



ENGAGING THE LIBERAL ARTS 100

Transitions 1

The Mind-Body Connection

Hacker, Diana. *A Writer's Reference*. 8th ed. Boston: Bedford/St. Martin's, 2015.
(hereafter listed as Hacker)

What is your assignment:

Hacker: R1-b, pp. 359-362

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

Jot down search terms:

- 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

Background reading:

Hacker: R1-d, pp. 363-367

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.
- print reference encyclopedias in Kelly Library [OPAC](#)

Gale Encyclopedia of Fitness REF RA 781.15 .G35 2012

Encyclopedia of Mental Health REF RA 790.5 .E53 1998

Encyclopedia of Religious and Spiritual Development REF BV 4571.3 .E53 2006

- e-reference sources on Kelly Library's [A-Z Databases](#):

Credo Reference (Hundreds of reference books in a broad range of subjects)

Gale Virtual Reference Library (Database of encyclopedias, almanacs, and specialized reference sources for multidisciplinary research)

Oxford Reference Online (provides language and subject reference works from one of the world's biggest reference publishers into a single cross-searchable resource)

Finding material in the library catalog (OPAC)

Hacker: R1-d, pp. 363-367

- 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

Born Digital HM 851 .P34 2008
Food for Thought: the Vegetarian Philosophy TX 392 .M48
Googlization of Everything (and Why We Should Worry) HD 9696.8 .U64 G669 2001
The Happiness Track BF 637 .S8 S4265 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
Taoist Meditation and Longevity Techniques RA 776.75 .T36 1989
Work, Stress, Disease, and Life Expectancy RC 49 .F58 1991
Yoga: the Path to Holistic Health RA 781.7 .I946 2001
Yoga: the 8 Steps to Health and Peace RA 781.7 .H59

Finding journal articles:

- Hacker: R1-c, pp. 336-340
- search online journal databases in the [A-Z Databases](#)
 - some are full text (Yeah!)
 - some are indexed only, check [E-Journals by Title](#) to find out if an article is full text in a database the library subscribes to, or if print holdings are listed.

Why search for 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: R2-b, p.350-352 (good checklist)

- scholarly articles (also known as refereed or peer-reviewed articles) are written by experts and go into more depth than material prepared for a general audience.
- Skidmore College's library website has a checklist to help you decide (<http://libguides.skidmore.edu/content.php?pid=405243&sid=3316923>)

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.
- selected article databases from [A-Z Databases](#)

Academic Search Complete (full-text documents, indexing, and abstracts and more on topics ranging from astronomy to zoology)

Alt Health Watch (offers libraries full text articles for more than 180 international journals and reports on the many perspectives of complementary, holistic, and integrated approaches to health care and wellness)

Consumer Health Complete (full-text, comprehensive source for consumer-oriented health content on all areas of health and wellness)



Kanopy (streaming on-demand access to thousands of documentaries, feature and independent films, and training videos)

New York Times (Full text coverage of the New York Times from 1851 to the present. One time registration is required. Apps are available for all your devices.)

Using E&H 1Search

- default screen for library page
- searches the OPAC and most of the electronic databases and presents results in order of relevancy
- can limit results with multiple options

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: R2-e, pp. 341-345

- 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 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/>

- selected high-quality websites, subscription databases, and print resources are collected under [Subject Resources](#) on library webpage

American Psychological Association <http://www.apa.org/> Advancing psychology to benefit society and improve people's lives.

Mental Health America <http://www.mentalhealthamerica.net/> Mental Health America provides technical assistance to community organizations, specifically consumer groups.

Science.gov <https://www.science.gov/> searches over 60 databases and over 2,200 scientific websites to provide users with access to more than 200 million pages of authoritative federal science information including research and development results.

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.



Documentation and Plagiarism:

- know which documentation style you need to use Hacker: R2, pp. 369-375
 - 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: R2, pp. 371-375

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 7PM Monday-Thursday, all day Friday, and Saturday.
 - can reach us by calling the Circulation Desk at **ext. 6208**
 - email askalibrarian@ehc.edu

Circulation Staff

Adam Alley
Morgan Bitler
Kat Lilley
Missy Phelps
Courtney Sheets

Reference Librarians

Jane Caldwell (Interim Dir.)
Jody Hanshew (Electronic Resources)
Janet Kirby (Technical Services)
Holly McCormick (User Services)

