ENGAGING THE LIBERAL ARTS 103
Lifetime Wellness

GETTING STARTED IN THE LIBRARY

So you have an assignment in this class to find information on the subject of wellness or related topics. Kelly Library contains lots of reliable, current and authoritative health information. How do you get started?

First of all, you will want to go to the library web page. Second, unless you are already an expert on wellness, health and related issues, some background information or a general overview might be useful. The titles listed below, all located in the reference section or online, have good articles on recreation, sports, physical fitness, health and mental health. They are examples of specialized encyclopedias—they focus on a particular subject, as compared to general encyclopedias, such as Americana or World Book. They are listed in Library of Congress call number order (more on this later).

Salem Health: Psychology and Mental Health  REF BF 636 .P86 2010 vols 1-5 *
St. James Encyclopedia of Popular Culture  REF E/169.1 .S764
Encyclopedia of Recreation and Leisure in America  REF GV 53 .E53 2004
Encyclopedia of Sport and Exercise Psychology  REF GV 706.4 .E5 2014 vols 1-2
Sports around the World: History, Culture and Practice  REF GV 706.8 .S664 2012 vols 1-4
Sports Rules on File  REF GV 731 .S77 2000
Icons of Women’s Sport  REF GV 897 .A11 O984 2012 vols 1-2
Encyclopedia of the Life Course  REF HM 626 .E583 2009 vols 1-3
Encyclopedia of Sex and Gender  REF HQ 16 .E52 2007 vols 1-5 **
American Masculinities: A Historical Encyclopedia  REF HQ 1090.3 .A453 2003
Encyclopedia of Women and Gender  REF HQ 1115 .E52 2001 vols 1-2 Available online in Credo
Encyclopedia of Drugs, Alcohol and Addictive Behavior  REF HV 5804 .E53 2001 vols 1-4
Why Eve Doesn’t Have an Adam’s Apple: A Dictionary of Sex Differences  REF OP 81.5 .R56 1996
Encyclopedia of Stress  REF OP 82.2 .S8 .E53 2007 vols 1-4
World of Health  REF R 130.5 .W67 2000
Salem Health: Complementary and Alternative Medicine  REF R 733 .C66 2012 vols 1-4 *
Gale Encyclopedia of Alternative Medicine  REF R 733 .G34 2009 vols 1-4
Health, United States, 2011  http://www.cdc.gov/nchs/hus.htm
Encyclopedia of Family Health  REF 418.5 .F3 E45 2001 vols 1-2

Health, United States, 2011  http://www.cdc.gov/nchs/hus.htm
**Encyclopedia of Public Health**  REF RA 423 .E53 2002 vols 1-4  
**Gale Encyclopedia of Environmental Health**  REF RA 565 .G33 2013 vols 1-2**  
**Encyclopedia of Health and Aging**  REF RA 777.6 .E534 2007 **  
**Our Bodies, Ourselves**  REF RA 778 .N49 2011  
**Gale Encyclopedia of Fitness**  REF FA 781.15 .G35 2012 vols 1-2 **  
**Gale Encyclopedia of Genetic Disorders**  REF RB 155.5 .G35 2002 vols 1-2 **  
**Gale Encyclopedia of Medicine**  REF RC 41 .G35 2011 vols 1-6 **  
**Salem Health: Magill’s Medical Guide**  REF RC 41 .M34 2011 vols 1-6 *  
**Infected Diseases in Context**  REF RC 111 .J516 2008 vols 1-2  
**Salem Health: Infectious Diseases and Conditions**  REF RC 112 .I577 2012 vols 1-3 *  
**Facts on File Library of Health and Living:**  
  - **Encyclopedia of Schizophrenia and Other Psychotic Disorders**  REF RC 514 .N63 2000  
  - **Encyclopedia of Phobias, Fears and Anxieties**  REF RC 535 .D63 2000  
  - **Gale Encyclopedia of Senior Health**  REF RC 952.5 .G345 2009 vols 1-5  
  - **Gale Encyclopedia of Surgery and Medical Tests**  REF RD 17 .G342 2009 vols 1-4  
  - **Encyclopedia of Diet Fads**  REF RM 222.2 .B535 2002  
  - **Encyclopedia of Addictive Drugs**  REF RM 316 .M555 2002  

Asterisk * denotes title is available in Salem Health on the Journal Articles and Databases page. Double asterisk ** denotes title is available in Gale Virtual Reference Library in Journal Articles and Databases.

In addition to many print resources in the reference section, there are several databases that contain reference-type material. Try doing a search the wellness topic of your choice in these three databases: **Credo Reference, Gale Virtual Reference Library** and **Oxford Reference Online**. The links to these (and more) databases are on Kelly Library’s Journal Articles and Databases list.

**FINDING MATERIAL WITH THE CATALOG**

After you found some general information, you might want longer, more detailed information. One great place to look is in the online catalog. Emory & Henry College belongs to a group, or a consortium, of four libraries called Holston Associated Libraries, and they share a common catalog. Sometimes you will hear library staff members refer to the catalog as HAL. All types of items are in our catalog; besides books, there are DVDs, CDs, videocassettes, audiocassettes, electronic books and other electronic resources. You can search for material in several different ways: by subject, title, author and keyword. The screenshot below is from a subject search on mind and body. Scroll down the list until you see **Anatomy of an Illness as Perceived by the Patient** by Norman Cousins. It is a classic work on the mind-body connection. Click on the record for this title, and you will see information about the book, where to find it, etc. These sample searches are very basic; there are many ways you can limit or tailor your search. We won’t go deeply into that now, but the library staff wants you to be aware of the catalog and that it has the holdings in all kinds of formats of its member libraries. The most important thing to remember is to ask for help!

After you been to a few class meetings, completed some readings, participated in class discussions and perhaps looked at some library resources, you now realize what a huge topic “wellness” is. Some subtopics you might want to pursue could be health, health behavior, health promotion, adolescent psychology, mind and body, stress, young people and health, names of activities, sports, body parts and diseases or conditions (for example, walking, tennis, knee, diabetes, eating disorders, etc.) This is just a tiny sample of related subjects. Please ask the librarian on reference duty for assistance in identifying more headings.
WHAT DO THESE STRANGE LETTERS AND NUMBERS MEAN?

After you have found books and other material in the catalog, how do you find these things in the library? As promised previously, here is some more information on the organization and call number system we use in Kelly Library. The call numbers don’t look like what you are used to in your school learning resource center or local public library. That’s because Kelly Library uses the Library of Congress classification system, and your school or public library probably used the Dewey Decimal system. Both classification schemes do the same thing: group library materials together by subject. To help make things clearer, take a look at this interactive tutorial from the University of Rhode Island to help you decipher Library of Congress call numbers (you need to look at just the first three screens). Also, if you are having a tough time finding items on the shelves, do not hesitate to ask any circulation staff member or reference librarian for help.

In general, most of the circulating items are on the top floor of the library. The reference collection, periodicals and newspapers are on the main floor. The ground floor has the IT Help Desk, an open computer lab (Kelly Lab), the McGowan Lab and a government documents collection.

FINDING ARTICLES IN DATABASES

Besides books, you will want to find articles. Articles generally fall into two groups: popular magazines and scholarly periodicals. You have online access to both kinds of articles through the many databases to which this library subscribes. Take a look at the E Journals by Title list. There are dozens of databases, and most of them are partially or completely full-text. You may already be familiar with Expanded Academic or ProQuest. Two similar-in-scope databases in this library that cover a wide range of subjects in both magazines and journals are Academic Search Complete and General OneFile. You may have already used these two databases in English 100, English 101, or Transitions I. Look at the screen shot below from Academic Search Complete with the search terms of stress management AND yoga.

If you are need help using any of the databases or other resources in this guide, please speak with a librarian.
In addition to Academic Search Complete, Kelly Library subscribes to several other periodical databases produced by the same vendor: Alt HealthWatch, Consumer Health Complete, Health Source: Consumer Edition, Health Source: Nursing / Academic Edition, and SPORTDiscus. All of these databases have the same user interface, so if you are comfortable using Academic Search Complete, you should not have any problems any of the others. The CHC basic search screen is slightly different, but the advanced search screen will look familiar. You can access all of these databases on the Journal Articles and Databases page.

OTHER HELPFUL DATABASES

Newspapers can also be an information source on health, wellness and medical trends. The library subscribes to three newspaper databases: America’s Newspapers, Factiva, Lexis Nexis, and Newspaper Source Plus. Below is a screen shot of a search on body image AND teens OR adolescents AND media from America’s Newspapers, and immediately below it is the results list.
Two other databases that would be very helpful in locating material are Salem Health and CQ Researcher. Salem Health includes the reference works Cancer, Complementary & Alternative Medicine, Genetics, Infectious Diseases & Conditions, Magill's Medical Guide, and Psychology & Mental Health. They cover not only diseases and medical conditions, but issues such as lifestyles, African-American, Asian-American, Native American and women’s health and ethical problems. CQ Researcher publishes weekly reports on all manner of topics, including many related to health and wellness. CQ Researcher is accessible by clicking CQ Electronic Library on the Journal Articles and Databases page.

WHAT DO YOU DO IF AN ARTICLE IS NOT FULL-TEXT IN A DATABASE?

If you’re looking, for example, in Academic Search Complete, and you find an article that is not full-text, what do you do? Go to our E Journals by Title list! An article citation that may not be full-text in one database may very well be full-text in another one of the library’s dozens of databases. If you need help using this electronic periodical finder, please speak with one of the librarians.

WHAT DOES “SCHOLARLY” VERSUS “POPULAR” MEAN?

Throughout your college career, you will hear professors and librarians mention popular magazines and scholarly journals. Or, your professors may tell you to rely on scholarly, not popular sources. What does that mean? Generally, articles in popular magazines, such as Time, Sports Illustrated, Glamour Psychology Today, Health, Prevention, Shape, Men’s Health, etc. are geared toward a large audience. Scholarly journals, such as the American Journal of Public Health, American Journal of Psychology, International Journal of Obesity, etc. are aimed at scholars and students in specialized fields. This does not mean that articles in popular magazines are bad information; popular magazines and scholarly journals contain different types of articles. Joe Weider’s Muscle & Fitness is aimed at a different audience than Strength and Conditioning Journal. People is a magazine about celebrities and popular culture; the Journal of Popular Culture studies and analyzes it. Here is a helpful chart on the Skidmore College’s Library website that will help you distinguish the differences between the two types of publications.

FINDING GOOD INTERNET SITES

There are lots of good web pages, and some that are not so good. In high school your teachers and media specialists have probably given you some advice on telling the good from the bad. Try this site too for some wise evaluation guidelines. There is also an informative tutorial. As you already know, wellness, nutrition and health are obvious areas for a lot of quackery, scams and outrageous claims. So, evaluate internet (as well as print) information carefully. If it seems to be good to be true, it probably is.

In addition to pages you find on your own with your favorite search engines, the librarians in Kelly Library have pulled together high-quality web sites, subscription databases and print resources by subject. Take a look at the areas; you may see a resource you can use. Click to see what we have listed for health and medicine and psychology. Another gateway site to many different subject areas is the IPL2; web pages
are carefully reviewed before they are included. There are many web resources listed under Health and Medical Sciences on this web site.

**DOCUMENTATION AND PLAGIARISM**

*Plagiarism* is serious academic misconduct. 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.” Documenting sources correctly will help you avoid this mistake in your papers and presentations. In high school, you may have already had some experience with the Turabian style of documentation. Your instructors will talk to you more in-depth about this issue. Three other common styles you may hear your professors mention are **MLA** (Modern Language Association), **APA** (American Psychological Association) and the **Chicago Manual of Style**. The library has guides for all of them. Also, on the library’s **Research Tips** page, there are links to several documentation sites. The **Diana Hacker** and **OWL** websites are especially helpful. Note: although the first screen on the Diana Hacker website states it is the 5th edition, it does incorporate the MLA and APA documentation changes made in 2009.

**YOUR BEST RESOURCE**

Your best resource in the library is the people who work here! **If you are having problems** locating or using any of these resources, **please ask a library staff member for assistance**. We’re here to help you with your information needs. Kelly Library is open **92.5 hours** a week during the regular semester, and a reference librarian is available until 9pm Sunday-Thursday, and all day Friday and Saturday.

<table>
<thead>
<tr>
<th>Circulation Staff</th>
<th>Reference Librarians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adam Alley</td>
<td>Lorraine Abraham (library director /CIO)</td>
</tr>
<tr>
<td>Jennifer Bassett</td>
<td>Jane Caldwell</td>
</tr>
<tr>
<td>David Lyons</td>
<td>Patty Greany</td>
</tr>
<tr>
<td>Holly McCormick</td>
<td>Jody Hanshew</td>
</tr>
<tr>
<td>Janice Snead</td>
<td>Janet Kirby</td>
</tr>
</tbody>
</table>

Another valuable resource available to you on this campus is the E&H **Writing Center** in McGlothlin-Street 233. It is not an editing service; the tutors there can work with you to improve your papers by giving you advice on grammar, organization and documentation matters. For information on operating hours and tutor schedules, call ext. 6796 or check the **Writing Center** webpage. Also, you might want to check out **Academic Support Services** in the **Powell Resource Center**.

**Remember**: We’re here to help you with your information needs. Please don’t hesitate to ask us for help. You can reach us by

- calling the Circulation Desk at **ext. 6208**
- emailing **askalibrarian@ehc.edu**
- visiting the library in person

---

**www.library.ehc.edu**  
**askalibrarian@ehc.edu**  
**276.944.6208**  
**https://www.facebook.com/KellyLibrary**