ENGAGING THE LIBERAL ARTS 100
Transitions 1
The Mind-Body Connection


What is your assignment
- read assignment carefully! Is this a long paper, short review, annotated bibliography?

Draft your research question and choose pertinent keywords:
Hacker: R1-b, pp. 331-334
- are there alternative terms, variant words or names, synonyms?
  - ex. Carl Linnaeus or Carl von Linné or Carolus Linnaeus or Karl Linné
  - ex. information overload or infomania
  - ex. mindfulness or awareness or consciousness or hyperawareness

Using E&H OneSearch
Hacker: R1-d, pp. 335-337
- default search on library page
- searches the OPAC and most of the electronic databases at the same time and presents results in order of relevancy
- can limit results with multiple options

Background reading
definition of a reference book: a book intended to be consulted for information on specific matters rather than read from beginning to end
- specialized encyclopedias concentrate on specific subjects and are an excellent starting point
- Bonus tip: these can also be used in your bibliography. General encyclopedias, such Encyclopedia Americana or Encyclopaedia Britannica cannot be used

Finding material in the library catalog (HAL OPAC)
- the OPAC is a shared catalog for the Holston Associated Libraries (HAL), of which Emory & Henry College is a member. It lists the holdings for all of our books, DVDs, CDs, journals and newspapers, and electronic resources
- can be searched by author, title, subject and keyword
- subject searching requires the use of formalized words and terms so results might not be as expected
- keyword searching, which searches words within fields in bibliographic records, can return an overwhelming number of results, vague matches, or mismatches. Fine-tune keyword searching by adding more words or adding limits
- can use * to include variations in endings in one search:
  appalach* will retrieve Appalachia, Appalachian, Appalachians
  environment* will retrieve environmental, environmentalism, environments

- books from our circulating collection

  How to Have a Good Day  HF 5548.8 .W35 2016
  Idiot Brain: What Your Head is Really Up to  QP 411 .B867 2016
  Mind Body Medicine: How to Use Your Mind for Better Health  RC 49 .M523 1993
  Peace is Every Step: the Path of Mindfulness in Everyday Life  BQ 5410 .N46 1992
  Relaxation, Meditation, and Mindfulness  BF 637 .R45 S62 2005
  Stress Education for College Students  RA 777.3 .H866 2003
  Stress Management: a Wellness Approach  RA 785 .T86 2013
  Taoist Meditation and Longevity Techniques  RA 776.75 .T36 1989
  Work, Stress, Disease, and Life Expectancy  RC 49 .F58 1991

Finding journal articles:

- E&H OneSearch is pre-limited to full text
- to broaden your search results uncheck Available in Library Collection and check box for Scholarly (Peer Reviewed) Journals
- check Journals by Title to find out if an article is full text in a database that the library subscribes to outside of OneSearch, or if print holdings are listed

Why use journal articles?
- journal articles are an excellent source of scholarly information
- journal articles are reviewed by experts before publishing so are more reliable than most webpages
- journal articles are more timely than books, especially in the sciences and may be the only place where some research is presented

Scholarly vs. popular
Hacker: R3-b, p.351 (good checklist)
- scholarly articles (also known as refereed or peer-reviewed articles) are written and reviewed by experts and go into more depth than material prepared for a general audience.

  Journal of Athletic Training and Strength and Conditioning Journal are scholarly journals
  Men’s Health and Shape are popular as they are not peer reviewed

- Research hint: when you find an article that looks relevant check for subject headings or keywords that are supplied to the citation. These can be used to focus your search for appropriate information.

Using Interlibrary Loan (ILL) to borrow books and articles

- the Library cannot possibly provide access to all the resources that students need
- an online form is available on the Library webpage to request materials from other libraries
- from WorldCat Discovery, click on the Request Button, open Illiad on library page:
  required information will be imported automatically
- can take 5-10 days to receive requests so start researching early!
Finding good internet sites
Hacker: R3-d, pp. 357

- most scholarly resources are not available for free, especially in the sciences
- scholarly resources cost money because they contain evaluated information
- there are no website police! Anyone can put up a website and make it look official
- learn how to evaluate websites under Research Tips on library webpage

quick check for evaluating web resources
- determine if the address is official or personal
- who is responsible for the maintaining the content
- is the content personal opinion or documented research
- how current is the site, and when last updated

Google is a great search engine
use advanced search to limit searches to particular domains to maximize chances of getting the most creditable information, i.e. .gov, .edu, .org
http://www.google.com/advanced_search?hl=en

Google Books provides free access to full text images of books and some articles
http://books.google.com/

Google Scholar searches specifically for scholarly literature in many formats, concentrating on articles and includes citation links (i.e. who cites whom)
http://scholar.google.com/

Using Electronic Sources Off-Campus

When accessing a database through the Kelly Library website a login page will prompt you for your user name and internet password. You should never be asked to submit payment. Report any problems accessing resources to Askalibrarian@ehc.edu

Documentation and Plagiarism

- know which documentation style you need to use Hacker: R2, pp. 341-347
  
  - MLA (Modern Language Association) for English and some humanities
  - APA (American Psychological Association) for psychology and other social sciences
  - CMS (Chicago Manual of Style) for history and some humanities

- The library has print guides on reserve for all of them. The library’s Research Tips page has links to several helpful sites.
- Plagiarism is a serious academic offense
- The E&H Academic Code clearly states that it is a student’s responsibility to give credit to another person’s exact words or unique ideas.
- The Honor Code reinforces this concept with the statement that one of its elements is “A commitment to abstain from all forms of cheating and plagiarism.”

quick check for actions that might be seen as plagiarism (from OWL)
(https://owl.english.purdue.edu/owl/)
- buying, stealing, or borrowing a paper
- hiring someone to write your paper
- using a source too closely when paraphrasing
- building on someone’s ideas without citation
- copying from another source without citing (on purpose or by accident)
- sloppy documentation
things you don’t need to document
- your own opinion or analysis of an idea
- facts that are common knowledge, available from multiple sources

Documenting sources correctly is critical to avoiding any appearance of plagiarism
Hacker: MLA-2, pp. 369-374

- Print out copies of everything you look at.
- Consider using a bibliographic reference tool, such as Zotero, to keep track of all your sources in one place. They have connector apps for Firefox, Chrome, Safari, and Opera.

Additional sources for research help

- **Writing Center** in MS 233, call x6225 for hours and contact numbers
  - cannot edit your papers, but can give advice about grammar, organization, or documentation

- **Kelly Library**!
  - open **92.5 hours** a week during the regular semester
  - a reference librarian is available until 7:30 PM Monday-Thursday and all day Friday and Saturday.
  - can reach us by calling the Circulation Desk at **ext. 6208**
  - email **askalibrarian@ehc.edu**
  - make an appointment with me Janet Kirby [https://calendly.com/jkirby](https://calendly.com/jkirby)

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<th>Circulation Staff</th>
<th>Reference Librarians</th>
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<tr>
<td>Adam Alley</td>
<td>Ruth Castillo (Director)</td>
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<tr>
<td>Missy Phelps</td>
<td>Jane Caldwell (Assist. Dir.)</td>
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<td>Cindy Goodson</td>
<td>Jody Hanshew (Electronic Resources)</td>
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<td>Christine Mitten</td>
<td>Janet Kirby (Technical Services)</td>
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