

Keeping a research journal

The best way to be reflexive as a researcher and begin to identify your subjectivities is through keeping a research journal. Writing begets writing. Not only does writing enable you to reflect on what has happened in the past, but it generates new ways of thinking. Some would say that writing (and talking) *equate* to thinking. Write regularly in your research journals. Find a system that works for you and stick to it.

Diane Watt's (2007) paper illustrates this process. In her research journal she documented decisions that she made during her study and used that documentation to engage in reflection. She outlines in her paper how her journal impacted all aspects of her research:

- ◆ Purpose for engaging in the research
- ◆ Designing the study
- ◆ Participant issues
- ◆ Data collection (data management, conducting observations, interviews)
- ◆ The emergent nature of qualitative inquiry
- ◆ Issues of trustworthiness
- ◆ Data analysis
- ◆ Writing the narrative
- ◆ Personal issues

On your reflexivity blog, make one (or more) posts that speak to the ways in which your own reflexive practice has impacted the various aspects of the research project.