Helpful books: [The Element of Style](#), [On Writing Well](#)