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Action research is a research that ANY of us can do on his/her own practice to improve it. It can be conducted with the assistance or guidance of professional researchers in order to improve strategies, practices, and knowledge of the environments within which they practice. Action research is a process in which participants examine their own educational practice, systematically and carefully, using the techniques of research. What is action research? It is a process in which teachers investigate teaching and learning so as to improve their own and their students’ learning. Why should teachers do action research? To help them notice what they and their students really do, rather than what they think they do.