

Seven-step Cycle for Action Research

1. Initiation	The teacher notices a problem in class.
2. Preliminary Investigation	The teacher spends time observing the class and taking notes of their behavior.
3. Hypothesis	After observation, the teacher forms a question or hypothesis as to the cause of the problem.
4. Intervention	The teacher tries several strategies to solve the problem.
5. Evaluation	After some weeks, the teacher consciously observes or measures the class again to see if there has been any improvement.
6. Dissemination	The teacher shares his findings with others.
7. Follow-up	The teacher looks for other methods to solve his original classroom problem.

(Nunan, 1992)