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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
- Salem Decades 1920s – 1990s*** REF E 169.12. S25 Available online in [Salem History](#)
- Greenwood Encyclopedia of Daily Life*** REF GT 31 .G74 2004
- Encyclopedia of Recreation and Leisure in America*** REF GV 53 .E53 2004
- Encyclopedia of Sports Science*** REF GV 553 .E53 1997
- Berkshire Encyclopedia of World Sport*** REF GV 567 .B48 2013 vols 1-3
- Encyclopedia of 20th-Century Athletes*** REF GV 697 .A1 M355 2001
- Sports: The Complete Visual Reference*** REF GV 704 .S663 2000
- Encyclopedia of Sport and Exercise Psychology*** REF GV 706.4 .E5 2014 vols 1-2
- Sports Culture: An A – Z Guide*** REF GV 706.5 C383 2000
- Sports around the World: History, Culture and Practice*** REF GV 706.8 .S664 2012 vols 1-4
- International Encyclopedia of Women and Sports*** REF GV 709 .I58 2001
- Sports Rules on File*** REF GV 731 .S77 2000
- Encyclopedia of Extreme Sports*** REF GV 749.7 .B47 2007
- 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 American Disability History*** REF HV 1553 .E523 2009 vols 1-3
- Encyclopedia of Drugs, Alcohol and Addictive Behavior*** REF HV 5804 .E53 2001 vols 1-4
- Youth, Education and Sexualities: An International Encyclopedia*** REF LC 192.6 .Y68 2005 vols 1-2
- Why Eve Doesn't Have an Adam's Apple: A Dictionary of Sex Differences*** REF QP 81.5 .R56 1996
- Encyclopedia of Stress*** REF QP 82.2 .S8 .E53 2007 vols 1-4
- Encyclopedia of Human Nutrition*** REF QP 141 .E526 1999 vols 1-3
- World of Health*** REF R 130.5 .W67 2000
- Encyclopedia of Health and Behavior*** REF R 726.5 .E53 2004 vols 1-2
- 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

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 Wellness REF RA 776 .E25 2012 vols 1-3
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 Diets REF RA 784 .G345 2008 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 *
Infectious Diseases in Context REF RC 111 .I516 2008 vols 1-2
Salem Health: Infectious Diseases and Conditions REF RC 112 .I4577 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
Encyclopedia of Obesity and Eating Disorders REF RC 552 .E18 .C37 2001
Encyclopedia of Sports Medicine REF RC 1206 .O355 2005
Gale Encyclopedia of Senior Health REF RC 952.5 .G3485 2009 vols 1-5
Encyclopedia of Sports Medicine REF RC 1208 .E53 2011 vols 1-4 **
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 reference 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 have 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.

HAL
Holston Associated Libraries

Search History

SUBJECT: mind and body View All Locations System Sorted Sort Search

Limit to AVAILABLE items. Checking this box excludes e-books, reference materials and special collections

Result Page 1 | 2 | 3 | 4 | Next

Save Marked Records Save All On Page

SUBJECTS (1-50 of 187)

Mind and body.

- 10-minute toughness the menta-training program for winning before the game begins**
Selk, Jason.
New York : McGraw-Hill, c2009.

LOCATION	CALL #	STATUS
EBH Electronic Resource		INTERNET
King E-book		INTERNET

c2009
- 52 small changes : one year to a happier, healthier you**
Blumenthal, Brett.
[S.l.] : AmazonEncore, c2011.

LOCATION	CALL #	STATUS
TC-Tate-Consumer Health Coll.	613.B5	CHECK SHELVES

c2011
- Ageless body, timeless mind : the quantum alternative to growing old**
Chopra, Deepak.
New York : Harmony Books, 1993.

LOCATION	CALL #	STATUS
EBH Main Collection	R6776.75 .C48 1993	CHECK SHELVES
WCPL>Main-Non-Fiction	612.6.C48	CHECK SHELVES

1993

Request
- Anatomy of an illness as perceived by the patient : reflections on healing and regeneration**
Causasia, Norman.
New York : Norton, c1979.

LOCATION	CALL #	STATUS
EBH Main Collection	RC334 .C65 1979	CHECK SHELVES
TC-Tate-Adult NonFiction	362.19.C6	CHECK SHELVES

c1979

Request

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 on 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 need help using any of the databases or other resources in this guide, please speak with a librarian.

Searching: **Academic Search Complete** | Choose Databases

stress management in Select a Field (optional) **Search** **Clear**

AND yoga in Select a Field (optional) **?**

AND in Select a Field (optional) **Add Row**

Basic Search | Advanced Search | Visual Search | Search History

Pages: 1 2 3 4 5 | Relevance | Page Options | Alert / Save / Share

82 Results for...
Boolean/Phrase: stress management AND yoga

Refine your results

Full Text
 References Available
 Scholarly (Peer Reviewed) Journals

1990 Publication Date 2012

Update Show More +

Source Types

All Results
 Academic Journals (39)
 Magazines (38)
 Newspapers (4)
 Trade Publications (1)

Update

Subject: Thesaurus Term

Subject
Publication
Company
Geography
NAICS/Industry

- Efficacy of a Short-Term Yoga-Based Lifestyle Intervention in Reducing Stress and Inflammation: Preliminary Results.**

By: Yadav, Raj Kumar; Magan, Dipti; Mehta, Nalin; Sharma, Ratna; Mahapatra, Sushil Chandra. *Journal of Alternative & Complementary Medicine*. Jul2012, Vol. 18 Issue 7, p662-667. 6p. 1 Chart, 4 Graphs. DOI: 10.1089/acm.2011.0265.

Subjects: CHRONIC diseases -- Prevention: **STRESS** (Psychology); INFLAMMATION -- Prevention: HYDROCORTISONE; INTERLEUKINS; LONGITUDINAL method: **STRESS management**; T-test (Statistics); TUMOR necrosis factor; **YOGA**; DESCRIPTIVE statistics; TREATMENT

Database: Academic Search Complete

Add to folder
- Attending Yoga Classes: Applying the Theory of Planned Behavior.**

By: Eggleston, Brandon; Middlestadt, Susan; Lindeman, Alice; McCormick, Bryan; Kocaja, David. *International Journal of Health & Wellness*. 2011, Vol. 1 Issue 1, p37-47. 11p. 3 Charts.

Subjects: **YOGA** instruction; **STRESS management**; PLANNED behavior theory; HUMAN behavior; UNITED States; All Other Miscellaneous Schools and Instruction

Database: Academic Search Complete

Add to folder

PDF Full Text (379KB)
- Mindfulness-based stress reduction (MBSR) and distress in a community-based sample.**

By: Evans, Susan; Ferrando, Stephen; Carr, Corey; Haglin, Dean. *Clinical Psychology & Psychotherapy*. Nov/Dec2011, Vol. 18 Issue 6, p553-558. 6p. 2 Charts. DOI: 10.1002/cpp.727.

Subjects: **STRESS** (Psychology); ACADEMIC medical centers; MEDITATION; MIND & body therapies; OUTCOME assessment (Medical care); SCALES (Weighing instruments); SELF-evaluation; STATISTICS; **STRESS management**; **YOGA**; CITY dwellers; DATA analysis; TREATMENT effectiveness; DESCRIPTIVE statistics; Scale and Balance Manufacturing; TREATMENT

Database: Academic Search Complete

Add to folder

PDF Full Text (69KB)

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.

NewsBank®
America's Newspapers

English | Other NewsBank Products

Search History | Saved Articles

United States (961 sources)

Lead/First Paragraph body image **Search**

and Lead/First Paragraph teens OR adolescents

and Lead/First Paragraph media **Remove Row** **Add Row**

Sort by: Newest First **New Search**

Shortcuts | Locations | Source Types | Source List **Show Help**

To find an exact match or phrase, use quotes. Custom date example: Jan 1, 2000 - Feb 3, 2000.

View Results: All Results (115)

by Year

- 2012 (14)
- 2011 (20)
- 2010 (43)
- 2009 (30)

[View 2 more](#)

by Location

- Canada (4)
- United States (111)

Save

View: [Newest First](#) | [Best Matches First](#) | [Older](#)

0 Saved Articles

Email

Print

1. [Impacting your child's eating attitude](#)
Life Examiner (USA) - October 1, 2012
 Length: 479 words (Estimated printed pages: 2)
 ...thrust into the media spotlight...preoccupied with body image and weight...Child and Adolescent Psychologist...children and adolescents in certain...

8. [Helping children build a positive body image](#)
Eden Prairie News (MN) - June 28, 2012
 Length: 462 words (Estimated printed pages: 2)
 ...increasingly strong media influences...unattainable body image , negative body ...children and adolescents . Children who...

9. [Instructions Not Included: Growing girl is not fat](#)
Belleville News-Democrat, The (IL) - May 28, 2012
 Length: 588 words (Estimated printed pages: 2)
 ...perception of her body becomes more...overly skewed image of herself...children and adolescents are obese...Child and Adolescent Psychiatry...parents of pre- teens who are convinced...preconceived, media -fueled notion...

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.

Circulation Staff

Adam Alley
Jennifer Bassett
David Lyons
Holly McCormick
Janice Snead

Archivist: Robert Vejnar

Reference Librarians

Lorraine Abraham (library director /CIO)
Jane Caldwell
Patty Greany
Jody Hanshew
Janet Kirby

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>

