



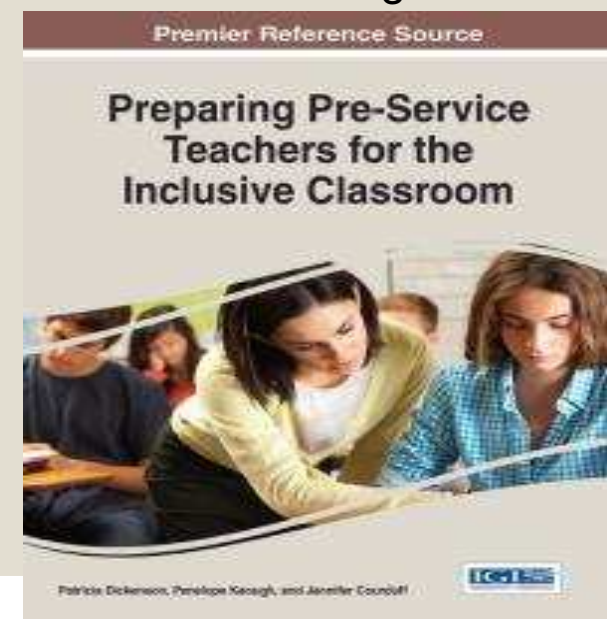
**JOURNEY TO AUTHORSHIP**

*DR. PENELOPE KEOUGH*  
NATIONAL UNIVERSITY  
SAN DIEGO, CALIFORNIA

**PRESENTED AT E-LEADER CONFERENCE**  
**JUNE, 2018**  
**WARSAW, POLAND**

## Abstract

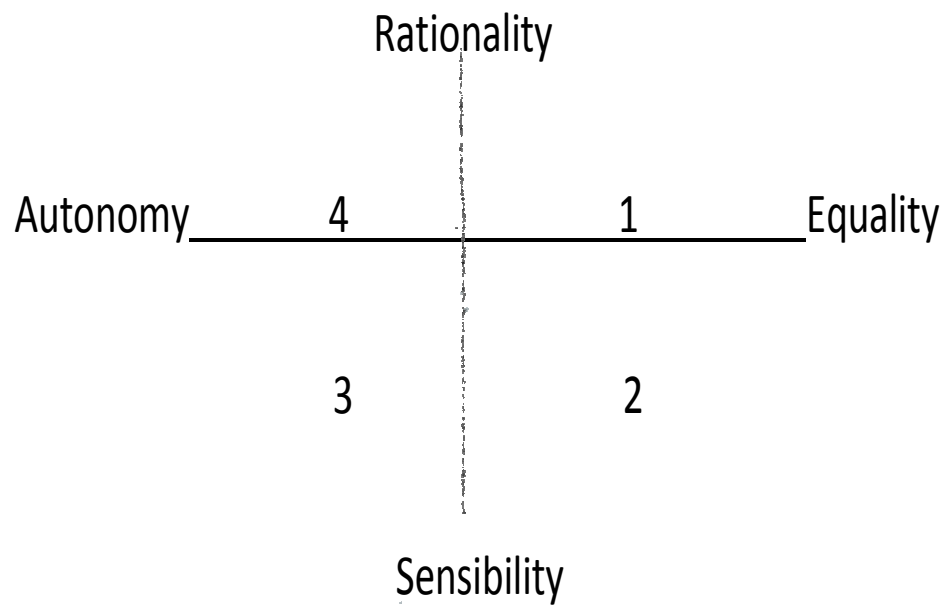
When faced with myriad subject matter to draw from, how does the professional educator choose where to begin research and scholarship. This paper will explore the steps one professor took to climb from Assistant Professor 10 years ago to Full Professor presently. The paper will reflect upon steps toward the progression of her career from teaching Action Research to novice public school teachers, to the publication of her first book, in collaboration with two other editors *Preparing Preservice Teachers in the Inclusive Classroom* (2017), Dickensen, P. Keough, P. and Courduff, J., was a combined effort with IGI Global Publishers to support candidates seeking their Preliminary Teaching credential while teaching in the PK-12 schools.



### **ABSTRACT (CONT.)**

This author's journey continued with success for the first publication to a desire to continue a second publication. Hence, the book proposal submitted, *Ethical Problem Solving and Decision Making for a Positive and Conclusive Outcome*, was enthusiastically accepted in December, 2017 by IGI Global Publishers to debut in January, 2019. The presentation/publication will enlighten the audience how a keynote speaker at the Milan conference of Chinese American Scholars, Giovanni Degli Antoni, motivated this author/editor to share her knowledge of cognitive psychology to provide a globalization-of encouragement and well-being to others suffering from what Albert Ellis calls "stinkin thinkin".





## TEMPLATE FOR MAKING DECISIONS (Barid & Niacarlis, 2011)

Consider completing a self assessment as to how one's personality affects decision making.

Identify, then, which quadrant the result of the self-assessment of one's personality most closely resembles a quadrant.

# PERSONALITY SELF-ASSESSMENT

<https://www.16personalities.com/free-personality-test>

- **You find it difficult to introduce yourself to other people.**
- **AGREE**
- **DISAGREE**
- **You often get so lost in thoughts that you ignore or forget your surroundings.**
- **AGREE**
- **DISAGREE**
- **You try to respond to your e-mails as soon as possible and cannot stand a messy inbox.**
- **AGREE**
- **DISAGREE**
- **You find it easy to stay relaxed even when there is some pressure.**
- **AGREE**
- **DISAGREE**
-

# Sample Result of Self-Assessment

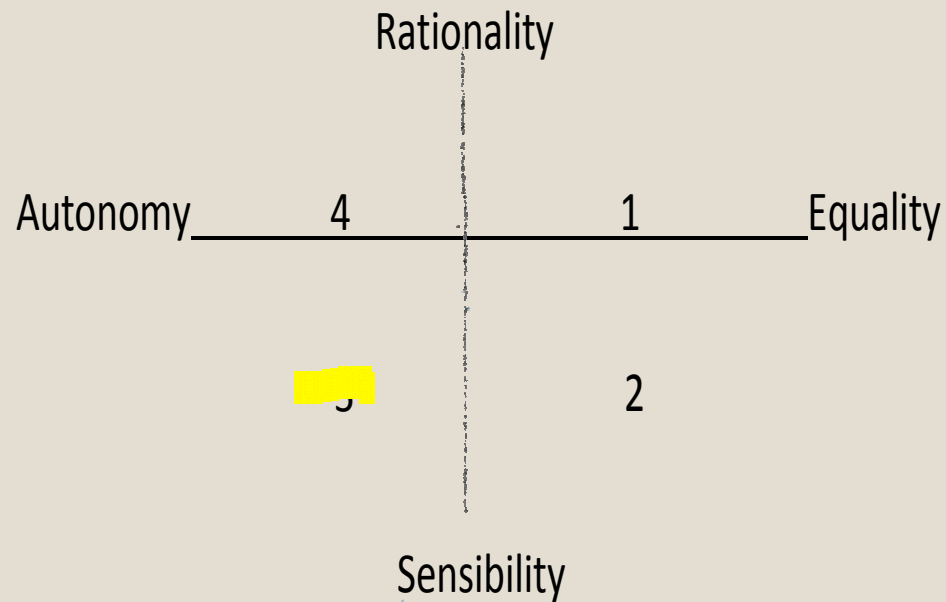
*Protagonist: With vision and determination, nothing is impossible.*

- *Extroverted (autonomy)*
- *Intuitive: how I make decisions and cope with emotions (sensitivity)*
- *Feeling: how I approach work, planning and decision making (sensitivity)*
- *Assertive: how confident I am in my ability and decisions (autonomy)*

# Interpretation of results (assessment)

○ **Autonomy/Sensibility:**

**Decisions are made intuitively and for individual good.**





# The Paralyzation of Fear

- Fear of making the wrong decision
- How it will affect others?
- What will be the outcome?
- Perhaps better to make no decision
- Will my significant other/spouse agree?
- Will it be financially prudent?

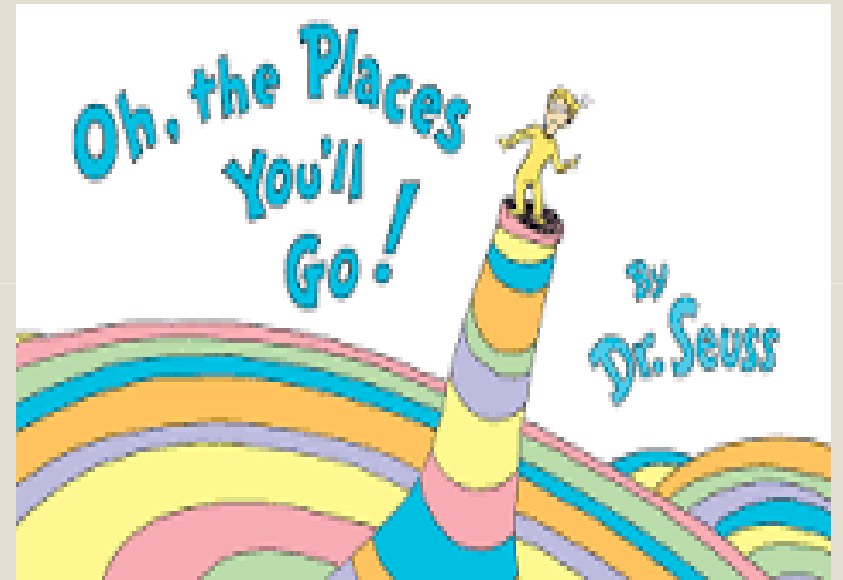


# The Waiting Room: Result of Fear

- *Oh the Places You'll Go*: Dr. Seuss (Theodore Geiser)

*“Waiting for the fish to bite”*

*“Waiting for the phone to ring”*

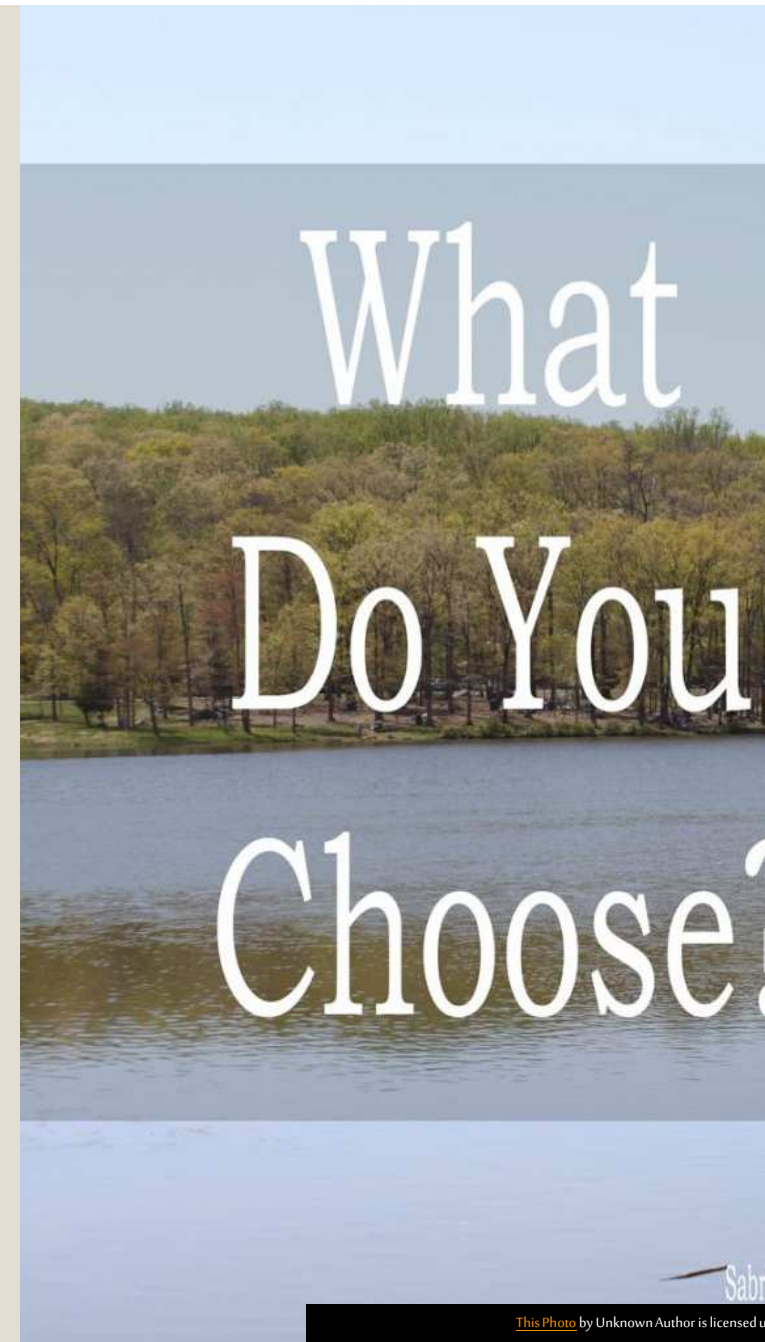


# Albert Ellis: “stinkin-thinkin”

- Rational Emotive Therapy – founder
- Remove pervasive negative thoughts with positive
- Replacement of negative past situations (thoughts) with reality (what is true!)

# CHOICE! Answer to Fear of decision

- B.F. Skinner: ““Behavior is said to be put into play when a person wills to act. Willing is *close to choosing*, particularly *when the choice is between acting or not acting*, to will or to choose is evidently as unheralded as to act” (p. 53).



# *Conclusion: Journey to Authorship*

## *Motivating Factors for Author*

- **Desire to “give back”**
- **Solve dilemma of making difficult decisions**
- **Determine pattern (personality) affecting own decision making (use of self identifying position in quadrant (Baird & Niacaris, 2011))**
- **Share solutions to own struggles in decision making**





This Photo by Unknown Author is licensed under [CC BY-SA](#)

## *Closing Remarks*

*“Our lives are made from the choices we make, good, bad or indifferent. The only quality of human life is, we can choose again!” (Keough, 2018, p. 7)*

# References

Atlas, L., (1999), *Cracking the GRE Psychology*, Princeton Review Publishing, L.L.C., New York, NY

Baird, C. & Niacaris, J. (2011). Understanding the Ethical Lens Inventory. *Ethics Game*, September, 2011

Kauffman, J.M (2005) *Characteristics of Emotional and Behavioral Disorders of Children and Youth*. Pearson. Boston, Massachusetts.

Metzger, L., (1988), *From Denial to Recovery, Counseling Problem Drinkers, Alcoholics, and Their Families*. Jossey-Bass, Inc., San Francisco, California.

Skinner, B.F., (1974). *About Behaviorism*. ALFRED A. KNOPF: New York, New York.