

Guiding Questions Instructions

All inquiry projects require research questions. Research questions guide your inquiry and keep you focused and on track. Before you begin researching, identify a problem that you would like to solve, and answer the four following questions. Lastly, combine a minimum of two to form your guiding question for this project, and create 3-4 subquestions that identify areas of research you will need to conduct. (Hint: You may copy and paste my example below into a document and fill in your own ideas, if needed.)

1. What do you want to learn how to do/be?
2. What would you like to create/change?
3. Who would you like to help?
4. What are you good at or passionate about?

Example:

Problem: Today's young people experience high levels of anxiety, stress, and depression with few coping tools or relief.

1. *I would like to learn how to help young people become more mindful.*
2. *I would like to change the culture of anxiety and self-criticism to one of self-acceptance.*
3. *I would like to help young people in my school.*
4. *I am good at reaching out to people and implementing change.*

Research Question: How can I use my role as a classroom teacher to help students become more mindful in their everyday lives?

Sub-questions:

- *What causes stress for high schools students in this community?*
- *What are some techniques that are proven to alleviate stress?*
- *What is mindfulness, and how does it impact stress?*
- *How does stress impact young people?*

Research Problem & Guiding Questions

Name:

Problem	
Research Question	
Stakeholders	1. 2. 3.
Guiding Questions	1. 2. 3.

Research Problem & Guiding Questions

Name:

Problem	
Research Question	
Stakeholders	4. 5. 6.
Guiding Questions	4. 5. 6.

