



RESOURCES AND ASSIGNMENT CRITERIA

WLC and Library



Learning Objectives

- This presentation is designed to help you
 - understand your assignment and its criteria
 - locate academic articles
 - and ensure that the academic articles you locate satisfy the requirements of your assignment.

Keep in Mind...

- Sometimes students find articles that have *seemingly* relevant keywords in the title, but the implications or “point” of the article might not **satisfy the requirements of your assignment.**
- Using the graduated approach will ensure that your articles are relevant.

General Research Principles



The Steps of the Research Process

- **STEP 1:** Create a research question
- **STEP 2:** Get background information
- **STEP 3:** Narrow your search topic by thinking of specific keywords
- **STEP 4:** Visit the Library's Articles and Database Page
- **STEP 5:** Select the appropriate database
- **STEP 6:** Use the database
- **STEP 7:** Identify useful articles (read the abstract, skim the document)
- **STEP 8: Analyze your resources**
- **STEP 9:** Organize and write
- **STEP 10:** Compose your bibliography

This presentation will focus on step 8. For more assistance with the other steps, contact the [library](#) and/or the [Writing and Learning Center](#).

Research Question

- . A research question will be a **specific question about the topic and what you will be trying to answer in your research assignment.**
- Research questions should be
 - Clear and focused
 - Clearly state what the author needs to do
 - Not too broad and not too narrow
 - Too broad – impossible to answer within word limit
 - Too narrow – not enough to write about
 - Not too easy and not too difficult to answer
 - Too easy – needs to require more than a yes or no answer
 - Too difficult – needs to fit within the word/time limit
 - Researchable – must have literature about the topic (academic books/journals)
 - Analytical rather than descriptive – must be able to produce an analysis, not just a summary or description

Example research questions:

What is the most important psychological predictor of a person's willingness to donate to charity?

How does chronic stress affect memory function?

How does music trigger memories in people with memory loss?

How do remote meetings impact the efficacy of team decision-making?

Background Reading



- Textbooks and other books
- News/Magazine articles
- Lecture notes
- Encyclopedia articles like Wikipedia
 - (Note: Wikipedia should **never** be used as a source in your research assignments)
- Find key terms
- Ask yourself these questions:
 - What do I know about this topic?
 - What interests me about the topic?
 - What do I want to learn more about?

Example Psychology Assignment



Example Assignment Criteria: Psychology Assignment

Assignment: Research in Psychology

Psychology in the News

- **STEP 1:** Find a popular news article from within the past 10 years that reports on the results of a psychological study. This should not be a blog entry, but a published article from a news source such as *Time Magazine*, *The New York Times*, *Newsweek*, *NPR*, *CNN*, *Fox News*, etc. Read through the article and ensure that it is descriptive and sufficiently long enough in order to draw conclusions from the original research mentioned.
- **STEP 2:** Find the psychological study or studies that are mentioned in the news report. Look for them in the psychology-specific databases available on Alexander College's website.
- **STEP 3:** Write a paper between 250-500 words that:
 - describes and summarizes both articles
 - compares and contrasts the key points, style, and purpose of the news article with that of the research article
 - examines if the news article accurately describes the research
 - includes correct [APA citations](#) (both in-text and in a reference page) for both of the articles

Sample Grading Rubric

Criteria	Proficient	Developing	Not Evident	Points
Finds appropriate news article and writes summary	Finds a detailed and relevant news article on a psychological topic, and provides a coherent summary of the article.	Does not provide enough detail in the summary or does not find an appropriate news article	Poor choice of news article, incomplete summary, or difficult to understand.	___/5
Finds appropriate research article and writes summary	Finds a detailed and relevant peer-reviewed article on a psychological topic, and provides a coherent summary of the article.	Does not provide enough detail in the summary or does not find an appropriate journal article	Poor choice of research article, incomplete summary, or difficult to understand.	___/5
Compares and contrasts the news and research article and examines accuracy of the news article	Compares and contrasts the key points, style, and purpose of the news article with that of the research article	Does not fully compare and contrast the key points, style, and purpose of the news article with that of the research article	Does not compare and contrast the key points, style, and purpose of the news article with that of the research article	___/5
Includes correct APA citations	Provides accurate in-text citations AND a reference page for the articles used	Does not fully provide accurate in-text citations AND a reference page for the articles used	Does not provide accurate in-text citations AND a reference page for the articles used	___/5
Total:				___/20

Look over the Criteria to find out what your Instructor Wants

Criteria	Proficient
Finds appropriate news article and writes summary	Finds a detailed and relevant news article on a psychological topic, and provides a coherent summary of the article.

Ensure that your news article is **detailed and relevant** to something you have learned about in class.

- Make sure that there is enough information in your article.
- If it mentions depression, but is mostly about a different topic, that article would not be useful.

You need to write a coherent summary, meaning your summary should be easy to understand and covers all of the main points in the article.

Ask your Instructor if you do not Understand the Criteria

- Resolving some uncertainty or misunderstanding early on can help you avoid frustration during the research process.



- Some questions could include:
 - “I’m planning to research this concept, is it appropriate for the assignment?”
 - “What would be the best databases to use for this assignment?”
 - “What are you hoping that students learn from this assignment?”

Research and Writing

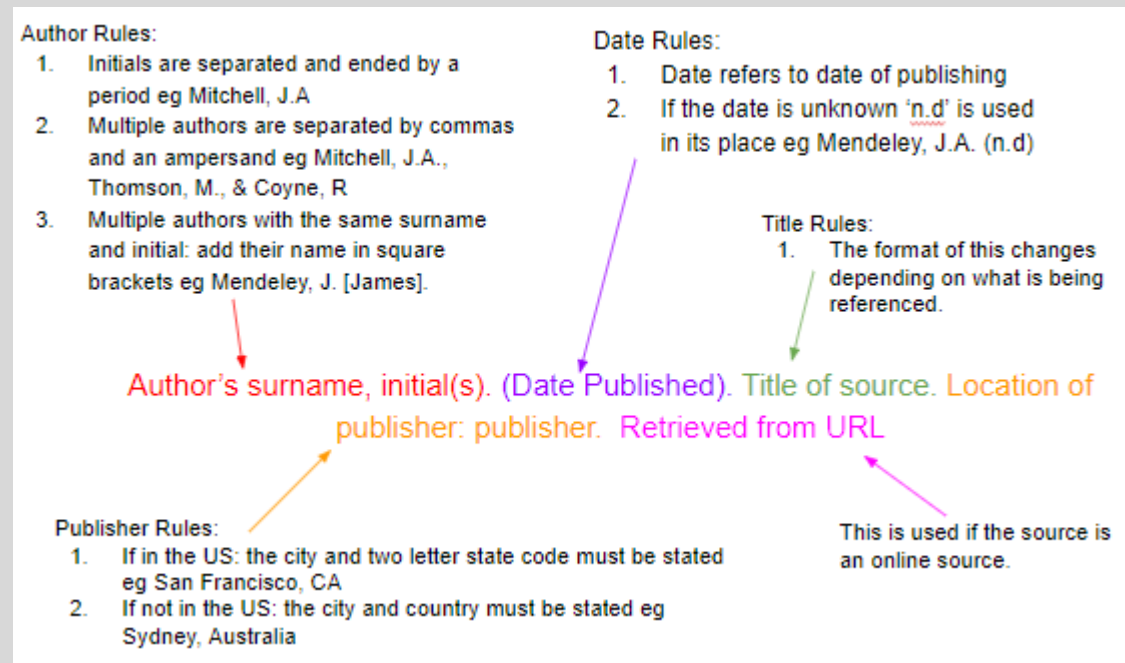
Finds appropriate research article and writes summary

Finds a detailed and relevant peer-reviewed article on a psychological topic, and provides a coherent summary of the article.

- The Library can assist with finding a peer-reviewed article
- The WLC can assist with your writing of a coherent summary of the article. A coherent summary does the following:
 - State the main ideas.
 - Identify the most important details that support the main ideas.
 - Summarize in your own words.
 - Do not copy phrases or sentences unless they are being used as direct quotations.
 - Express the underlying meaning of the article, but do not critique or analyze.

APA Citation

- Visit the Writing and Learning Center for assistance with APA Citation
- You can generate citations in the database, but always check them with the Style Guides (available outside the WLC and on the WLC website page).



A Graduated Approach To Evaluating Articles

Step One: Read titles and find seven or eight articles that might look useful

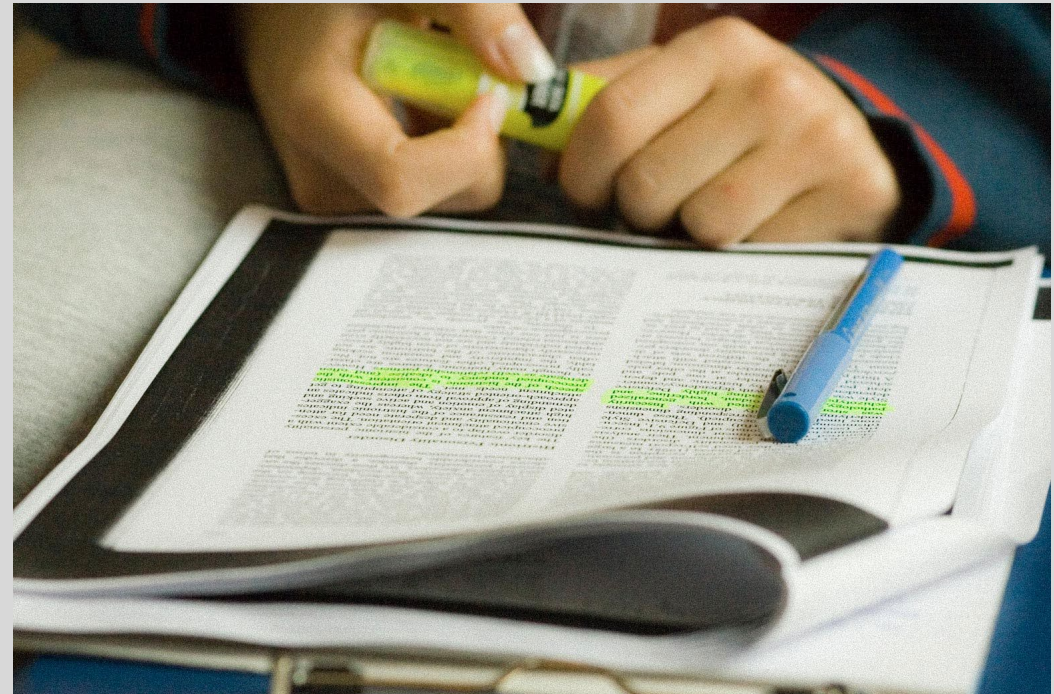
Step Two: Read Abstracts

Step Three: Sort Articles based on Abstract Relevance

Step Four: Read the Articles

Step Four: Read the Articles!

1. Skim the article
2. Identify the purpose and scope
3. Read the introduction carefully
4. Analyze the methodology
5. Focus on the results and findings:
6. Evaluate the discussion and conclusion
7. Consider the references and citations
8. Take notes and annotate
9. Seek clarification if needed
10. Engage in critical thinking



Step One: Read titles and find seven or eight articles that might look useful

Searching: APA PsycInfo MyEBSCO

cognitive behavioral therapy AND addiction AND (teens or teenagers or adolescent or young adult) ⊗ 🔍

All filters (1) Full Text Peer Reviewed All time Source type Advanced search

Results: 169 Relevance ▾ ⋮

Peer reviewed | Journal, Peer Reviewed Journal 🔖 ⋮

Cognitive-behavioral approaches to outpatient treatment of internet addiction in children and adolescents.

Excessive and potentially addictive use of the Internet among children and **adolescents** has emerged as a major concern in recent times. Internet **addiction** is often concept... [Show more](#)

Subjects: [Adolescent Development](#); [Cognitive Behavior Therapy](#); [Internet Addiction](#); [Outpatient Treatment](#); [Impulse Control Disorders](#); [Internet](#); +3 more

Published in: Journal of Clinical Psychology, Nov, 2012

Database: APA PsycInfo

By: [King, Daniel L.](#); [Delfabbro, Paul H.](#); [Griffiths, Mark D.](#); [Gradisar, Michael](#)

[Access options ▾](#) [View details](#)

Peer reviewed | Journal, Peer Reviewed Journal 🔖 ⋮

Neuropsychological functioning in adolescents with anorexia nervosa before and after cognitive remediation therapy: A feasibility trial.

Objective: To investigate neuropsychological functioning in **adolescents** with anorexia nervosa (AN) before and after receiving **cognitive remediation therapy**... [Show more](#)

Subjects: [Adolescent Development](#); [Anorexia Nervosa](#); [Cognitive Therapy](#); [Neuropsychology](#); [Psychopathology](#); [Cognitive Remediation](#); +4 more

Published in: International Journal of Eating Disorders, Sep, 2013

cognitive behavioral therapy AND addiction AND (teens or teenagers or adolescent or young adult)



All filters (1)

Full Text

Peer Reviewed

All time

Source type

Advanced search



Peer reviewed | Journal, Peer Reviewed Journal



Initial insights from a quality improvement initiative to develop an evidence-informed **young adult** substance use program.

High rates of substance misuse during emerging adulthood (~17-25 years of age, also referred to as **young** adulthood) require developmentally appropriate clinical programs. This a... [Show more](#)

Subjects: [Addiction](#); [Alcohol Use](#); [Cannabis](#); [Drug Usage](#); [Evidence Based Practice](#); [Program Development](#); [+6 more](#)

Published in: Journal of the Canadian Academy of Child and **Adolescent** Psychiatry / Journal de l'Académie canadienne de psychiatrie de l'enfant et de l'**adolescent**, Aug, 2023

Database: APA PsycInfo

By: [Halladay, Jillian](#); [Stead, Victoria](#); [McCarron, Catherine](#); [Kennedy, Marina](#); [King, Kyla](#); [Venantius, Michelle](#); [+11 more](#)

[Access now \(PDF\)](#)[View details](#)

Peer reviewed | Journal, Peer Reviewed Journal



Body dysmorphic symptoms in youth with obsessive-compulsive disorder: Prevalence, clinical correlates, and **cognitive behavioral therapy** outcome.

The aims of the study were to estimate the prevalence of body dysmorphic symptoms in a sample of children and **adolescents** with obsessive-compulsive disorder, possible clinical correlates... [Show more](#)

Subjects: [Body Dysmorphic Disorder](#); [Cognitive Behavior Therapy](#); [Comorbidity](#); [Epidemiology](#); [Obsessive Compulsive Disorder](#); [Treatment Outcomes](#); [+5 more](#)

Published in: Child Psychiatry and Human Development, Aug, 2023

Database: APA PsycInfo

By: [Ólafsdóttir, Þórhildur](#); [Weidle, Bernhard](#); [Ivarsson, Tord](#); [Højgaard, Davíð R. M. A.](#); [Melin, Karin](#); [Nissen, Judith Becker](#); [+3 more](#)

cognitive behavioral therapy AND addiction AND (teens or teenagers or adolescent or young adult)



All filters (1)

Full Text

Peer Reviewed

All time

Source type

Advanced search



Peer reviewed | Journal, Peer Reviewed Journal



Feasibility and acceptability of a brief, online transdiagnostic psychotherapy for **young adults**.

Background: The Unified Protocol (UP) for Transdiagnostic Treatment of Emotional Disorders is a flexible form of **cognitive behavioural therapy** targeting diver... [Show more](#)

Subjects: [Cognitive Behavior Therapy](#); [Online Therapy](#); [Psychotherapy](#); [Adolescence \(13-17 yrs\)](#); [Adulthood \(18 yrs & older\)](#); [Young Adulthood \(18-29 yrs\)](#); [+2 more](#)

Published in: Journal of the Canadian Academy of Child and **Adolescent** Psychiatry / Journal de l'Académie canadienne de psychiatrie de l'enfant et de l'**adolescent**, May, 2023

Database: APA PsycInfo

By: [Dimitropoulos, Gina](#); [Lindenbach, David](#); [Rowbotham, Melissa](#); [Devoe, Daniel J.](#); [Richardson, Amanda](#); [Mogan, Tom](#); [+3 more](#)

[Access now \(PDF\)](#)[View details](#)

Peer reviewed | Journal, Peer Reviewed Journal



The effects of **cognitive** reappraisal following retrieval-procedures designed to destabilize alcohol memories in high-risk drinkers.

Rationale: **Addiction** is a disorder of motivational learning and memory. Maladaptive motivational memories linking drug-associated stimuli to drug seeking are formed over hundre... [Show more](#)

Subjects: [Addiction](#); [Cognitive Therapy](#); [Memory Consolidation](#); [Alcohols](#); [Adulthood \(18 yrs & older\)](#); [Male](#); [+1 more](#)

Published in: Psychopharmacology, Mar, 2016

Database: APA PsycInfo

By: [Hon, Tiffany](#); [Das, Ravi K.](#); [Kamboj, Sunjeev K.](#)

[Access now \(PDF\)](#)[View details](#)

Step Two: Read Abstracts

Abstract

Excessive and potentially addictive use of the Internet among children and adolescents has emerged as a major concern in recent times. Internet addiction is often conceptualized as an impulse control disorder, with features similar to pathological gambling. However, there remains considerable debate about the core components, etiological processes, course, and maintaining factors of the disorder. This article presents a case study of a 16-year-old male with generalized pathological Internet use. Critical issues relevant to case conceptualization, assessment, and choice of therapy are examined. Although the evidence base is limited in this emerging area of clinical psychology, we provide a summary of empirically supported cognitive-behavioral techniques for Internet addiction. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Reading Abstracts the *Right* Way!

- Check the summary of the overall reasons for conducting the study
 - Check how the topic was investigated
 - Check the major findings
- Check the summary of the interpretations/conclusion of these findings

Step Three: Sort Articles based on Abstract Relevance

- Sort the articles into three categories:
 - Most relevant
 - Somewhat relevant
 - Least relevant

Step Four: Read the Articles

As you read, you might ask yourself:

- Is the article relevant to a class theme or to my own work?
 - What questions does it help to answer, or what topics does it address?
- Does the article offer any unique perspectives or new information?
 - Are these relevant or useful to me?
- Can I use the contents of the article in any other ways?
 - Does the article offer a helpful framework for understanding my topic or question (theoretical framework)?
 - Do the authors use interesting or innovative methods to conduct their research that might be relevant to me?
 - Does the article contain references I might consult for further information?