

# About Research



**This is an Easy to Read book about research**



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# C What is research?



Research is the careful study of something that you are interested in.



When we do research, we look for information.  
We try to find out things.



Research is about asking questions.



Research is about getting answers to our questions.

# C Why do we do research?



Research can help us learn.



Research can help us to get new information and test new ideas.



Research can help us to understand more about things.



Research can help us to solve problems.

## C Getting involved in research

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There are two main ways that you can get involved in research.



1. You can take part in research that someone else is doing.

This is called being a research participant.



2. You can help to do the research.

This is called being a co-researcher.

# C How can we do research?



We can do research in lots of different ways:



- We look at people, places and things.  
This is called observation.  
We can study one person or group over time.  
This is called a case study.



- We interview people.  
We ask questions and listen to the answers.



- We talk to people in groups, called focus groups.  
We took part in a focus group about activities in our centre.

# C How can we do research?



- We use surveys.  
We did a survey to find out how people relax.



- We do experiments.  
We did an experiment to find out what plants need to grow.



- We collect numbers.  
We counted how many people watched the soaps, news and sport on TV.



- We check if there is any other research on the thing that we are interested in.  
This is called a literature review.

# C How can co-researchers help with research?



You can help decide what research is about.



You can ask research questions.



You can help to plan a research project.



You can do the research and collect information.  
For example, you could do a survey, do an interview, or help run a focus group.



# C How can co-researchers help with research?



You can help people to share their feelings, experiences and ideas.



You can study the information you collect.  
This information is called data.



You can share your results.  
You could try to get your research published.



You can tell people what worked well and did not work well with your research project.

For more information on the project,  
contact [research@smh.ie](mailto:research@smh.ie)



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