This week one of the things I learned about was the sampling process, particularly in qualitative and quantitative research. The qualitative sampling process occurs in five stages. First, you must identify characteristics of ideal informants, next identify accessible informants, then determine the setting for recruitment, approach and invite potential informants and last, you must obtain a consent. The quantitative sampling process occurs in six stages. First, you must define the target population, second, determine the accessible population, then define the sampling frame, randomly select potential subjects and obtain consent and last apply inclusion criteria.