Action research

1. Cycle → Litreview → R.Qs → methodology → (ch) → implementing different tools (!) → Research mindset

2. No action without Research
   no research without Action → evidence based data (!)

3. SMART RQs. (ch) → Multifaceted problem consideration (!)

4. Focus on Learning (ch)

5. Reflection is important.

6. Professional growth treugh inquiry

7. Learning from practice