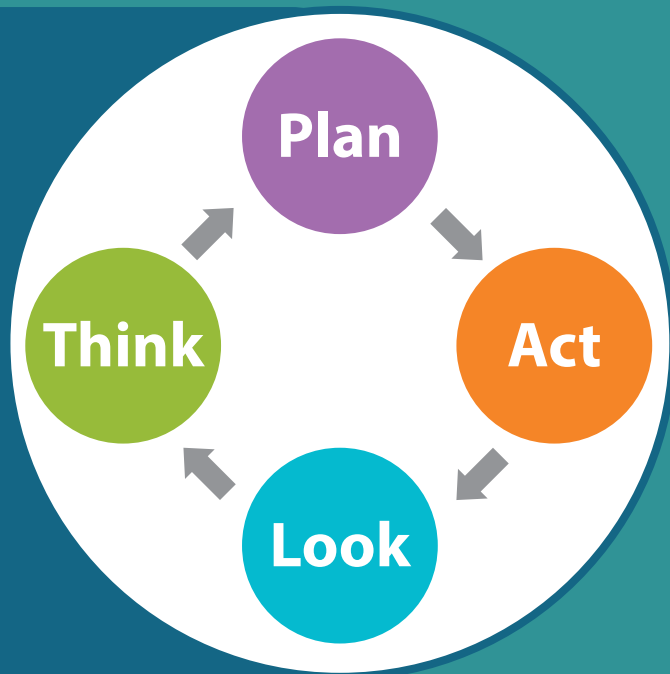


# Self Advocacy Groups

## Action Research Kit

### The Action Research Circle



### About this resource

This resource has been made  
to help self advocacy groups  
plan and do.

## **A note for self advocates**

This resource has some hard words.

The hard words are in **blue**.

The meaning of the hard words is on the last page.

**These activities are made to be done with the help of a support worker.**

## **What is in this kit?**

<b>1</b>	<b>What is action research?</b>
<b>2</b>	<b>What is action research for?</b>
<b>3</b>	<b>How to do action research</b>
<b>4</b>	<b>Steps to do action research</b>
<b>5</b>	<b>Action Research Worksheet</b>
<b>6</b>	<b>Think Worksheet</b>

## 1. What is action research?

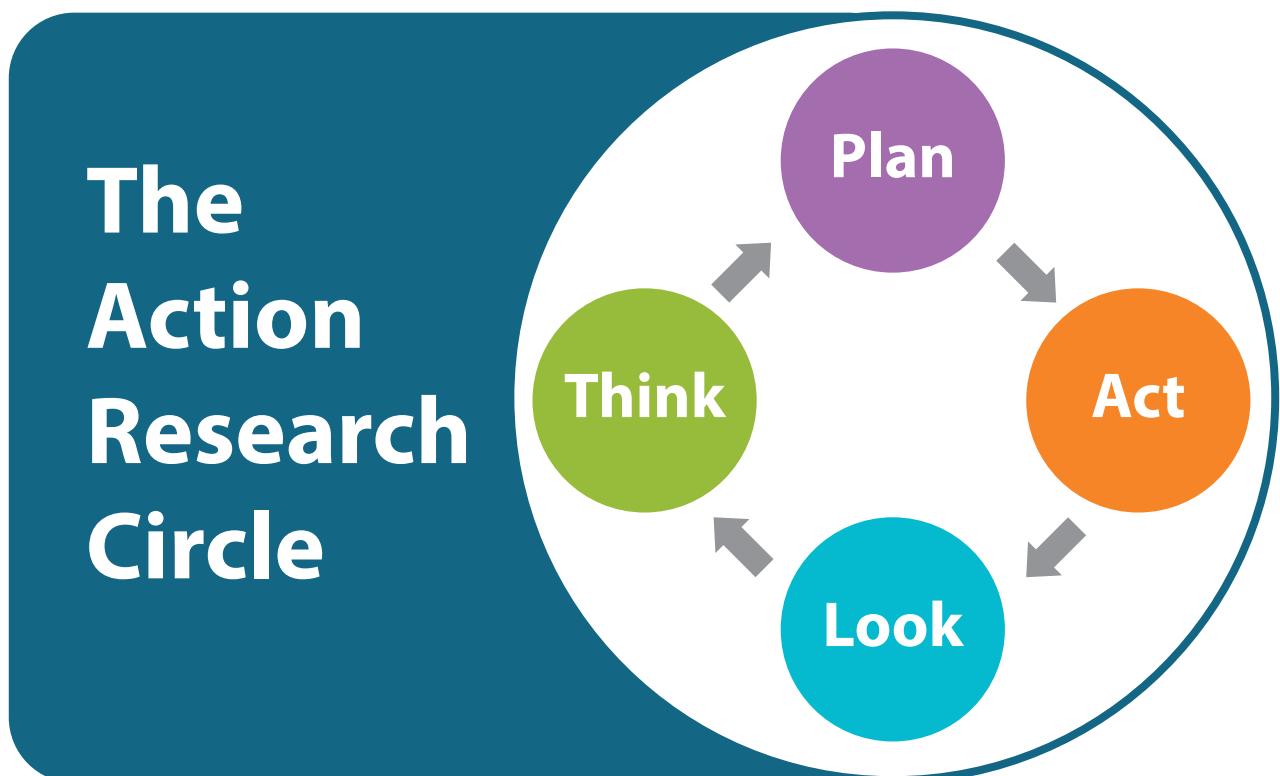
- A circle of planning and doing
- A way to **monitor** and **evaluate** your project

Monitor means keeping track of what has happened

Evaluate means seeing how well your project has worked

## 2. What is action research for?

- To show what you have done
- To think about big issues
- To understand strong feelings
- To learn new things
- To become stronger advocates



### 3. How to do action research

<b>Plan</b>	<ul style="list-style-type: none"><li>● Make a plan of the work you want to do</li><li>● Decide who will do what jobs</li><li>● Write down your plan</li></ul>
<b>Act</b>	<ul style="list-style-type: none"><li>● Do the work</li><li>● Write down what you did</li></ul>
<b>Look</b>	<p>Look at the work your group did</p> <p>Write down:</p> <ul style="list-style-type: none"><li>● What you achieved</li><li>● What other people <b>achieved</b></li><li>● What works well</li><li>● What is hard</li></ul>
<b>Think</b>	<p>Think about what you learned</p> <p>Think about what you will do next time</p> <p>Write down:</p> <ul style="list-style-type: none"><li>● What you will do the same</li><li>● What you will do differently</li><li>● Who can help you work better next time</li></ul>
<b>Plan</b>	<p>Once your group has thought about how to work better put these ideas into your next plan.</p>

Keep going with the Action Research Circle.



## 4. Steps to do Action Research

<b>1</b>	At your first project meeting start with your plan	<b>Plan</b>
<b>2</b>	After the meeting do the work you planned	<b>Act</b>
<b>3</b>	At the next meeting look at what you did	<b>Look</b>
<b>4</b>	Think about what you learned and what you might do differently next time	<b>Think</b>

Use the Action Research Worksheet on page 5 to help you do the steps.

The Think step can be hard. Use the Think Worksheet on the page 6 to help you think about:

- What has happened
- How it made you feel
- What you learned
- Why this is important

### Remember!

Keep your worksheets in a safe place. You will need them for **reporting** at the end of your project.



## Action Research Worksheet

**Plan**

What will you do?

**Act**

What did you do?

**Look**

How did it go?

**Think**

What will you do different next time?

# Action Research: Think Worksheet



What did you **do**?

How did you **feel**?

What did you **learn**?

Why is it **important**?

## List of hard words for self advocates

<b>Monitor</b>	Monitor means keeping track of what has happened
<b>Evaluate</b>	Evaluate means seeing how well your project has worked
<b>Reporting</b>	Telling the government how your project went
<b>Achieved</b>	Worked hard to get something done

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