

Action Research Project

By: Tonia Vassell

Companies are paid millions to theory?? keep us distracted

original context / background,
rationale for selecting the topic,

Assessment Requirements

10-minute presentation of the project findings, to include:

- original context / background,
- rationale for selecting the topic,
- reflection on research method/s used,
- summary of project findings,
- references to relevant literature (using the Harvard method),
- 10-minute post-presentation question & answer discussion with peers and tutors.

Blog documenting the project, to include:

- presentation slides,
- process images/notes,
- reflections on your reading into both your topic and your data collection methods,
- ethical approval documentation,
- data collection tools (e.g., interview schedules, questionnaires etc),
- examples of your data,
- references to relevant literature (using Harvard method).

The process what I changed and why I changed my research question

Ask lindsey if i need to add this

What is a student's working
and focus preference?

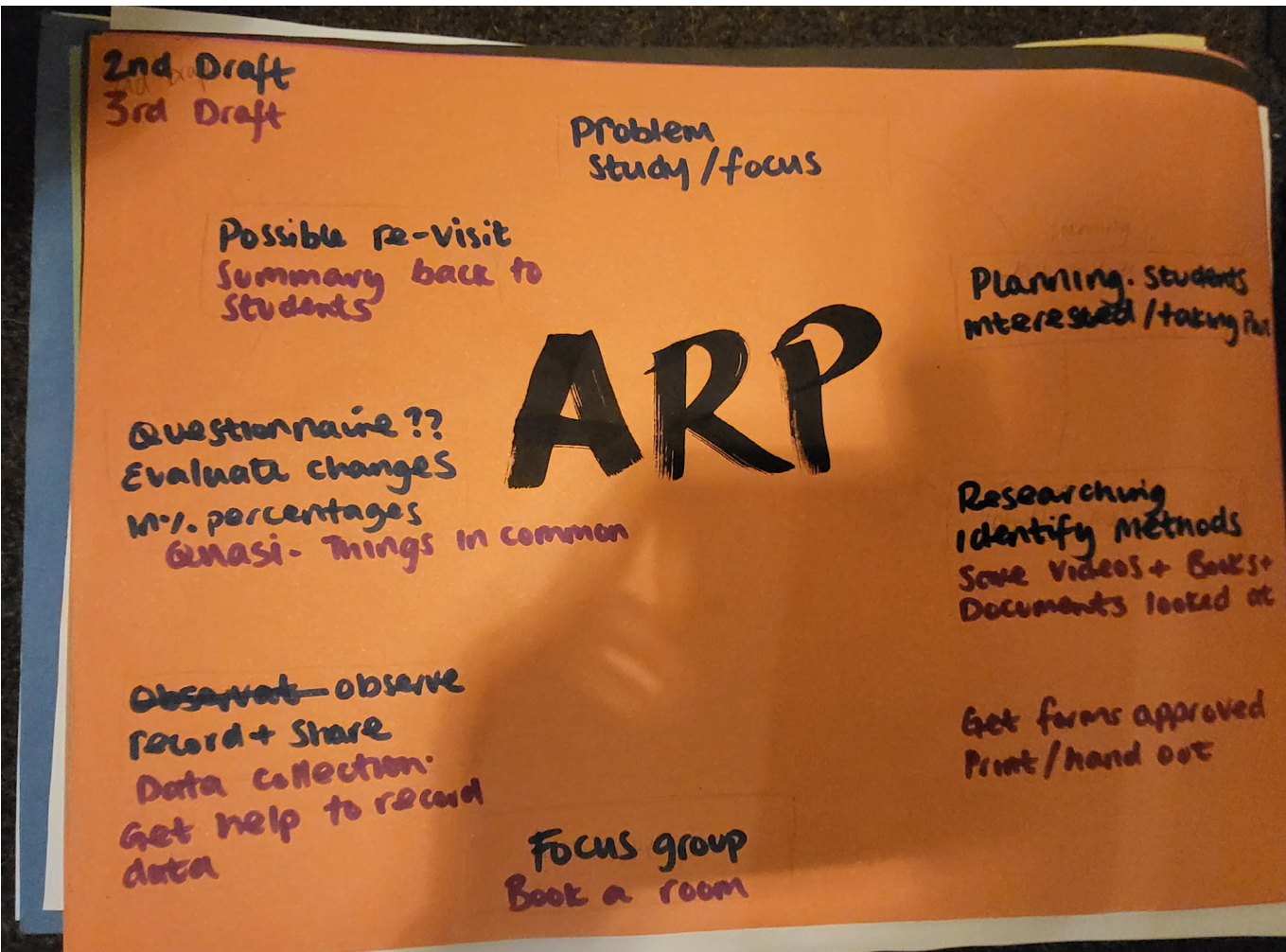
How do they prepare or start a study topic

What is the approach mentally and physically?

Environments, contexts and struggles.

What works for us if we really need to focus

My planning spider graph these ideas



action plan / task list.

searching and choosing
students

Where do tutorials fit

analyse results and write up

conversations

presentation date

meet with students

2nd focus group
with students

have a pre discussion about
project

2nd meeting will

have EE for aproved

adjustments to form

sign off by tutor

formulating questions

researching methods

youtube videos of ideas/
planning

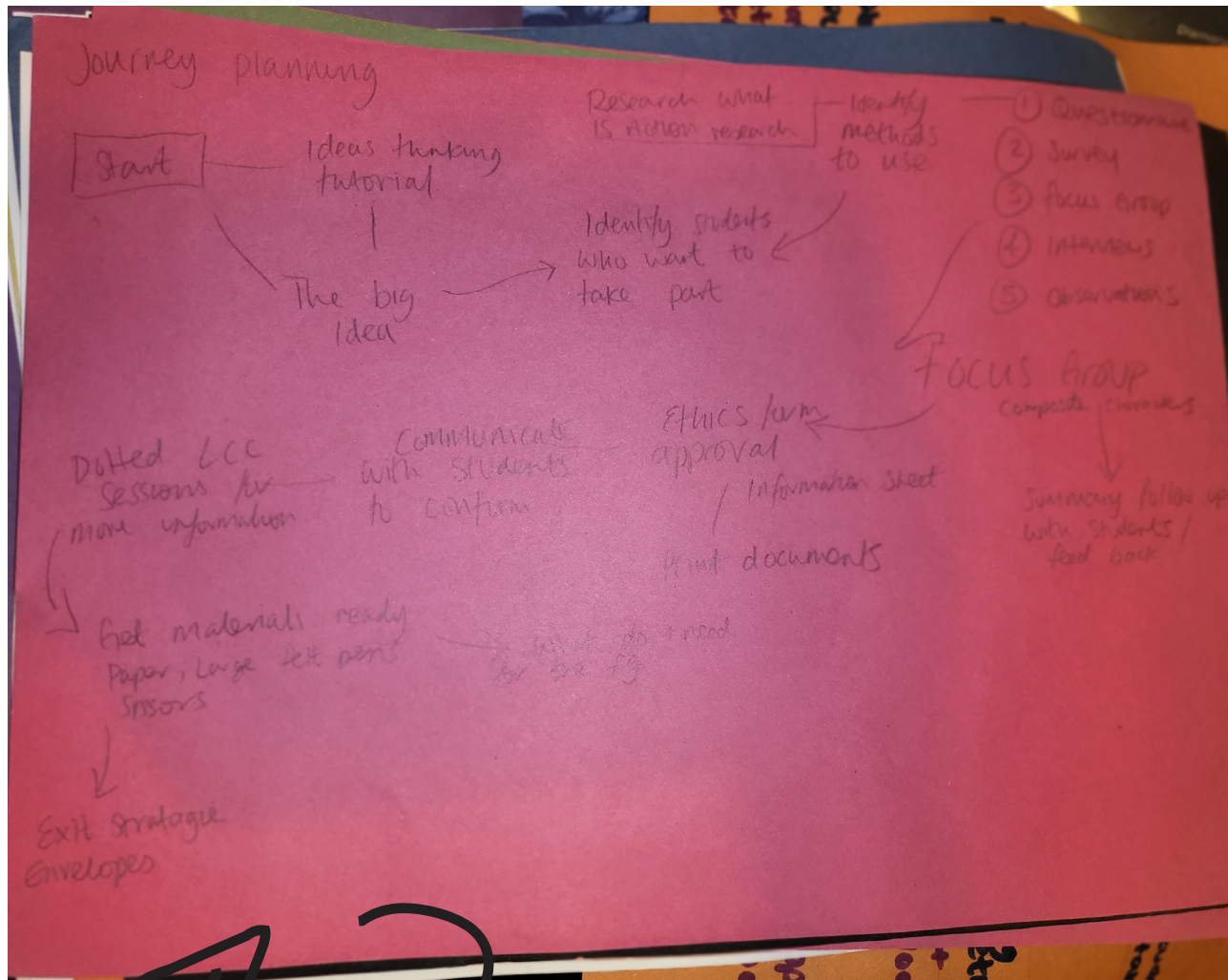
purchasing materials for
focus group

design questionnair
Fill in information sheet

collect email address for
students

book a time and set possible
meeting dates

Journey planning



I used this as a perfect opportunity to get to know my students

How to start your introduction

Topic and context

Focus and scope

Relevance and importance

Questions and objectives

Overview of the structure

Thesis introduction example

Introduction checklist

Frequently asked questions about introductions

<https://www.scribbr.co.uk/thesis-dissertation/introduction/>

watch video

The process

I have used the thematic analysis to approach my project to find out students views, knowledge and experiences I am interested in people's opinions and views.

This was originally developed by Virginia Braun and Victoria Clarke. Taken from their book Successful Qualitative Research A Practical Guide for Beginners

from slides action bases research methods

<https://activistresearchmethods.wordpress.com/about/>

Focus group

<https://www.thematicanalysis.net/who-we-are/>

Using some of the analysing steps taken from Braun and Clarke's research methods this is how I captured the data.

Step 1:

I Familiarised my self with content, transcribed video and read through the data collecting notes

Step 2:

I Coded the data highlighting sections

Step 3:

I applied themes to the data, I looked for key phrases or sentences that kept re curing through the group.

To get to my analysis I transcribed the audio recordings, reading through the text and taking initial notes, and generally looking through the data to extract information.

Familiarised Data/Notes

Caulfield, J. (2022, May 12). How to do thematic analysis | Guide & examples. Scribbr.
<https://www.scribbr.co.uk/research-methods/thematic-analysis-explained/>

Highlighted coded data

Some of the themes that
came up was

clean space came up the
majority of the time

music

quiet

peers

alone

locations

Show examples of
highlighted words/
themes

Personally, I'm not sure. I think the climate is changing, sure, but I don't know why or how. People say you should trust the experts, but who's to say they don't have their own reasons for pushing this narrative? I'm not saying they're wrong, I'm just saying there's reasons not to 100% trust them. The facts keep changing – it used to be called global warming.

Themes

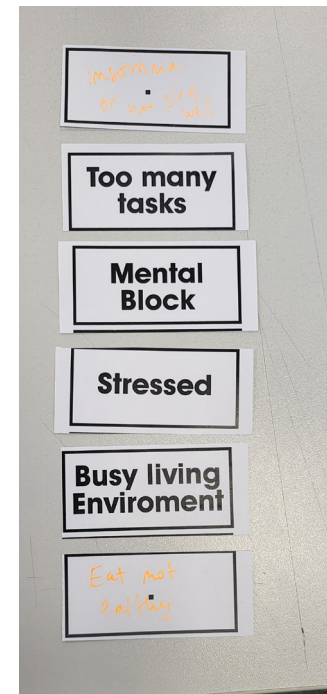
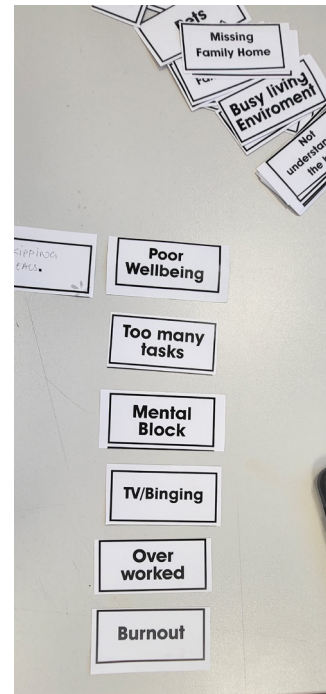
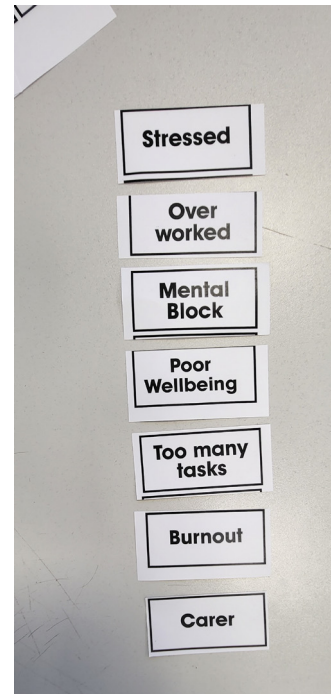
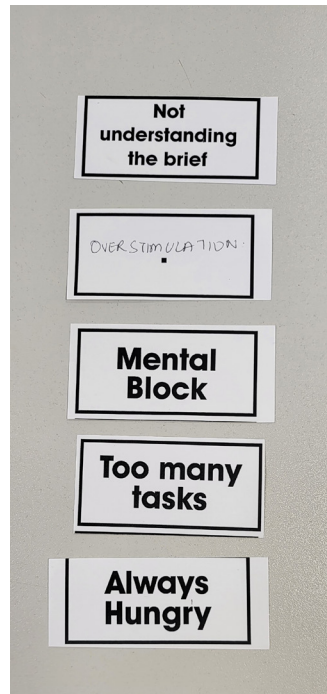
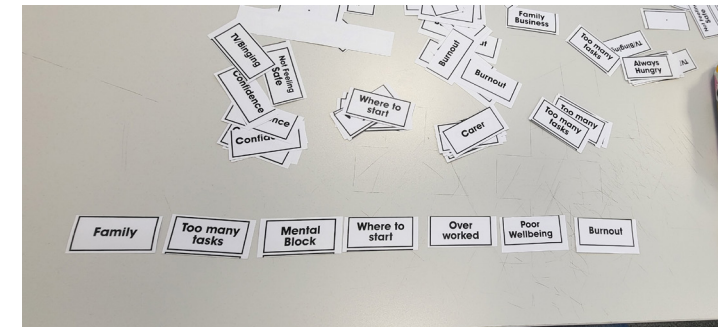
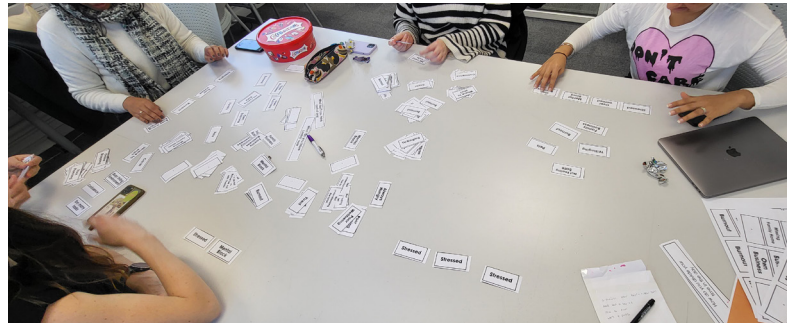
I have sorted results into
groups and themes to gather
percentages

mindfulness music quiet

peers alone locations

Can meditation improve exam
performance in teenagers?

Fredreco, what is the name of this process of putting things in an order of selection?



Results

<https://www.scribbr.co.uk/category/stats/>

What I have found is that

I analysed the data 50% of
students / most of the stu-
dents preferred.....
quiet 2 out of liked and I liked

What I have found is that.....

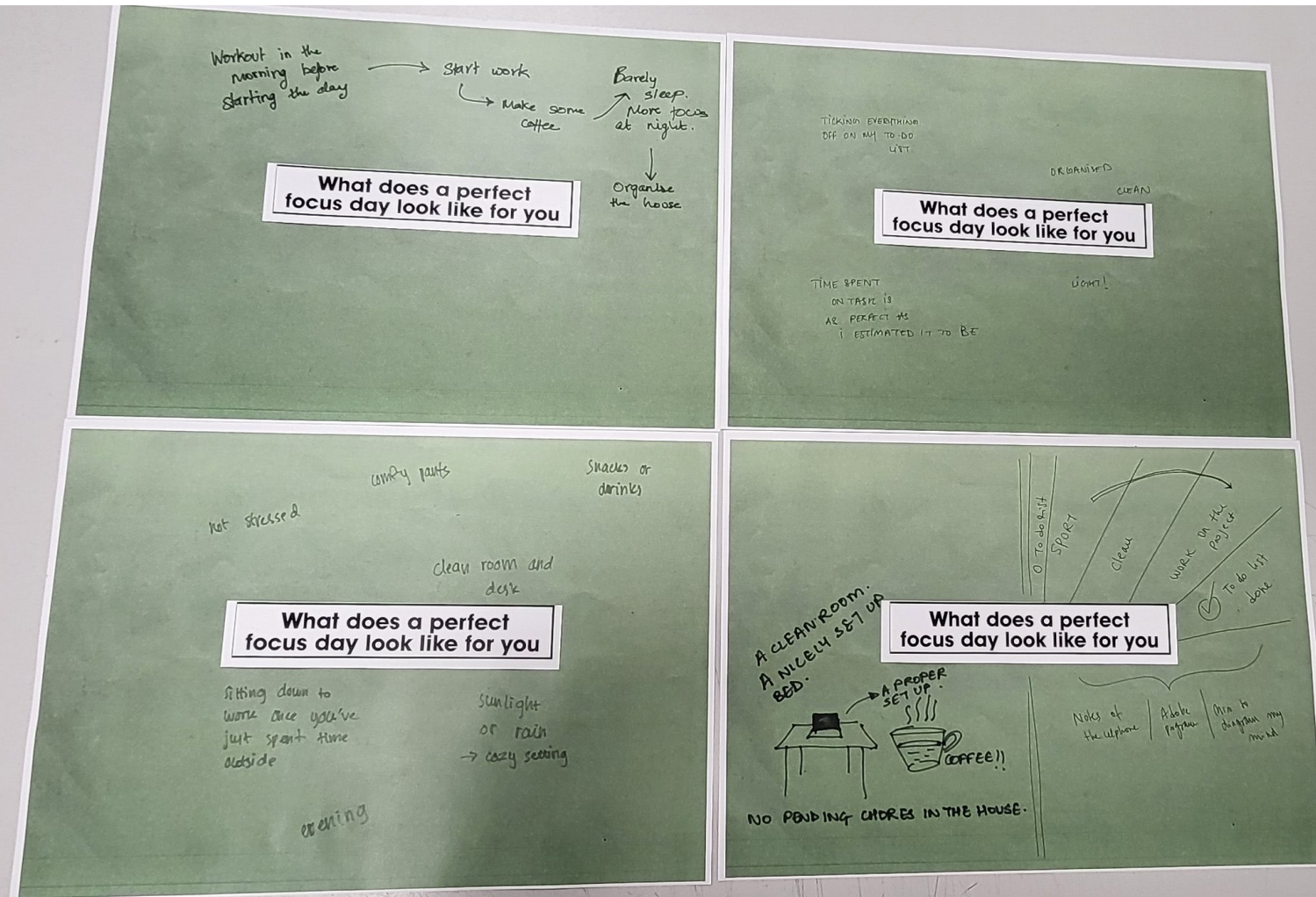
If you have other results you'd
like to include, consider add-
ing them to an appendix or
footnotes.

How do you define “social justice” in relation to your project?

playing and experimenting with methods of enquiry, rather than becoming expert in them.

- A question of process rather than product.

Questions I asked the students



Questions I asked the students

SLEEP

Go out for a breather
Meet some friends.

Breakdowns
and
crying
Screen time

What does a negative/bad
un-focus day look like for you

TO MUCH
SCREEN
TIME

What does a negative/bad
un-focus day look like for you

forgetting health etc.
↑
anxious about
other stuff
Working from my
bed → nouching → bad posture &
work ergonomics
bad for
my neck &
back
really messy
room
DON'T KNOW
WHERE TO START
→ too many
tasks
→ stress
too many tabs / tired
⇒ messy digital
space
working
non-stop
↓
not being
able to
stop

DOOM
SCROLLING.

LAZING
AROUND

SLEEPING IN

What does a negative/bad
un-focus day look like for you

ANXIETY !!!

EXCUSES FOR
PROCRASTINATION

WATCHING
SOMETHING FOR
HOURS TOO LONG.

What does a negative/bad
un-focus day look like for you

- Overstimulation.
- No plan made before hand.
- Waking up and not knowing what to do.
- Lying in bed all day.
- Doom Scrolling.

insomnia

long to-do list

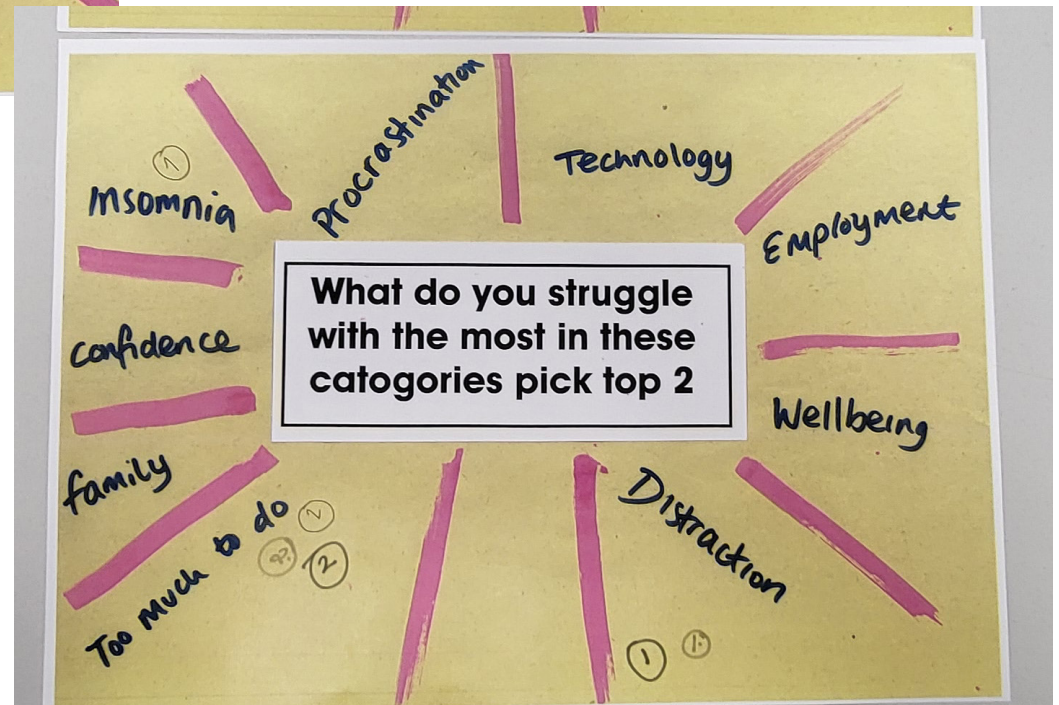
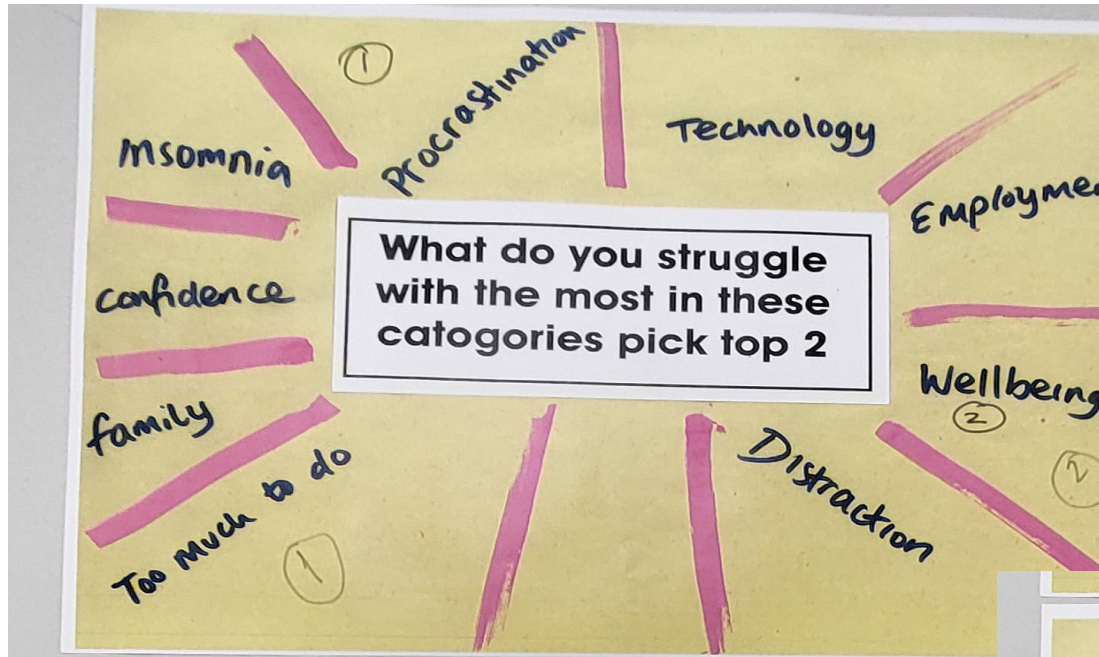
messy house

not finish
the goals
of the
day.

not
achiving
or goal
full day
at work

dark
at
3pm

Questions I asked the students



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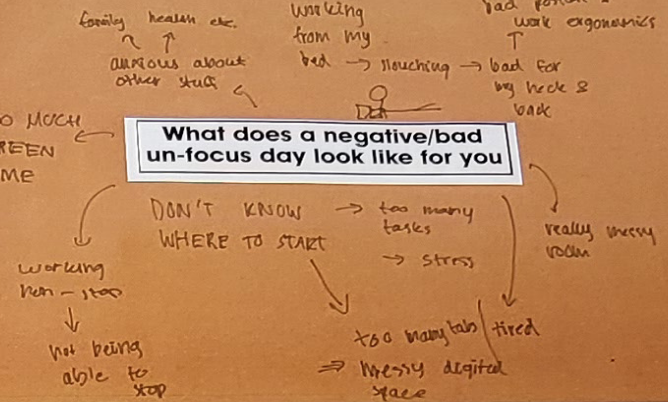
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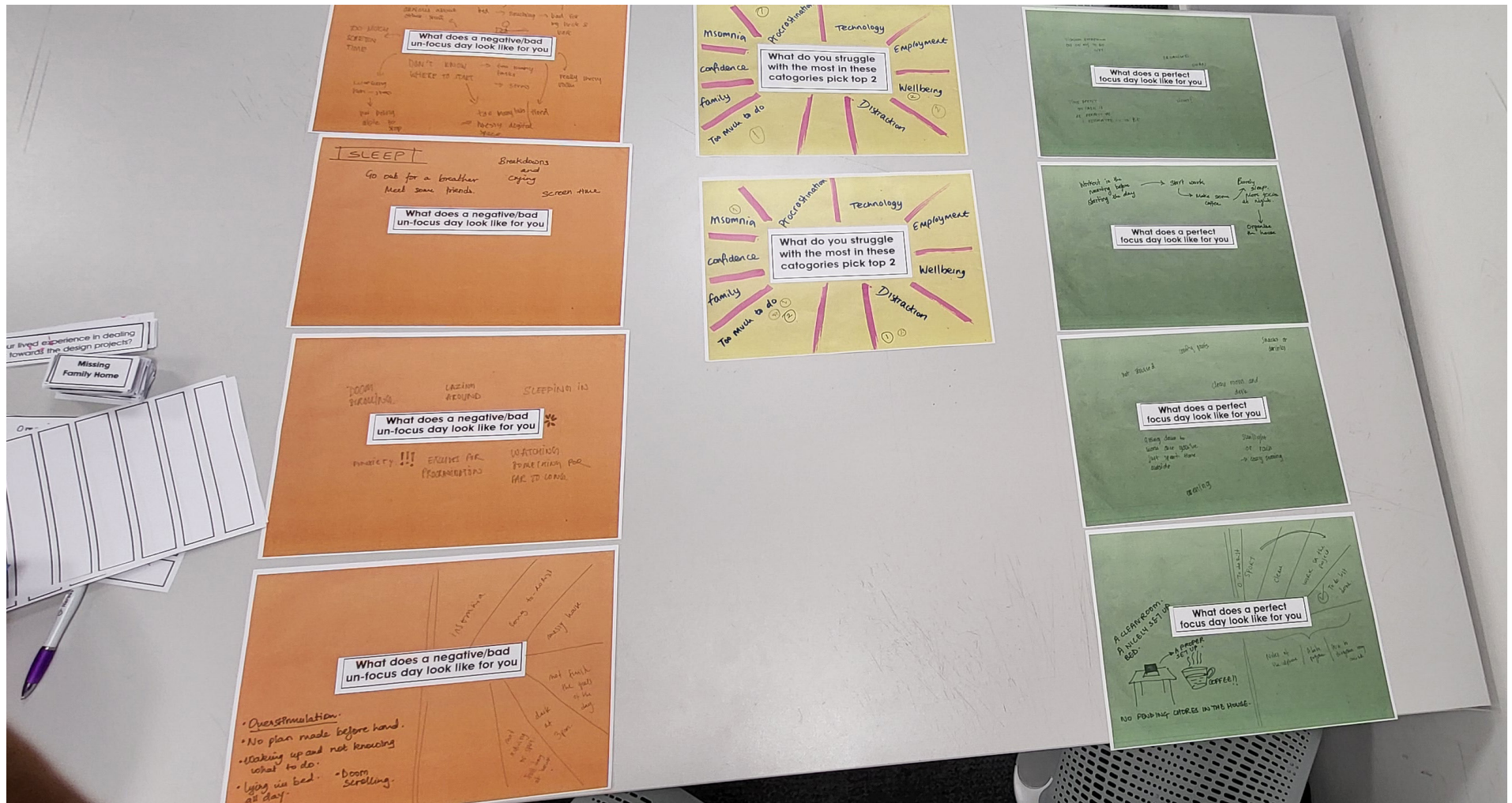
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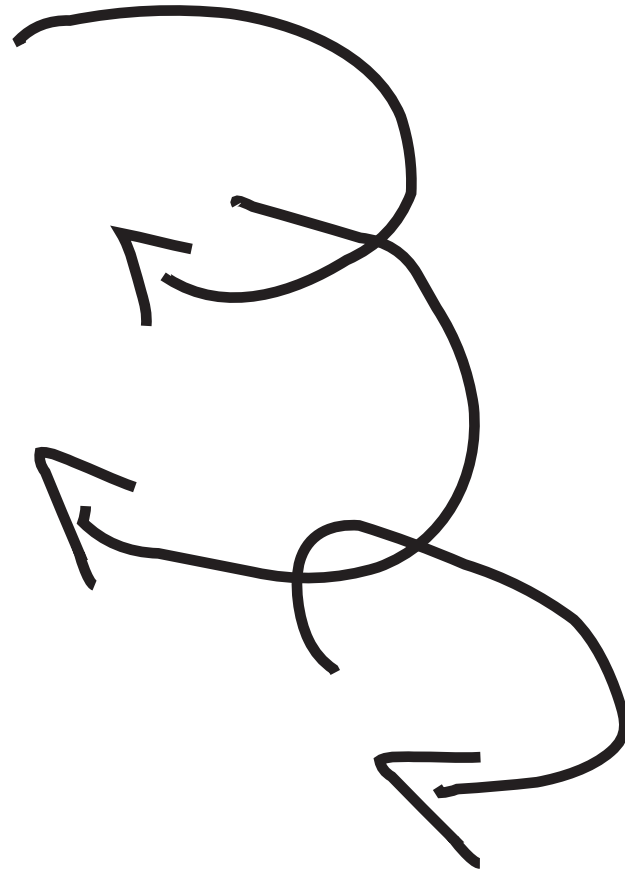
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3pm

Questions I asked the students

This is everything on one page a second way to use photos?



If I was to conduct this research or catch up with the students again



I would want to know if they used anything from the intervention and did any tips from previous focus group work or support them

check diagram in moodle from work shop 2 on the slides

about going over research twice

for blog

add yellow focus book photo

list you tube research videos
I watched on focus groups

Start reading and researching
into your topic and documenting
on your blog