Discussion section: UGS 303 9/10/20

Next week in discussion, you will be starting to question-storm in your groups for your semester projects. There are a variety of ways to go about this process. Today, we are going to practice one way to question-storm using a technique from the Right Question Institute and adapted for the National Science Foundation (NSF) to help researchers and graduate students formulate their research foci. This is called a QFT, or question formulation technique.

Here is the outline of steps in this process:

1. Formulate questions
2. Work with and improve questions
3. Strategize questions
4. Reflect on question formulation and questions.
5. Formulate questions. In this first step, identify a focus for your questions. You may want to avoid topics that you are interested in for your group projects. Bring those next week.
6. First, identify an area of interest ---- what problem are you interested in either understanding better or solving? Spend a few minutes thinking of one. Everyone in your group should suggest one.
7. Choose one to continue in your group with. Remember, that we don’t judge ideas at this stage. Becoming too attached to our ideas can create pitfalls.
8. Once you have the topic, ask as many questions as you can about it. Go around your group twice. Every group member should suggest 2 questions.
9. DO NOT JUDGE, DISCUSS OR ANSWER ANY QUESTIONS yet.
10. Write down every question exactly as stated or exactly as it comes to mind
11. Change any statements into questions.

What are the factors that affect bmi?

Open already

Is there a relationship between weight and proper nutrition?

how does nutrition affect weight

1. Work with and improve the questions. Label the questions as closed, or open. Switch any closed questions to open ones.
2. Choose your top three questions as a group to take to the next step.
3. Why did you choose those three to prioritize?
4. Reduce down to one question. Feel free to refine the question.
5. How do you feel about your question? If you have time, move to the ‘what if” stage.

What are the factors that affect BMI

How does nutrition affect your mental health

What effect does nutrition have on your sleep cycle

How does your nutrition affect your mental health, sleep cycle, and BMI?