

## MODULE 1: FOUNDATION

### Building an Action Research Knowledge Foundation

#### Lesson 2: Introduction to Action Research

##### Guiding Questions

- What is action research?
- Why do action research?

Action research is exactly what its name implies -- doing research through action. Action research requires you to actually implement something that you think will be the solution to a research problem or question, and to test that to see if it is a viable solution or to see if anything improves.

Action Research follows a cycle (as demonstrated in this image) that first begins with identification of a problem area. An action researcher (or researchers) then collects and organizes data, interprets the data, and uses the data to make informed decisions and take action. The final phase of action research is reflection, to see what went well and what could be improved for a potential next cycle.

Action Research Cycle:

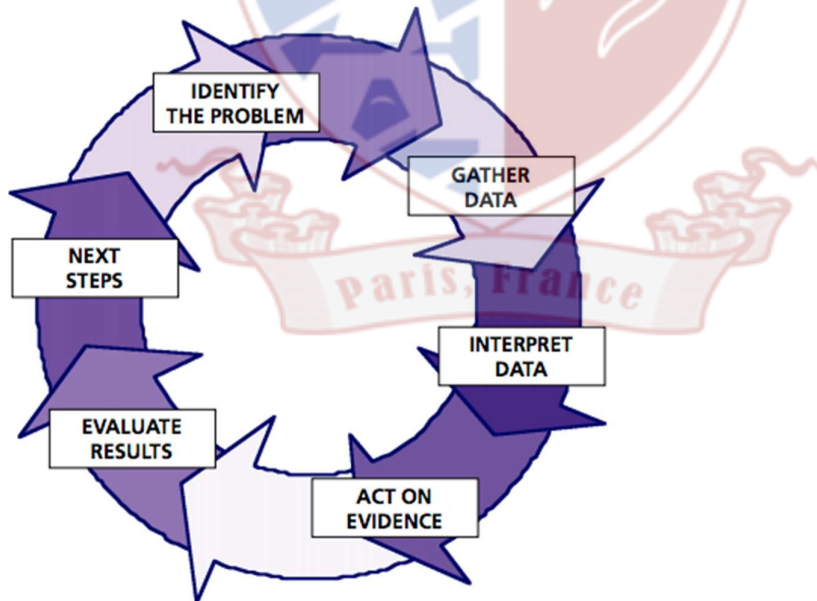


Figure 2. Action Research Cycle

(Ferrance, 2000)

Why do action research? What's the point? Let's look at the possibilities from a few different levels. Personally, doing action research can help you gain focus, discipline and problem-solving skills. It also requires you to develop your communication skills, particularly through writing. Professionally, it can help you develop a new initiative or improve an existing system. It may also help you advance in your career.

From a more macro perspective, you are contributing knowledge to the existing knowledge in your field and who knows, it might be the start of a new and innovative pathway for others to follow!

