



Different Research Processes

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Layout:



HOW TO PREPARE
SMART GOALS



STEPS TOWARD A
RESEARCH PROJECT



CULTURAL EXCHANGE

How to Prepare SMART Goals

- **S** – Specific

(the goal is narrow enough for effective planning)

- **M** – Measurable

(the goal can be measured)

- **A** – Achievable

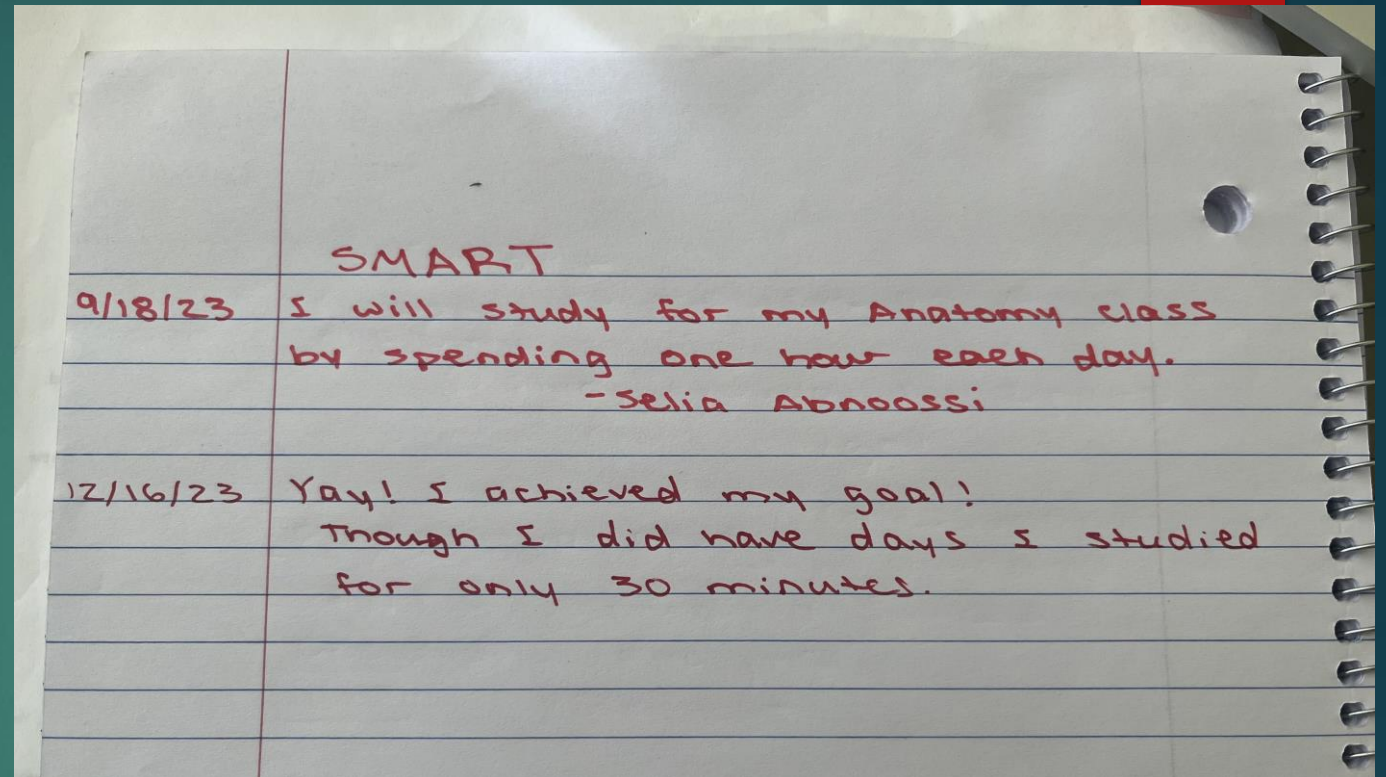
(the goal can be accomplished in a set time frame)

- **R** – Relevant

(the goal is aligned with your values and long-term progress)

- **T** – Timed-bound

(the goal has a realistic end date)

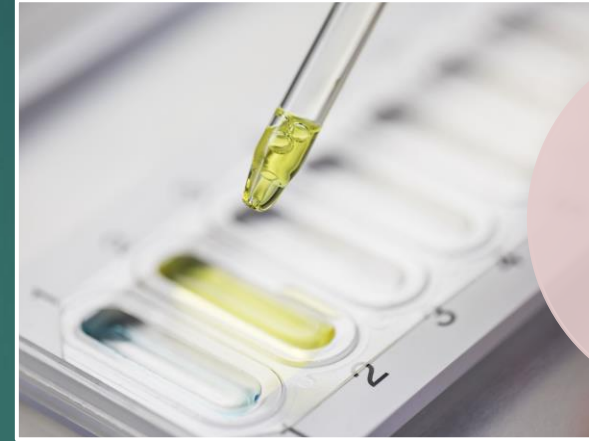


- ▶ My personal SMART goal for the Fall 2023 semester was to study at least an hour everyday for my Anatomy class
- ▶ I achieved my SMART goal! By studying everyday, I was able to receive the grade I wanted!

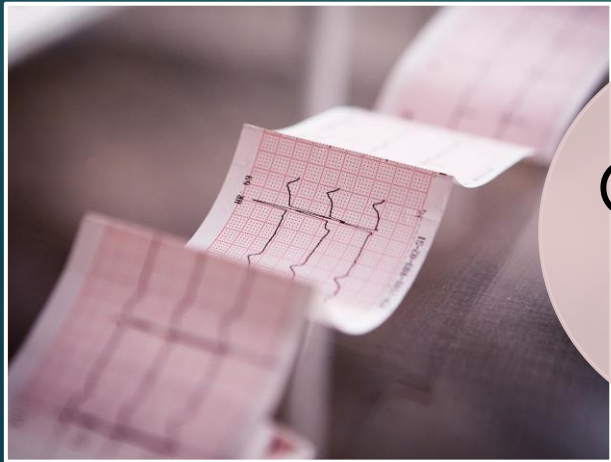
Steps in Research



Ask a
Research
Question



Select
Method
and
Sample



Collect
Data



Analyze Data
and Provide
Improvements

Different Types Research Methods

Quantitative

- ▶ Related to numbers
- ▶ Presented in terms of statistics or numerical form
- ▶ Pre-set parameters are set for the design and analysis
- ▶ Data is collected and analyzed according to the parameters
- ▶ For example, performing an experiment where the symptoms of a novel medication were recorded



Experiment



Interview

Qualitative

- ▶ Related to understanding “how” and “why” an occurrence occurs
- ▶ Presented in terms of descriptions, words, and pictures
- ▶ Centered on processes, meanings, and experiences
- ▶ Process is refined throughout time (not one and done)
- ▶ For instance, interviewing patients on their experience with using the novel medication

Cultural Exchange

Bangladeshi and Armenian/Iranian Culture

- ▶ Both Anowara and I shared how immigration to the United States of America was difficult for her and my parents
- ▶ People in Colorado with our cultures are few, but we love to share our culture with others through food
- ▶ Both of our cultures are family-centered. We appreciate and respect our families greatly
- ▶ Anowara has 5 siblings, while I only have one! We both have a instinct to be a motherly figure for our younger sibling(s)
- ▶ In Iran, we have a tasty dessert called Zolbiya. In Bagladesh, there is a similar dessert but it is called Jalebi (fried dough with a very sweet syrup poured over it)




Learning Experience

- ▶ This experience opened my eyes to seeing different types of research that can occur in academia
- ▶ Research can entail preform in experiments in a clinical lab setting and a community setting, but it can include compiling information and observations from participants to make conclusions on a specific health topic and health behavior
- ▶ Research can be preformed using surveys, experiments, interviews, and observations
- ▶ Research is ever changing



Next Steps

A photograph of two women in a hospital hallway. The woman on the left is wearing a light-colored sweater and has long dark hair. The woman on the right is wearing a white lab coat over a blue shirt, has a stethoscope around her neck, and also has long dark hair. They are both looking towards each other and appear to be in conversation. The background is a brightly lit hallway with doors and a ceiling light fixture.

Using the SMART goal structure, I will make goals for myself in the future as well as manage my time to make sure I achieve my goals

I am looking for research based experience that guides me through the process of writing a research paper

Additionally, I am searching for clinical based experience where I can shadow physicians to see how research applies into the medical field

Appreciations

- ▶ I would like to express a dear appreciation to Dr. Christina Cenciarelli and Elizabeth Evans, MSS, for their invaluable contributions in creating a platform that facilitates meaningful interactions and learning opportunities for students and scholars
- ▶ A special thank you to Anowara Begum, MPH, for her mentorship throughout Fall 2023 and passing her knowledge on to me

