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Developing a research proposal topics

Writing based on research takes time, thinking and effort. Although such work is challenging, it is manageable. Focusing on step by step will help you conduct thorough, valid research and write a thoughtful, convincing composition based on that research. Because planning provides better research and better writing, students are often called upon to write a research proposal – a formal composition in which a researcher defines a subject and explains his or her plans for research on that subject. Such a proposal is used not only to create a coherent plan, but also to convince a teacher or reviewer that you have developed a relevant, focused and interesting topic and that your plans to explore that topic will work. There are a number of basic steps that a researcher will take to develop a research plan. Each of these steps constitutes information included in the research proposal: Developing and defining a topic. Exploring your goal and audience for your research. Conducting preliminary research. Formulating a research question (and additional questions). Making a research plan. When you develop a subject for research, you make a great commitment. Your choice will help determine whether you enjoy the long process of research and writing and whether your last paper meets the allocation requirements. If you choose your topic hastily, you will later find it difficult to work with your subject. By taking the time and choosing carefully, you ensure that this assignment is not only challenging, but also rewarding. Writers understand the importance of choosing a topic that not only meets task requirements, but also suits their own interests and priorities. Choosing a topic that interests you is crucial. Your instructor can provide a list of suggested topics or ask that you develop a topic yourself. In both cases, try to identify topics that really interest you. This interest is also called exigence – the personal concerns and interests that prompt a researcher to investigate a specific topic. The writing that you do based on your research, though, is not just for yourself. Since you will write, based on that research, for others, your topic should also be current and relevant to others. The outcome of your research should be of interest to others here and now. This is often called kairos – the concerns and interests beyond yourself that make this issue relevant now. After identifying potential topic ideas, you need to evaluate your ideas and choose one topic to pursue. Do you find enough information on the subject? you develop a composition about this who presents and supports views that you have developed after conducting and assessing your research? Is the subject too broad or too narrow for the scope of the assignment? If so, do you change it so that it is more manageable? You will these questions during this preparatory phase of the research process. Sometimes an instructor can provide a list of suggested topics. If so, you benefit from identifying several opportunities before committing to an idea. Other times, an instructor lets students decide where to start choosing a topic. It is important, the, to know how to limit your ideas to a concise, manageable thesis. When discussing your ideas with your instructor, make sure you choose a manageable topic that meets the requirements of the assignment. In this chapter you follow a writer named Jorge, who is studying health care administration, as he prepares a research paper. Jorge was commissioned to write a research paper on health and the media for an introductory course in healthcare. Although a general topic was selected for the students, Jorge had to decide which specific issues interested him. He brainstormed a list of possibilities. Possible Topics Health Maintenance Organizations (HMOs) in the News Sex Education Programs Hollywood and Eating Disorders Americans' Access to Public Health Information Media Portraying the Health Care Reform Bill Images of Drugs on Television The Effect of the Internet on Mental Health Popularized Diets (such as Low Carbohydrate Diets) Fear of Pandemics (Bird Flu, H1N1, SARS) Electronic Entertainment and Obesity Ads for Drugs on Public Prescription Education and Disease Prevention From There , he will have to explore these subject ideas further in order to find a topic that he can use. Below are a few common approaches to developing and narrowing a topic. A common approach to developing a topic is through different forms of brainstorming, this is the approach Jorge used above. In this approach, a student can set aside a certain amount of time to list or map out possible ideas or topics in which he is interested. For each topic, they can briefly describe their exigence (why they are personally interested in the subject) and kairos (why this is a relevant and timely topic for others) as well as writing down their own current understanding of each topic. After this, the student can use what they wrote to pick out ideas they seem less interested in, eliminating options until they find the ones that both they and others may find most interesting. While this may be a good way to find a topic you're interested in, students may find it interesting to find such a topic before you start research. If, after brainstorming, you end up with broad categories such as Abortion, Capital Punishment, Cell Phone Use, Child Abuse, Eating Disorders, etc., you will need to continue to do more brainstorming to figure out specific aspects of one of these topics that you want to explore. For example, if a student tries to investigate the general topic of capital punishment, find that there is far too much land to cover. But if the student starts breaking down that general subject, looking at it from different points of view, they can find a narrower subject that is much more manageable. For example, instead of capital punishment in general, a researcher may decide to examine legal decisions about the death penalty as cruel and unusual punishment, or racial bias in death penalty punishments, or differ in the frequency of executions in states where the death penalty is legal or even explore whether the death penalty should be legal in its home state. Another effective way to select a topic is to start researching. Instead of selecting and trying to narrow down a broad topic, a researcher will begin with a very specific problem, problem or incident reported in a news article or study, and then expand that problem or problem to develop an interesting and engaging research topic. This approach works well for a few reasons. First, when one does research and writes about that research, they participate in some kind of conversation with other researchers and writers. And like any conversation, it's helpful to listen about what's being talked about in previously published sources before figuring out your own topic idea and deciding how you want to contribute to academic discourse on that issue or issue. Two, it helps to make sure that your subject is sufficiently narrow, and therefore manageable, to begin with. When students choose a broad topic and have to limit it, they often fail to limit it sufficiently. This approach prevents that problem by starting by looking at something very specific and then expanding the research topic from there. When using this approach, it is helpful to write about the article you found in a systematic way, generating thoughts about what interests you about the article and therefore the topics related to the article that you care about. Here are some specific ideas to speculate about while taking notes on such an article: Explore topics: In a few sentences, describe broader topics or issues the article touches on. In addition to the specific incident or event described in the article, what larger social issues or debates does the article relate to? (EX: When I'm reading an article about a specific mass shooting, topics may include mass shootings, gun control, mental illness, public safety, gun rights, etc.) Discover Exigence: In a few sentences, explain why you are personally interested in or curious about the incident reported in the If possible, connect it to your own personal experience. Based on this, what topics do you think you'd like to explore? Discover Kairos: In a few sentences, identify the groups of people this incident or problem matters for (outside yourself) and why it matters to them now, don't just think of involved in the incident itself, but other people or entities or institutions in society who may have a concern about this incident or incidents like it. Based on what is most important about this incident, what related topics deserve investigation? Discover controversies: In a few sentences, explain what differences of opinion or debates may exist about this incident or event and you think those disagreements might exist? Based on this, which of these controversies might be worthy of investigation? Once you have developed potential topics, you will have to choose one as the focus of your research. You also need to limit your subject. Especially when brainstorming was used, most writers feel that the topics they mentioned during brainstorming are broad, too broad for the scope of the assignment. Working with too broad a topic, such as sex

education programs or popularized diets, can be frustrating and overwhelming. Each subject has so many facets that it would be impossible to cover them all. However, more specific choices, such as the cons and cons of sex education in children's TV shows or the physical effects of the South Beach diet, are specific enough to write about without being too narrow. A good research paper provides targeted, in-depth information and analysis. If your subject is too broad, you will find it difficult to do more than shave the surface when you research and write about it. Reducing your focus is essential to make your subject manageable. To limit your focus, explore your topic in writing, conduct preliminary research, and discuss both the topic and research with others. Any good research proposal will also discuss the purposes and potential target groups for the research that is being carried out. Often this starts with the researcher exigence and kairos of the subject, and from there extends to what the research hopes to achieve and who he hopes to inform and convince with this research. This is generally done through free writing. Jorge knew that he was especially interested in the subject of diet fads, but he also knew that it was far too broad for his assignment. He used free writing to explore his thoughts so he could limit his subject. Read Jorge's ideas. Our instructors always say that accurate, up-to-date information is crucial to encourage people to make better choices about their health. I don't think the media does a very good job of providing that, though. Every time I'm on the Internet, I see tons of ads for the latest miracle food. One week it's acai berries, the next week it's green tea, and then six months later I see a all the fantastic claims about acai berries and green tea are exaggerated! Advice on weight loss is even worse. Think about all the diet books out there! Some say that a low-fat diet is best; some say you reduce carbohydrates; and some make bizarre recommendations like eating half a grapefruit at every meal. I don't know how anyone is supposed to make an informed decision about what to eat when there is so much confusing, conflicting information. I bet even doctors, nurses and dieticians struggle to figure out what information is reliable and what's just the latest hype. That's why I want to use my research to inform readers and how they can accurately inform themselves about healthy food choices. I think this research is especially important for new high school and graduates – individuals who are just out of school and are just independent adult consumers of food and health products. This is a perfect opportunity for them to inform themselves and change old assumptions and habits. In order to prepare a research proposal, a researcher must also carry out a preliminary study. Partly, this is to ensure that there are a number of viable resources and capabilities available for the topic idea you have generated. But also, you will need some information and insights about your topic to determine that topic in your research proposal and develop a valid research question. This preliminary research can help you understand important history, concepts and terminology on your subject. It can also help you figure out what people are saying about your subject and the opinions that exist about it. This research can be done using your college's library or by searching online. Jorge's free writing helped him realize that the assigned topic of health and media intersected with a few of his interest-diet, nutrition and obesity. Preliminary online research reinforced his impression that many people are confused or misled by the media coverage of these topics and began him exploring different types of solutions to this problem. Jorge decided to focus his paper on a topic that had received a lot of media attention - low-carbohydrate diets. He wanted to know if low-carbohydrate diets were as effective as their proponents claimed. A research question is a central question that you will ask yourself to focus your research and develop your research composition. As you do research, look for resources to help you answer your research question. Later, you'll write your research composition to answer that question. When forming a research question, you set a goal for your research. Your main research question should be substantial enough to form the guiding principle of your research, but focused enough to actually guide your research. A strong research question requires that you not only but also brings together, interprets and analyzes different pieces of information and finds out what you think. As you are considering research questions, ask yourself if they would be too difficult or too easy to answer. To determine your research question, check out the free writing about your subject. Go through your preliminary research and put the questions you have in a row. You include simple, factual questions, but as you move forward, you need to push yourself toward more complex questions that require research, analysis, and interpretation. From there, you determine your most important research question - the primary focus of your research and the composition you write on it. You also have some helpful questions that help you draw attention to specific facts or details you need to learn about your topic. Here are the research questions jorge will use to direct his research. Note that his main research question does not have a clear, simple answer. Jorge will also have to examine his supporting questions, which deal with narrower aspects of his subject. Even still, Jorge will have to come to his own conclusions about his research question. He will have to analyse his research carefully, interpret that data and consider how it relates to his research question, and ultimately develop his own vision and support that opinion through evidence from his research. Subject: Low-carbohydrate diets Main question: Are low-carbohydrate diets as effective as they are portrayed by media sources and how can consumers be sure about the effectiveness of these types of diets? Subquestions: Who can benefit from following a low-carbohydrate diet? What are the supposed benefits of following a low-carbohydrate diet? When did low-carb diets become a hot topic in the media? Where do average consumers get information about food and nutrition? Why has the low-carb approach received so much media attention? How do low-carbohydrate diets work? 5. A plan for research Your free writing, preliminary research and research question have helped you choose a targeted, manageable topic for your research. If you want to work successfully with your topic, you need to decide what exactly you want to know about it and what you want to say about it later. Then take the time to make a plan for your research: Plan for conducting secondary research. What information do you need to answer your research question and supporting questions? In what secondary sources do you find them? Which of these sources should be found using online or physical library resources and which are best found on the open web? What keywords are you going to use to search for your resources, whether you're using library resources or going online? Plan to conduct primary research. Will your research include primary research? If so, you will conduct interviews, surveys, or any other kind of primary research? Who are you going to interview or survey or what are you going to observe? What materials are you going to use to conduct your primary research? Plan for time. How much time do you give yourself to complete each part of your research calendar? On what days (or at the time of day) do you complete every part of your research? How much research is realistic, given your deadline? A research proposal can be long (multiple pages) or short (1-2 pages), depending on the objectives and specificity of your research proposal assignment. Check the description of your instructor's assignment to determine the length and depth of the assigned research proposal. In any case, your goal your research proposal is to define your topic and formalize your research plan. This proposal will help to convince your instructor of your research ideas and will help your instructor give you feedback on your topic and research plans. In your research proposal, you define your topic, discuss the importance of this topic, both for you and for others, present your most important research question and supporting questions, and provide a research plan. When Jorge started drafting his research proposal, he realized that he had already made most of the pieces he needed. However, he knew that he also had to explain how his research would be relevant to other food consumers. In addition, he wanted to form a general plan for doing the research and identifying potentially useful sources. Read Jorge's research proposal. Jorge Ramirez March 28, 2011 Health Care 101 Professor Habib The health claims of low-carb diets: a research proposal In recent years, topics related to diet, nutrition and weight loss have been extensively covered in popular media. Different experts recommend different, often contradictory strategies for maintaining a healthy weight. A highly recommended approach, which forms the basis of many popular diet plans, is to limit the consumption of carbohydrates. However, experts disagree on the effectiveness and health benefits of this approach. What information should consumers consider when evaluating diet plans? This issue concerns me because I have known a number of people in my family who have tried a low-carb diet, somewhere with the guidance of a self-help book and sometimes on their own. Some of them have lost weight and some have not. I wonder, however, how well they understand about food eating and even what is low-carb vs. high-carb food. I'm also concerned that they may do damage to their health even if they are trying to lose weight. The same care can be extended to other food consumers. How effective and healthy are these dietary plans? How can we as consumers be better informed about them? In research I will examine the claims of proponents of the low-carbohydrate lifestyle. My primary research question is: Are low-carbohydrate diets as effective for maintaining a healthy weight as they are pictured to be and how can consumers be sure the effectiveness of these types of diets? My secondary research questions are: Who can benefit from following a low-carbohydrate diet? What are the supposed benefits of following a low-carb diet? When did low-carb diets become a hot topic in the media? Where do average consumers get information about food and nutrition? Why has the low-carb approach received so much media attention? How do low-carbohydrate diets work? To conduct my research, I would like to find and read some popular self-help diet books that promote low-carbohydrate diets. In those books, I will examine their health claims and their explanations for why a low-carbohydrate diet helps them lose weight and how healthy they are. I will also use library databases and, if necessary, the open web to investigate counterclaims about the effectiveness of low-carb diets on health and weight loss. By studying these sources, I hope to gain an understanding of how food consumers can be better informed about these diets. I also want a more personal perspective of how these diets affect people. So I'm going to interview a few of my family members who have tried low-carb diets and see what they experience, how they think it affected their health, and whether they thought the diet was effective. Effective.

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