Topic 6 Worksheet 4

Reflection on research purposes

What are the benefits to research? What can this practice teach us? How can we benefit from good research?

Watch the video, [*Lessons from the longest study on human development*](https://www.ted.com/talks/helen_pearson_lessons_from_the_longest_study_on_human_development), and make links between the findings and your thoughts on the value of research. Use the following question prompts in this worksheet to help you formulate your arguments.

Although the topic of the research in this talk may not be relevant to what you are studying on this course, listen carefully to what the speaker is saying about research. Think broadly about the implications of her words on any research you will be doing as part of your study.

* What are the benefits to research?
* What can this practice teach us?
* How can we benefit from good research?
* Reflective questions (feel free to add others)
* How can I be most effective in my research?
* How can I save and store links and materials I've used before?
* How can I Incorporate my reading on one topic into another?
* How can I plan my study time to allow for appropriate research time?

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