



AUT SPORTS PERFORMANCE
RESEARCH INSTITUTE NEW ZEALAND



Action Learning Action Research Association

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Putting Global Collaboration at the Heart of Action Research

PRESENTATION ABSTRACT

Rai M (2025) From Reflection to Transformation: Action Research in the Evolution of Teaching Practice

Sudden, enforced and ongoing digital turns in higher education teaching can erode teacher agency and impact wellbeing. Based on social practice theory this enquiry about transitions in teaching practice utilises first-person action research to understand the sayings, doings, and relating that constitute teaching practice. Data was collected by engaging in self-interviews about the teaching self in action and interpretation of self-assumptions and perspectives of teaching. In tracing the trajectories of online teaching practices, this study identifies that disruptions are managed by the operationalisation of transformative agency and realignment of practices in ways that allow maintaining pedagogical beliefs. This enquiry therefore highlights the interwovenness of structural-agentic processes in teaching practice transitions and highlights the potentially significant role an individual plays as an agent of change instead of being a passive recipient or resister of external change forces. The First-person action research approach used in this study enables an inquiry into self-assumptions, perspectives and action. The study contributes towards methodological ways of applying action research in education and specifically towards building resilience against future challenges to teaching practices and fostering professional wellbeing for teachers.

To be presented: In person in Auckland