Since emerging in SLA classrooms in the 1980s, action research has been considered “a powerful agent of educational change” (Mills 2018) as it empowers teachers to be researchers who reflect on and improve their classroom instruction in a systematic way. This presentation will introduce action research in SLA classrooms by focusing on aspects of its theoretical foundation, research topics, characteristics, procedures, ethical considerations, criteria for a good action research plan, and the content of and format for writing up an action research report for publication. As this presentation adopts an interactive approach, audience participation is expected.