What Is Research - My Heart Opulence

Understanding Research Fundamentals

☐ Watch the full video: What is Research, Really?

Reflect on the differences between:

☐ Looking up answers vs. conducting research

☐ Facts vs. structured protocols

☐ Opinions vs. hypotheses

☐ Understand the purpose of ethical, reproducible, and rigorous research

☐ Define how research affects people, communities, and the scientific field

☐ Learning Stages by Educational Level

☐ High School Learners

☐ Understand exploration as the entry point into research

☐ Build curiosity and identify credible sources

☐ Learn the ethical responsibilities of researchers

☐ Participate in guided inquiry activities

☐ College Students

☐ Review what distinguishes academic writing from exploration

☐ Learn how to conduct and synthesize literature reviews

☐ Understand early-stage inquiry steps

☐ Recognize when IRB approval is or is not needed

☐ Grad/Med Students

☐ Define research foundations: IRB basics, informed consent, data ethics

☐ Learn project design steps for generalizable research

☐ Understand the research approval process

☐ Clarify risks and responsibilities in real-world inquiry

☐ Residents

☐ Apply science to study execution and patient-centered design

☐ Deepen skills in data security, patient safety, and regulatory compliance

☐ Fellows

☐ Lead independent research projects

☐ Write grant proposals and dissemination strategies

☐ Mentor junior learners in applied ethics and science

☐ Scientific vs. Educational Inquiry

☐ Distinguish formal research from exploratory educational activity

☐ Identify when IRB is required for formal research

Complete one project labeled as:

☐ Educational growth (preliminary inquiry)

☐ Foundation for future IRB-approved study

☐ Label project clearly to avoid ethical missteps

☐ Terms for Early-Stage Inquiry

Define and apply these concepts in a short activity:

☐ Needs assessment

☐ Stakeholder engagement

☐ Formative inquiry

☐ Educational project

☐ Design thinking interviews

☐ Patient advocate insights

☐ Preliminary qualitative exploration

☐ Summary Reflection

☐ Read and reflect on the learner table on page 9

☐ Identify which level you align with now

☐ Write 2–3 sentences summarizing your current stage and next steps

☐ Knowledge Check

☐ Complete the brief Knowledge Check (as noted on page 9)

☐ Submit responses through your assigned form or LMS