

Participatory Action Research (PAR)

Background

Components of participatory action research (PAR) seeks to improve society by changing it. PAR includes self-reflective inquiry and understanding of history, culture, and local context. (Baum, MacDougall & Smith, 2006). This approach is community based and deliberately advocates for shared power and partnership between researchers and the researched. Moreover, according to Torre (2009), PAR requires socially engaged questions that warrant collective answers through research and action.

The following template/outline is designed for ART of Equity PAR projects.

1. Project Title
 - a. Name what is being addressed and improved
2. History and context
 - a. Contextual and historical information related to the project
 - b. Data collection related to the project
3. Socially engaged questions
 - a. What questions emerge from understanding local context and history
 - b. Inquiry and ideas for making improvements
4. Steps for collective research and action
 - a. Identify action research plan and timeline
 - b. Who will be included and collaborate in the PAR project
5. Collective Answers
 - a. Iterative reflective cycle (findings/results, data collection, reflection, and more action)