

ACTION RESEARCH

DEFINITION

Action research is a reflective, systematic approach where individuals or groups investigate their own practices to identify areas for improvement. It involves a cyclical process of planning, acting, observing, and reflecting, with the aim of bringing about positive change.

EXAMPLES

- **Literacy Teaching Style:** A teacher tries two literacy teaching styles, assesses results, and chooses the style that was most effective.
- **ADHD Intervention:** A teacher creates an ADHD intervention, regularly interviews parents and students, and adjusts it over time based on feedback.

Writing And Doing Action Research

Lingsheng Yao



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