What are some of the foundations of good educational research? If research is not synonymous with professional reflection, we need to try to define what it is and what some of the basic features of good research might be. There is no single, accepted definition of research across all subjects (more on that later), and even within education there are a large number of different approaches and traditions which understand research in different ways. Below we offer a definition merely as a starting point to aid discussion of what good research might include : The systematic investigation into, and study of, materials, sources, situ ations and people in order to explore and understand identified issues with the aim of reaching new insights.