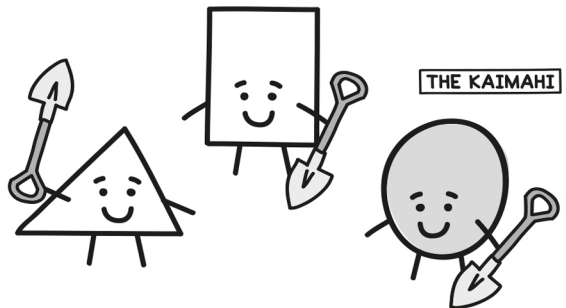
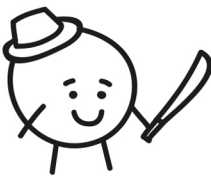




ARE YOU MAKING A MEAL OUT OF RESEARCH?



THE FORAGER



A RECIPE FOR RESEARCH SUCCESS

ARE YOU
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A RECIPE FOR RESEARCH SUCCESS

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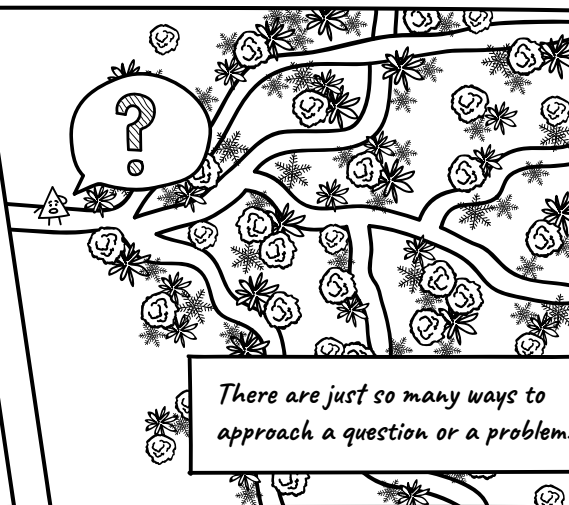
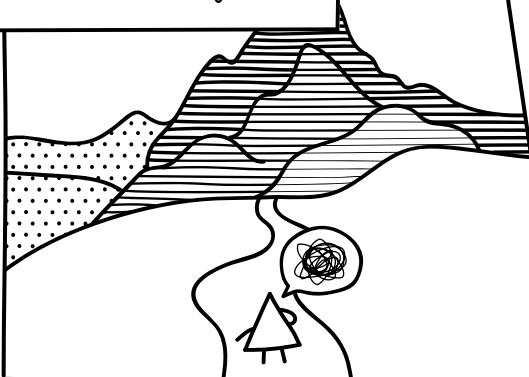


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INTRODUCTION

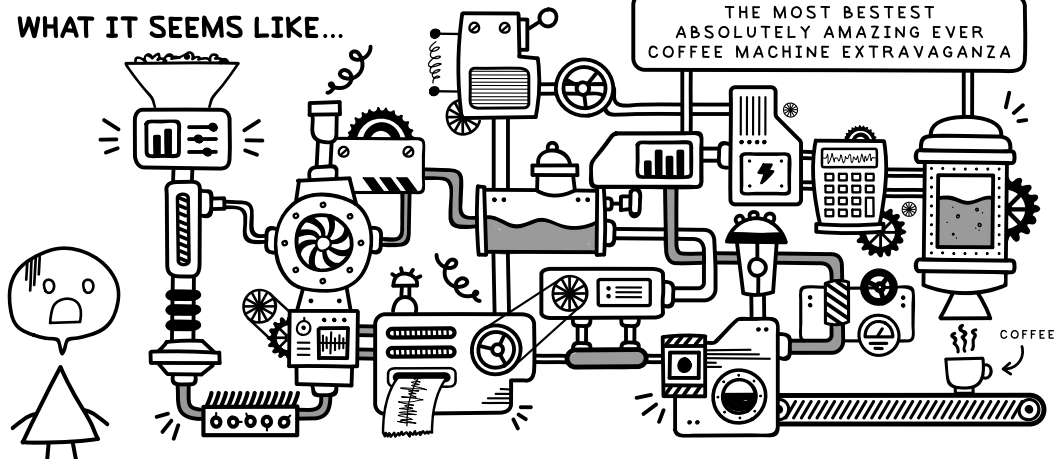
Starting a research journey can be overwhelming.



There are just so many ways to approach a question or a problem.

As researchers, we often end up 'making a meal out of it' because it can be tricky to know where to begin.

WHAT IT SEEMS LIKE...



WHAT IT SHOULD BE...

EASY AS



ONE



TWO

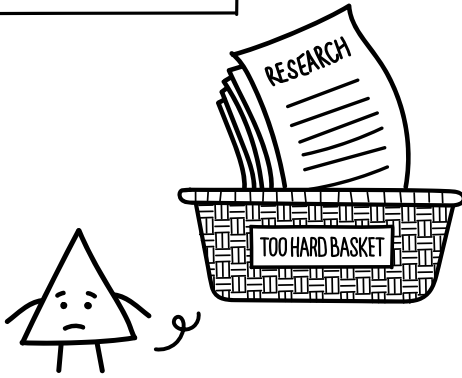


THREE



To make a meal out of something is to do it "in a way that makes it seem more important or difficult than it really is" (Merriam-Webster).

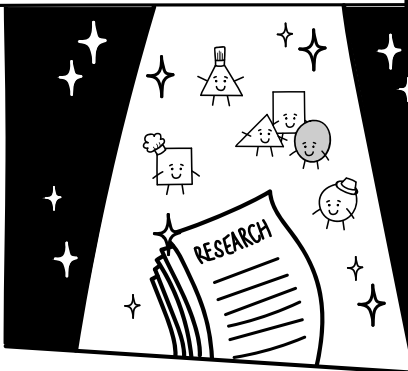
But research doesn't have to be so difficult.



This guide will help you think about what research is and how you might get started.

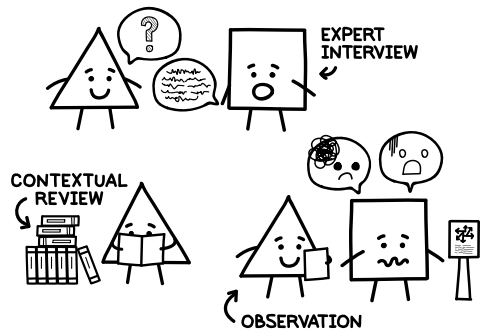
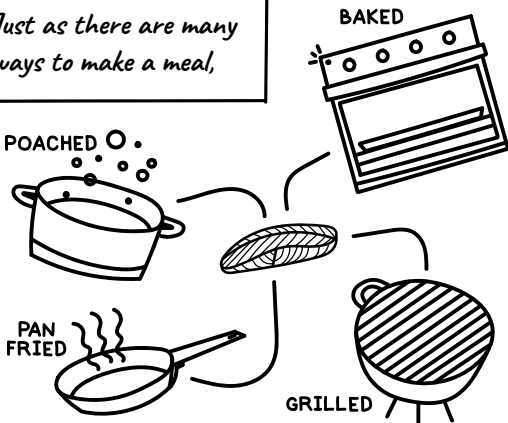


We hope that it will demystify research by making visible the different approaches and positions you can take as a researcher.



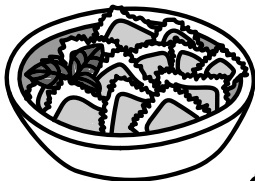
We use 'making a meal' – or cooking – as an analogy for research.

Just as there are many ways to make a meal,

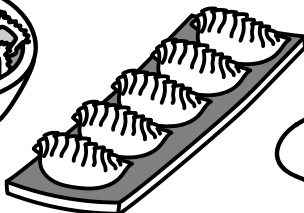


there are also many possible ways to approach your research.

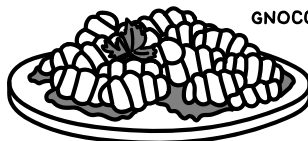
For example, in cooking there are many different flavours and cuisines that are made from different combinations of ingredients.



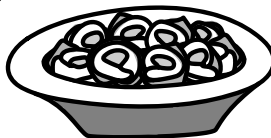
RAVIOLI



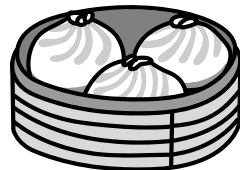
GYOZA



GNOCCHI



TORTELLINI



XIAO LONG BAO

INGREDIENTS



ASSEMBLE



MIX

COOK



EAT



Some people prefer to cook by following recipes,

whereas other people's cooking is a little more intuitive.



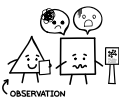
The same goes for research.

ONE



CONTEXTUAL REVIEW

TWO



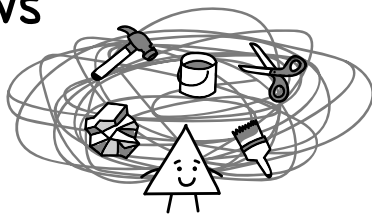
OBSERVATION

THREE

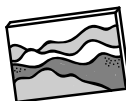


EXPERT INTERVIEW

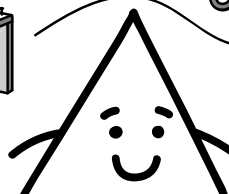
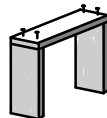
VS



WHAT YOU WANT TO MAKE

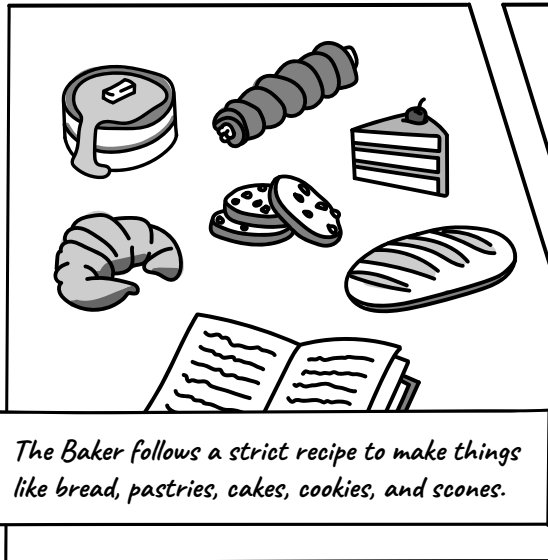
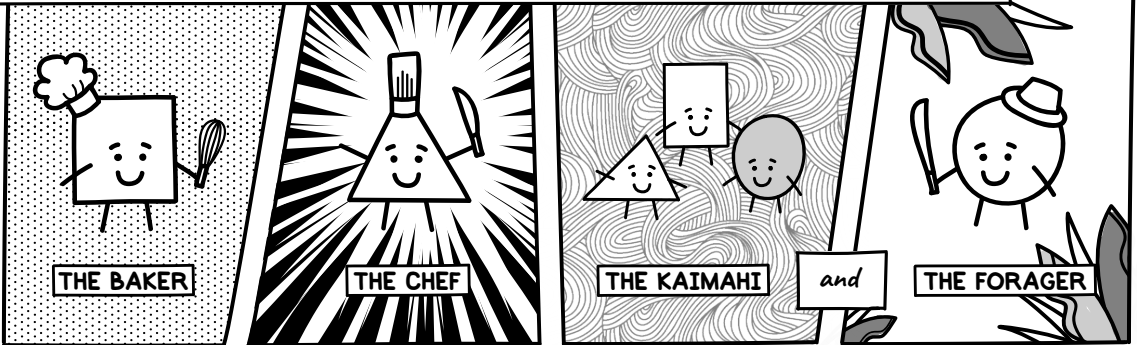


RIGHT TOOLS FOR THE JOB

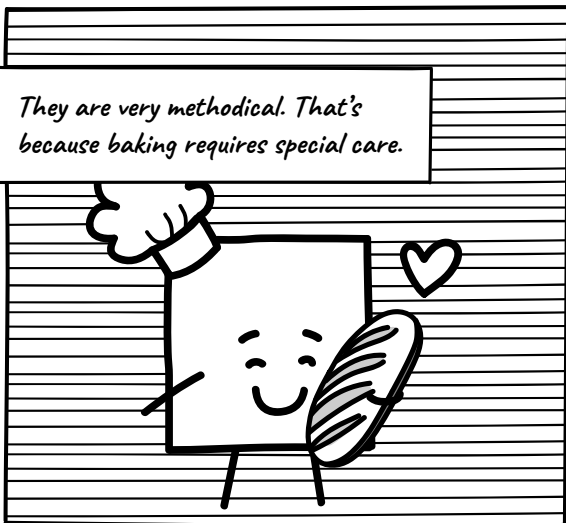


It just depends what you want to make (or 'find out') – and whether you have the right tools for the job.

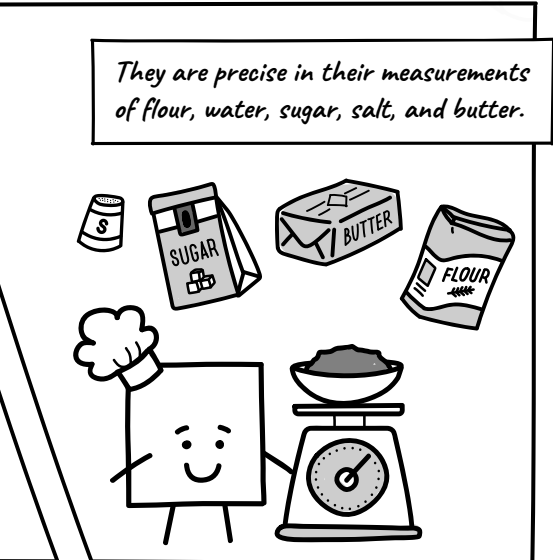
Using this analogy, this guide explores four possible ways to approach your research. These are positivism, interpretivism, Kaupapa Māori* and post-critical. These are represented by...



The Baker follows a strict recipe to make things like bread, pastries, cakes, cookies, and scones.



They are very methodical. That's because baking requires special care.



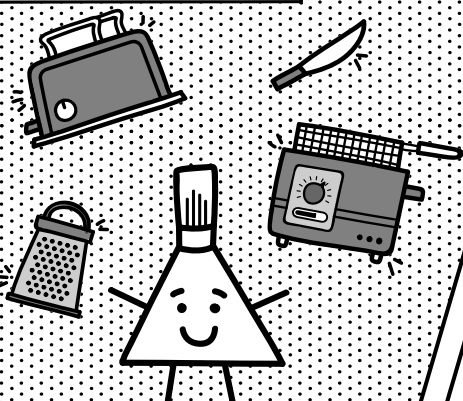
They are precise in their measurements of flour, water, sugar, salt, and butter.



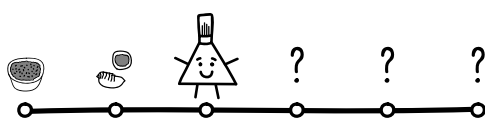
The Baker uses specific techniques and methods that have been developed over time to ensure that their baking isn't, say, too dry.

*Kaupapa Māori is an indigenous approach used in Aotearoa, New Zealand. More appropriate indigenous approaches to your context will need to be explored.

The Chef also uses a range of techniques to make a meal,

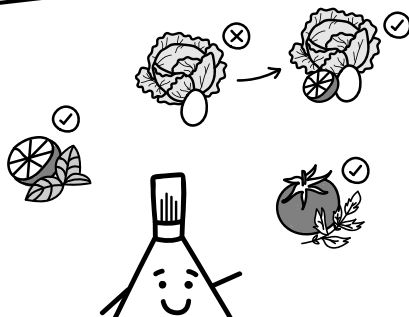
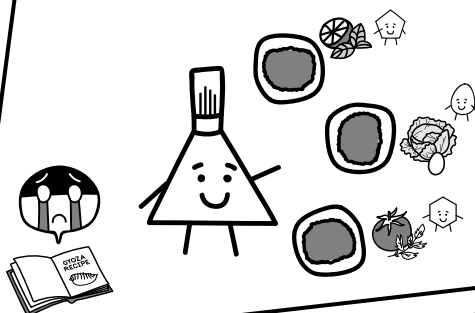


but they have more room to explore different ingredients and flavour combinations.



They might follow a recipe too, up to a point

but then diverge from it to accommodate different tastes and preferences.



They'll keep tasting their food to see what's working and what isn't,

and will continuously adapt their cooking to satisfy the wants and needs of diners.

