The process of the research definitely changed a lot over the semester, it went from making our literature reviews to designing the survey then getting parents to take the survey and finally analyzing the data received in comparison to the literate reviews we completed in the beginning. It almost went in a full circle by the end, throughout the process though we had to edit and change our research topics as we got more information from the survey results.

Picking sources was one of the more difficult parts for me, all the sources needed to be creditable and peer reviewed. Which was not the issue, our topic is pretty niche and finding an article that fit the research question and was considered recent was difficult. Speaking for myself I had to redo most of my literature review and sources because it no longer was the data I used for the rest of my research. So I experienced the challenges of finding a source twice which was a challenge in itself.

Some of the struggles we had with the research was the lack of response we received after the survey was sent to all the head start families. We had a total of four responses which was very discouraging because at the time we had all been working very hard with our literature review in preparation for the survey, then coming up with the survey questions and eliminating and fixing questions when needed. As a group we decided that the best way to get more responses was to go to the local head starts and hand out flyers with the survey qr code and have parents fill it out there. We ended up with over 20 responses which was a great increase to the four responses we did have.

I had never done research like this before so I did not know much when going into this. I definitely felt like my “confidence level” was constantly going up and down throughout the entire process. This research was difficult with a lot of learning curves but I am very grateful for what I learned and what it could and will do for the community.

To think like a researcher means that you want to find an answer to a question in an ethical way. It means to not cause more harm than good when in the search for answers. It is staying unbiased throughout the entire research process.