

[Click here to go to living-posters directory and archive](#)

Use 'back key' to  
return to living-  
posters home page

I believe that in countries, like Pakistan where teacher training is not common and classes are very large, Action Research and Living Educational Theory research could be effective for the teachers to train themselves.

The Living Educational Theory research and Action Research processes could be useful and successful for other teacher-researchers who do not get training and are teaching large classes in similarly challenging circumstances. Action research makes teachers reflective and with reflection we (teachers) may improve our teaching and the context.



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I have been using the Living Educational Theory research approach and Action Research to improve my ESL teaching practice and produce knowledge from questions such as *How do I improve what I am doing?*

My recent publications are about the use of cooperative learning within the framework of Action Research and the Living Educational Theory approach.



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I completed my PhD in 2016 from Anglia Ruskin University, Cambridge, UK. My PhD research covers three main areas i.e. Action Research, Cooperative Learning and TESOL/ESL teaching and learning in large classes in Pakistan, specifically Pakistani Higher education.

I continue to use cooperative learning in my teaching and present my research at conferences in Pakistan and abroad.