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CCT 693

Participation D5- Process Review

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Moving through the steps, the useful tools, and guided discussion in class proved beneficial in progressing through my action research (AR) project. The most powerful element of action research is the continuous process of reflection and change. The tools and strategies provided in the class are there to help me thoroughly think through if I’m creating an intervention that accurately matches the situation. Highlight below are a few of the prized tools that aided me the most.

*Focused Conversations*

 One of my favorite in-class activities that helped further the project was focused conversations. In these conversations, we paired up with a classmate and explained our project to them. One person talked, while the other person listened. In vocalizing my situation I was able to clarify my problem and fine tune the elements within, which enabled me to narrow in on what I know and how I can evaluate everything. The Work in Progress presentations were also very helpful. With the presentations, my classmates were able to interjection with questions, which in the same way of the focused conversations, vocalizing my process, guided me through examining my project.

*FAQF*

 I have to admit I struggled with the KAQF. In reflecting on the tool, I confused what I know with my questions. The questions are to suppose to lead to me to research, which then will direct what I know and thus what actions I can take. But in my first and second revisions I put my questions into statements in a form of what I know. Once Peter led me into realizing my mistakes, I was able to redirect my focus and funnel down my situation and intervention.

*Evaluation Clock*

 In doing the evaluation clock, I was able to spell out the goals of my intervention, how it relates to the purpose of my project, the factors that will be assessed and then the variables that might influence those factors. Since, my intervention is narrow in focus, joining a running group to promote more engagement and endurance in running; the factors in evaluating are also pretty simple, mileage when I run by myself versus when I run with the group. In doing the evaluation clock I realized how much I needed to look at current long distance runners to seek advice from in how to become a more engaged runner and that by doing this I was building them within my constituency.

*Dialogues Processes*

 Lastly, I love participating in the whole class dialogue process activity. In this activity, I really get to hear my classmates’ opinions and views. It also illustrates the creative problem solving elements of action research. In some ways this semester, it was nice to focus on a personal change. Most of my time in my personal and professional life I’m examining social issues that obviously need interventions. Maybe I coped out, this semester, but in gaining an awareness of the tools and the knowledge in how to use them, I feel confident that I will be to use AR in other areas of my life.