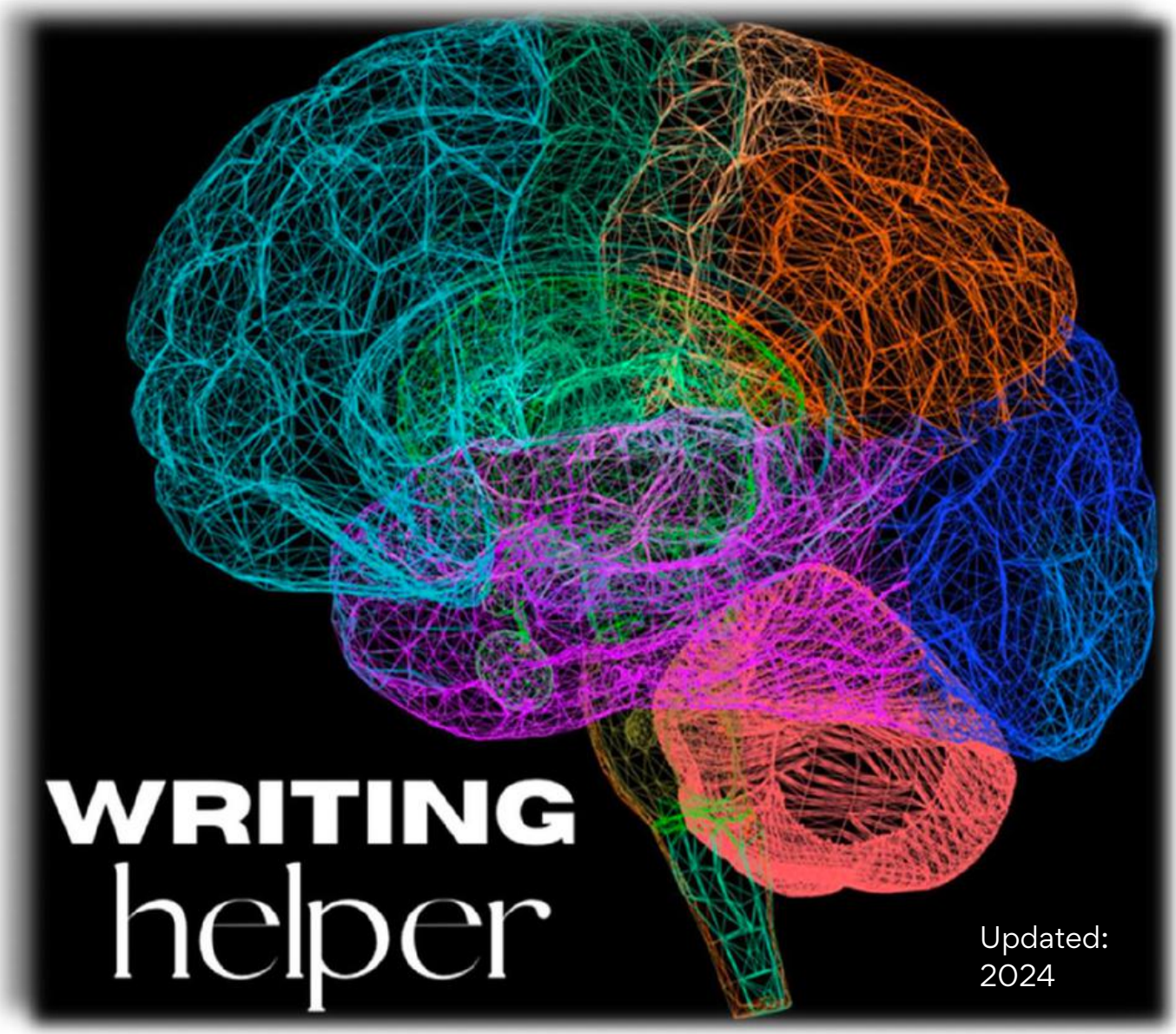


- Research Links: HIth 220, 315, 405
  - Grammar/Syntax
    - APA 7 Citation Guide

Writing Helper Contents

Chunk It:

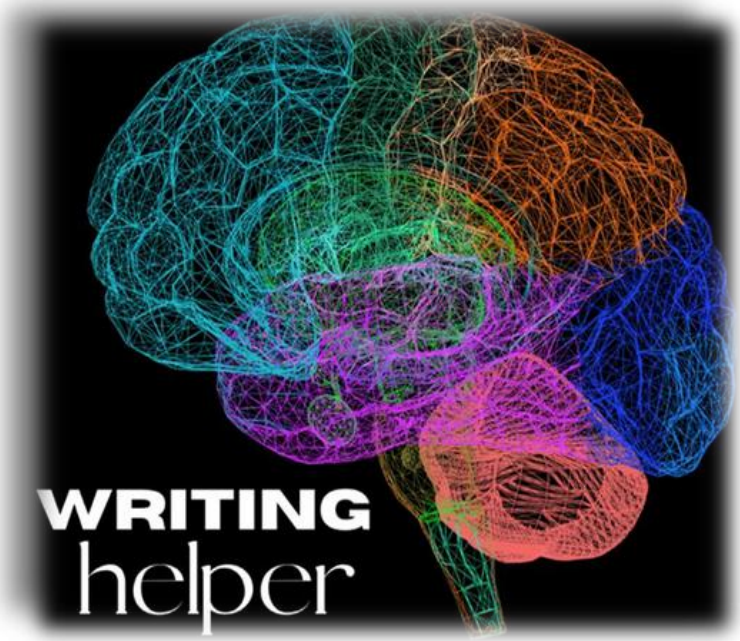
How To Write APA7 References and Resource Page, With Examples

Research Links:

- Research Links For: Hlth 315, 405, 220 & Cook Library
- 10 Best Academic Research Resources
- Are your resources: **CRAAP** ?
- Primary and Secondary Research

Citations:

- Should I cite? When to Cite
- What is "Common Knowledge?"
- Intro to APA 7 citation styles
- How To Format Your Reference Page



Chunk It:

How To Write APA7 References and Resource Page, With Examples

A Cindi Lamb Wiley Publication©
CindiLamb.com

- APA7 In-text Citations
- Citing Web Pages

Grammar/Transitions:

- Point of View: Writing in the 3rd Person
- 200 Transition Words & Phrases
- Punctuating Titles

Top **RESEARCH LINKS:**	**Site:**
315: The Community Tool Box: Required as part of your reading/resources for Hlth 315 University of Kansas. Workgroup for Community Health Education and Development (2019).	http://ctb.ku.edu/en
315: Cook Library: USE THIS LINK For Research In 315: **Health Curriculum And Planning. THIS IS OUR PAGE In Cook Library.** Questions? Contact OUR Health Professions Librarian, Carrie Price.	HLTH 315: Our Cook Library Page
405: This is our online textbook for Hlth 405, *Drugs and Society*, 14th Ed., Table of Contents	https://libraries.towson.edu/using-the-libraries/course-books-library?course=&format=All&order=field_url&sort=asc&page=37
405: List of Research Links Compiled by Cindi Lamb Wiley, MSH • Fall 2023	Health 405 List of Research Links
Cook Library: **Research Guides** If you are looking for a Course, Topic, Subject, or Citation Guide, please browse:	https://towson.libguides.com/
A-Z index of U.S. Government Departments And Agencies U.S. federal government departments and agencies including websites, emails, phone numbers, addresses, and more.	https://www.usa.gov/agency-index
NEED HELP WRITING? GET HELP: **The Writing Center at Towson University:** This place is the bomb.	https://www.towson.edu/cla/centers/writing/
Can't make it to Cook Library Writing Center? No problem: **VIRTUAL TUTORING:**	https://www.towson.edu/cla/cent ers/writing/virtual.html
Cook OneSearch Search for articles, journals, books, media, and more.	https://libraries.towson.edu/
Cook Library: **Journal List**	https://libraries.towson.edu/journal-list

Search or browse for the library's journal, newspaper, and magazine holdings and access options.	
Cook Library: **APA Style** Citation guide for the Publication Manual for the American Psychological Association (7th ed).	https://towson.libguides.com/apa style7/intext
Cook Library: **A-Z Databases** Find the best library databases for your research.	https://towson.libguides.com/az.php
Glossary/Terms/Videos:	**Site:**
What's an annotated bibliography? Brock University Library Video: 3.5 minutes	https://www.youtube.com/watch ?v=P5yZkDm4GHQ&t=27s

The 10 Best Academic Research Sources

From: https://www.bestcolleges.com/blog/best-online-resources-academic-research/

1. Google Scholar

Looking for an academic article, thesis, or abstract? Google Scholar should be your first stop. Google Scholar helps you find related works, locate full documents at your school library, and access scholarly research.

While Google created Google Scholar, it's very different from a general online search. Google Scholar brings together academic articles and ranks them based on the authors, publication location, and citation record. That means the top results generally represent the most reliable scholarship on your topic.

2. JSTOR

For journal articles, books, images, and even primary sources, JSTOR ranks among the best online resources for academic research. JSTOR's collection spans 75 disciplines, with strengths in the humanities and social sciences. The academic research database includes complete runs of over 2,800 journals.

And if you're looking for images, turn to Artstor, which offers over 2.5 million images related to the arts, sciences, and literature. However, JSTOR is not an open-access database. That means you'll need to log in through your university library, which typically includes off-campus access.

3. Library of Congress

As the largest library in the world, the Library of Congress is an amazing online resource for academic research. Students can search its collections to access digital resources, videos, audio recordings, photographs, and maps.

The library's materials also include notated music, web archives, legislation, and 3D objects. You'll find materials for almost any topic in its extensive collections. You can search historic American newspapers from 1777-1963 with the Chronicling America tool or look up pirate trials in another digital collection.

4. PubMed Central

The National Library of Medicine, part of the U.S. National Institutes of Health, runs PubMed Central. Founded in 2000, the database includes academic scholarship dating back to the 18th century. The resource connects college students with life sciences and biomedical academic sources.

And as an open-access database, PubMed Central offers free access to scholarly literature. Today, PubMed Central has over 7 million full-text records, making it a great resource for students in the life sciences or medical fields.

5. Google Books

Whether you're looking for a recent publication or an out-of-print book, there's a good chance you'll find it on Google Books. In 2019, Google announced that Google Books contains over 40 million books.You can enter any search term to find books that contain matches. And you can download the full text of any book in the public domain — which includes 10 million titles. Make sure to check publisher and author information when using Google Books.The site also includes reference pages that link to book reviews. Keep in mind that you'll have more limited access to recent books. Still, Google Books is a great first step to find sources that you can later look for at your campus library.

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6. Science.gov

If you're looking for scientific research, Science.gov is a great option. The site provides full-text documents, scientific data, and other resources from federally funded research.

A U.S. government site, Science.gov searches more than 60 databases and 2,200 scientific websites. You'll find over 200 million pages of research and development information, including projects funded by 14 federal agencies. Students in any STEM field can benefit from the resource.

7. Digital Commons Network

University librarians curate the Digital Commons Network, which connects students with peer-reviewed articles. The site's other resources include dissertations, book chapters, conference proceedings, and working papers.

The Digital Commons Network includes scholarly work from diverse disciplines like architecture, business, education, law, and the sciences. You can also access humanities, social sciences, and engineering scholarship through the network.

8. ResearchGate

ResearchGate has been described as social networking for research scientists. But ResearchGate is also a great option to find open-access academic sources. Scholars upload their work to ResearchGate, which makes it available to the public for free.

Currently, over 20 million researchers around the world use the site, which contains over 135 million publications. College students looking for scientific research can often find resources on ResearchGate and even connect with scholars.

9. WorldCat

When you're looking for library resources, WorldCat is one of the best tools. Connected to over 10,000 libraries, WorldCat is a database that allows you to search library collections.

The database lists books and articles available at your local libraries, making it easier to find materials that are not available online. In addition to books, WorldCat contains music, videos, audiobooks, and scholarly articles.

You can also find digital research materials, including photos. When you're logged into WorldCat through your university library, you can also access full-text articles and other resources. Or you can use WorldCat to find sources to request through interlibrary loan.

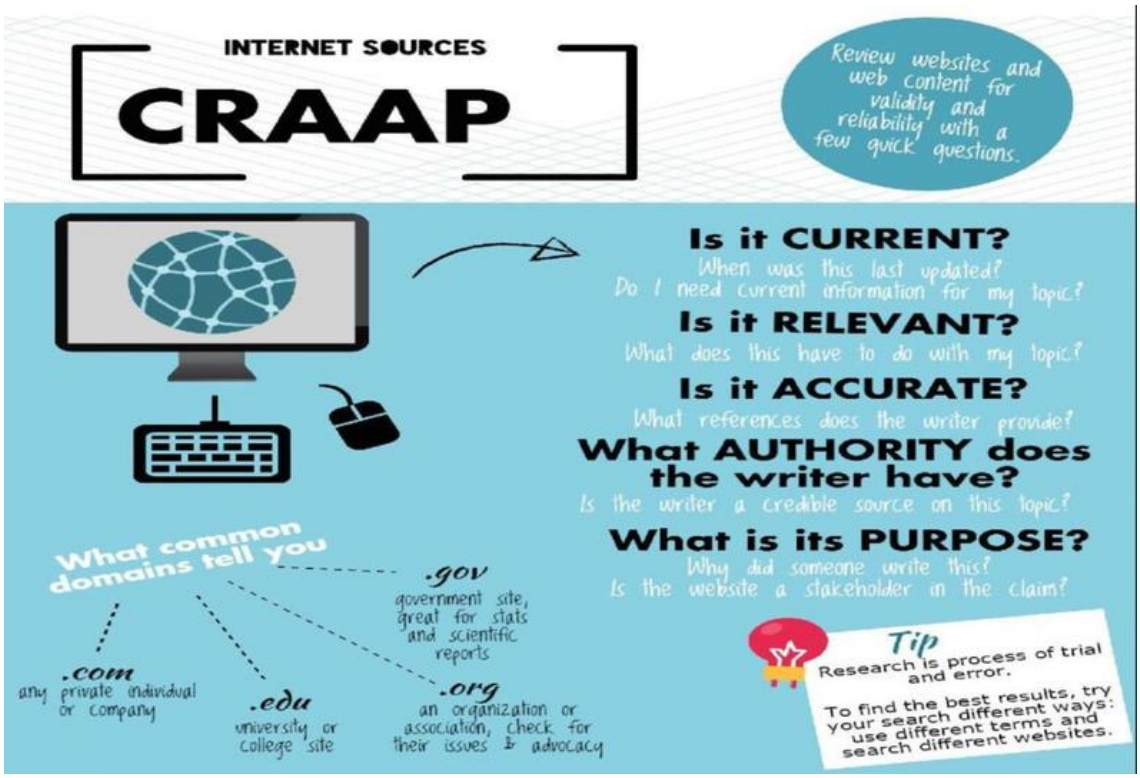
10. Your University Library

When you're conducting academic research, your university library can be one of your best resources. In addition to online databases, journal articles, and books, your campus library also has academic librarians who can point you to the best sources.

When you don't know where to start, reach out to an academic librarian to learn more about your school's research tools. Or use interlibrary loan to get a scanned copy of an article. Many of the campus library's resources are available online, making them easy to access.

Top

FINDING RELIABLE RESEARCH RESOURCES



CRAAP Explained:

From:

https://www.bestcolleges.com/blog/reliable-sources-misinformation-college-research/

Whether you're writing a research paper for school or investigating a bold claim making the rounds on social media, you should always check to make sure the sources are credible. Here are the most important questions to ask yourself as you evaluate an online source.

Is This a Current Take? (< 10 years, < 5 years preferred)

Look at the date of publication or the last refresh of a page or article. Depending on the type of information, if it has been a few years since it has been touched, further findings may have come to light that may complicate, supplement, or undermine the assertions. Remember that information in some fields, such as healthcare and technology, can rapidly become obsolete.

Is This Relevant to the Question at Hand?

Does it require an illogical leap to get from what the source is saying to what you are trying to say? Good arguments follow one clear step at a time.

Top

What Is the Authority of the Source?

The presence of the peer-review process, footnotes, bibliographies, credits, and/or quotations all help establish authority. Look at the credentials of the author and the "About Us" page of a website to determine a source's qualifications to speak on the subject.

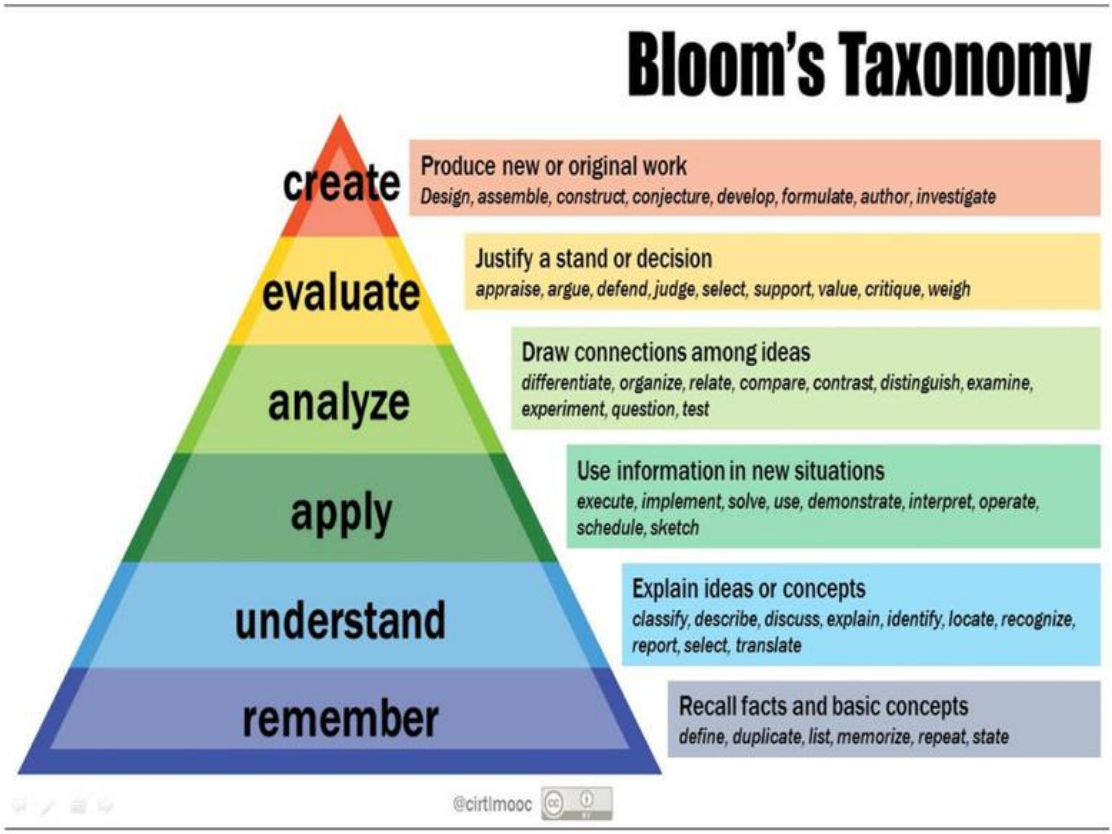
You should also check whether there are any interested sponsors. For example, a report issued by a pharmaceutical company backing a drug study should be met with an appropriate amount of skepticism.

How Accurate Is the Information?

Evaluate the evidence, the source of the data, and whether other authorities on the subject can verify the assertions. Extreme bias or emotion in the language makes accuracy less likely.

What Is the Purpose of This Information?

News articles, academic papers, and op-eds combine facts and analysis in different proportions according to their purpose. When sources aim to entertain or sell, those purposes provide extremely different motives, which can make the source less trustworthy.



Transition Words And Phrases

200 Transition Words For Essays That Will Help Your Writing Flow Better

FOR AUTHORITY ON THIS, GO TO THIS WEBSITE:

https://www.homeworkhelpglobal.com/us/blog/transition-words-for-essays/

AGREEMENT, ADDI

1. In addition to
2. As a matter of fact
3. Moreover
4. Similarly
5. Furthermore
6. Equally important
7. Also
8. In the same way
9. Comparatively
10. Correspondingly
11. Again
12. Not only... but also
13. In like manner
14. As well as
15. Thus
16. Therefore
17. In the same fashion
18. In the light of
19. Not to mention
20. Equally
21. Let alone
22. Too
23. Even more
24. And
25. Likewise
26. Just like
27. By the same token
28. Indeed
29. Another
30. Including

SEQUENCE OR ORDE

1. Firstly... secondly... thirdly
2. After
3. Simultaneously
4. Next... then... finally
5. Later
6. In the first place... in the secor
7. Formerly... presently
8. Since
9. Once
10. To begin with
11. Sooner... later
12. As soon as
13. Shortly
14. By the time
15. Now that
16. Immediately following
17. Preceding
18. Afterwards
19. Earlier
20. Both... and

CONTRADICTION OR

1. In spite of
2. While it may be true
3. However
4. On the one hand... on the oth
5. Nonetheless
6. In contrast
7. Notwithstanding
8. On the contrary
9. Nevertheless
10. Yet
11. Still
12. As much as
13. Although this may be true
14. Even though
15. Rather
16. Be that as it may
17. Above all
18. Despite
19. Admittedly
20. Instead
21. Though
22. Conversely
23. Regardless
24. Different from
25. At the same time
26. Albeit
27. Although
28. But
29. That said
30. Granted

CAUSE AND EFFECT

1. As a result
2. Consequently
3. Thus
4. Accordingly
5. Therefore
6. Hence
7. So
8. With this in mind
9. Owing to
10. Inasmuch as
11. Due to
12. To the end that
13. In order to
14. In light of
15. While
16. In the event that

Top

17. Unless
18. Provided that
19. Seeing that
20. Being that
21. Since
22. As
23. Because
24. Subsequently
25. In the event that

EXAMPLES, SUPPOI

1. For example
2. For instance
3. Specifically
4. Namely
5. Of course
6. Again
7. Truly
8. To illustrate
9. To demonstrate
10. As an example
11. Especially
12. Particularly
13. Also
14. Equally important
15. Besides
16. Including
17. To include
18. Certainly
19. Truly
20. More importantly
21. In fact
22. For the purpose of
23. Another key point
24. Surely
25. In particular
26. To put it another way
27. Namely
28. As an illustration
29. Above all
30. So that

LOCATION, SPACE/I

1. After
2. Afterwards
3. At last
4. Meanwhile
5. Then
6. Subsequently
7. Before
8. Currently
9. Simultaneously
10. Nearby
11. Adjacent
12. Immediately after
13. Back then
14. Nowadays
15. Sometimes
16. This time
17. Following
18. Soon
19. While
20. Today
21. In the future
22. Previously
23. Above
24. Below
25. During
26. Now
27. Beyond
28. Earlier
29. Here
30. There

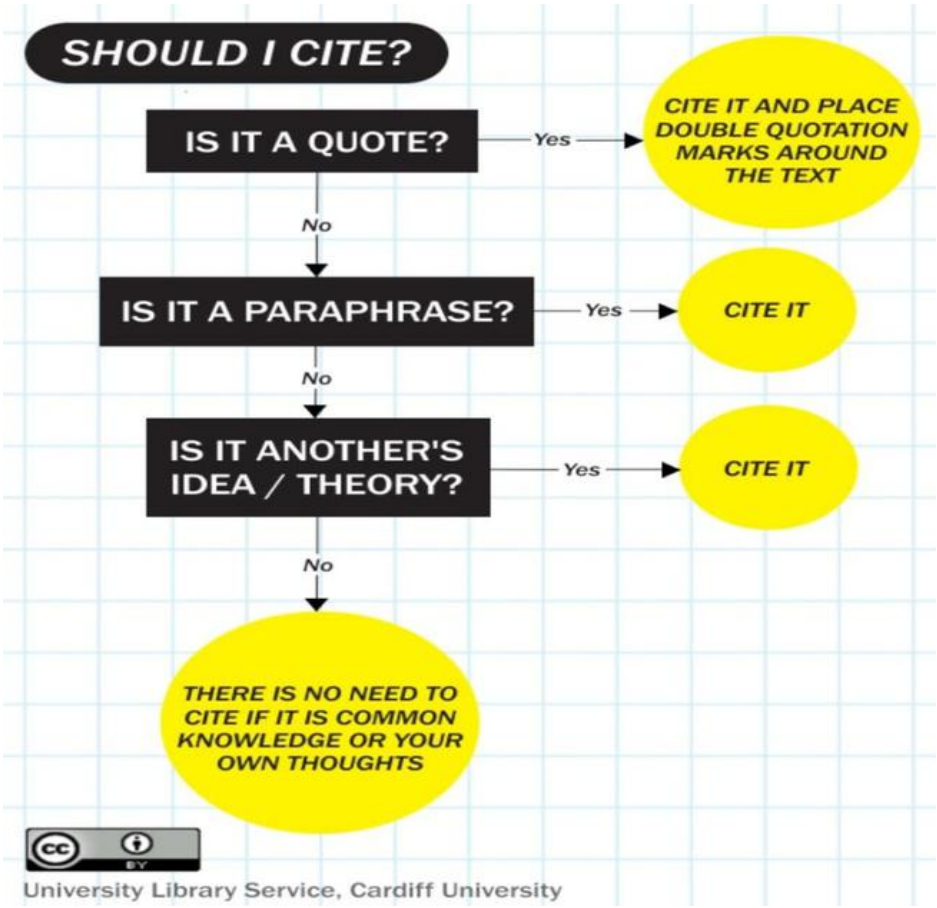
CONCLUSION, CLARIFI

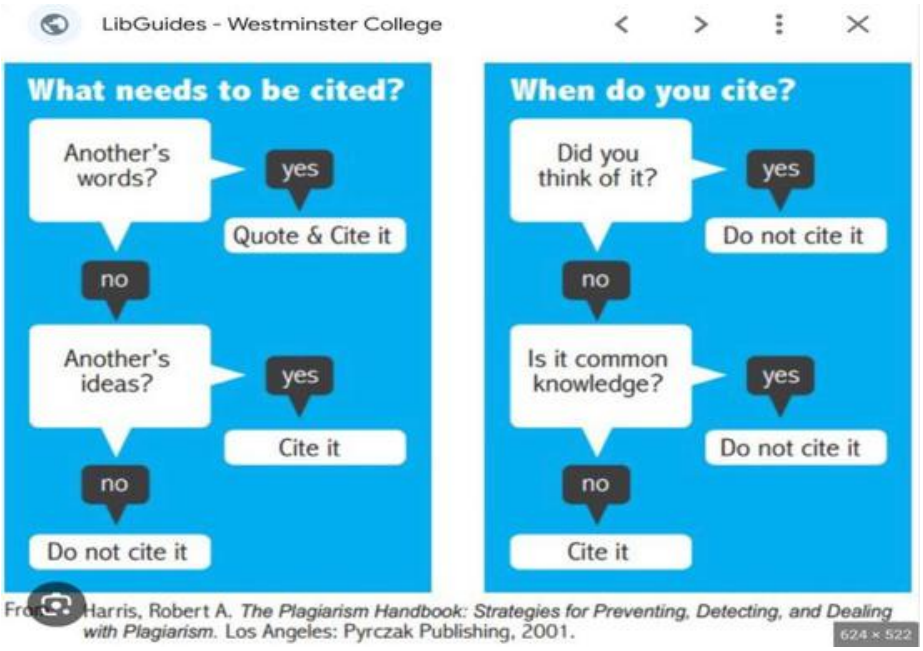
1. In conclusion
2. To sum up
3. In summary
4. Finally
5. In a word
6. Briefly
7. In brief
8. In the end
9. To conclude
10. To summarize
11. On the whole
12. In other words
13. Altogether
14. In short
15. Ultimately
16. In a nutshell
17. After all
18. All things considered
19. In sum
20. Given these points
21. In either case
22. As shown above
23. To clarify
24. To put it another way
25. Actually
26. That is
27. To rephrase
28. With this in mind
29. On the subject of
30. Regarding
31. As for
32. Concerning
33. In consideration of

Top

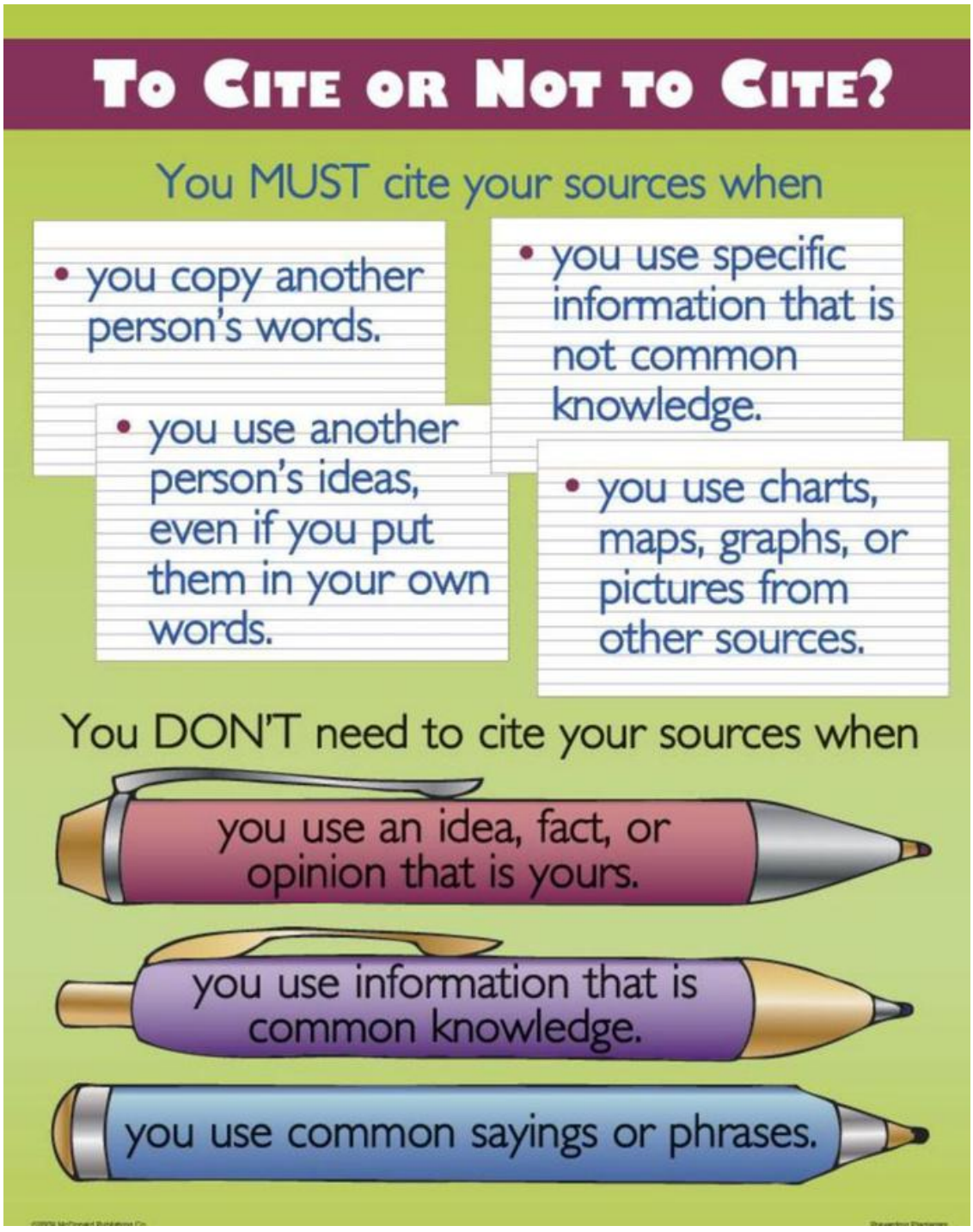
Punctuating Titles
Crafting Connections
Whole
Underline or Italicize
Parts
Quotation Marks
books
magazines & newspapers
TV shows
anthologies
albums
movies
plays
artwork
ships
trains
aircraft
chapters
articles
TV episodes
short stories
poems
songs
reports
essays
Using a ? Underline the title.
Using a ? Italicize the title.

Top


SHOULD I CITE?
IS IT A QUOTE?
Yes
CITE IT AND PLACE DOUBLE QUOTATION MARKS AROUND THE TEXT
No
IS IT A PARAPHRASE?
Yes
CITE IT
No
IS IT ANOTHER'S IDEA / THEORY?
Yes
CITE IT
No
THERE IS NO NEED TO CITE IF IT IS COMMON KNOWLEDGE OR YOUR OWN THOUGHTS
University Library Service, Cardiff University

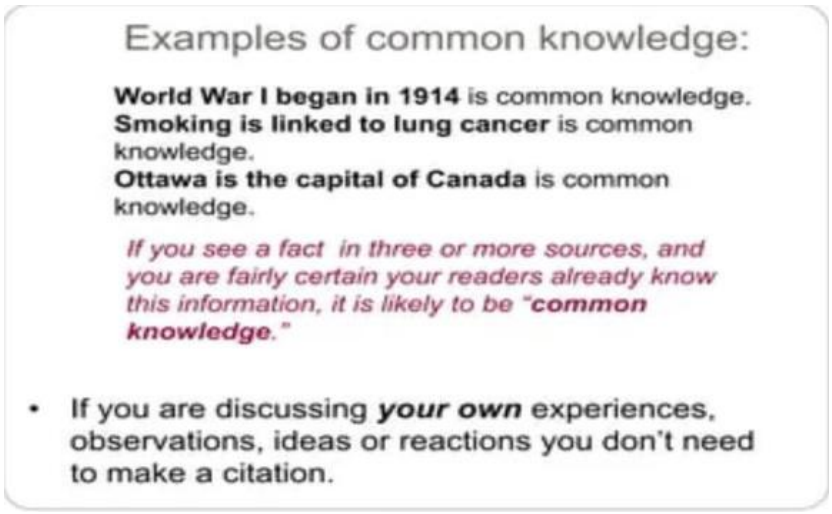

LibGuides - Westminster College
What needs to be cited?
Another's words?
yes
Quote & Cite it
no
Another's ideas?
yes
Cite it
no
Do not cite it
When do you cite?
Did you think of it?
yes
Do not cite it
no
Is it common knowledge?
yes
Do not cite it
no
Cite it
Harris, Robert A. The Plagiarism Handbook: Strategies for Preventing, Detecting, and Dealing with Plagiarism. Los Angeles: Pyrczak Publishing, 2001.
624 × 522

Top


To Cite or Not to Cite?
You MUST cite your sources when
• you copy another person's words.
• you use another person's ideas, even if you put them in your own words.
• you use specific information that is not common knowledge.
• you use charts, maps, graphs, or pictures from other sources.
You DON'T need to cite your sources when
you use an idea, fact, or opinion that is yours.
you use information that is common knowledge.
you use common sayings or phrases.

Top

Define: Common knowledge:



As a general rule, a fact can be said to be 'common knowledge' when:

- It is widely accessible - you may not know the total population of China, but you would be able to find the answer easily from numerous sources.
- It is likely to be known by a lot of people
- It can be found in a general reference resource, such as a dictionary or encyclopedia.

If you are in any doubt, cite.

Top

How To Format Your Reference Page

By Cindi Lamb Wiley

The following page is a blueprint for you to use when you set up your reference page.

USE IT when you are ready to make your reference page.

Or check out “Chunk It” in your Writing Helper

The next page is what your reference page should look like.

If you do it wrong, I will find you. And it won’t be pretty.

Top

ALWAYS:
Chapter or article in a journal:
- **NOT italicized,** and **only the**
- **First letter is capitalized.**
- **The rest are lower case**
except for proper pronouns.

References

This is a
Article in a journal:
- **not italicized,** and only the
- **First letter is capitalized.** The
- **rest are lower case** except for proper pronouns

Baniya, S., & Weech, S. (2019). Data and experience design: Negotiating community-oriented digital research with service-learning. *Purdue Journal of Service-Learning and International Engagement, 6*(1), 11–16. https://doi.org/10.5703/1288284316979

This is a journal entry:

Journals Are Always Capitalized And Italicized

This is a magazine entry:

Peterzell, J. (1990, April). Better late than never. *Time*, *135*(17), 20–21 https://made.up.url.org

This is a newspaper entry:

Schultz, S. (2005, December 28). Calls made to strengthen state energy policies. *The country today*, 1A, 2A. https://made.up.url.org

This is an
Article in a magazine:
- **not italicized,** and only the
- **First letter is capitalized.**

This is an edited book entry

Haas, M. (2015). I will be joyful, dammit. *Bouncing forward, turning bad breaks into breakthroughs (*pp. 278-289). Simon & Schuster Inc. https://cindilamb.com/books-im-in

This is a
Chapter in an edited book (contains multiple stories and authors):
- **not italicized,** and only the
- **First letter is capitalized.**
- **rest are lower case**
except for proper pronouns.

Books, magazine, newspapers, website names Are Always Italicized BUT!
- **ONLY THE First letter is capitalized.**
- **The rest are lower case**
except for proper pronouns.

APA7 Reference Page Format:
- 1" margins all around
- The entire page is double-spaced
- The word References is capitalized and centered, bold is OK or not.
- Each entry is alphabetized
- Hanging indents of ½ inch
- 12-point font: Helvetica, Arial, Calibri, or see format directions
- Always start a website on a new line and make sure the link works

Top

Your Reference Page Should Look Like This:

- 1st line: flush left to 1" margin
- 2nd and all further lines: tab 1/2 inch in: “hanging indent”
- All entries are alphabetized
- References title: in bold, capitalized, centered
- EVERYTHING is double spaced, no extra spaces between anything

References

Baniya, S., & Weech, S. (2019). Data and experience design: Negotiating community-oriented digital research with service-learning. *Purdue Journal of Service-Learning and International Engagement, 6*(1), 11–16. https://doi.org/10.5703/1288284316979

Peterzell, J. (1990, April). Better late than never. *Time*, *135*(17), 20–21 https://made.up.url.org

Schultz, S. (2005, December 28). Calls made to strengthen state energy policies. *The Country Today*, 1A, 2A. https://made.up.url.org

Haas, M. (2015). I will be joyful, dammit. *Bouncing forward, turning bad breaks into breakthroughs (*pp. 278-289). Simon & Schuster Inc. https://cindilamb.com/books-im-in

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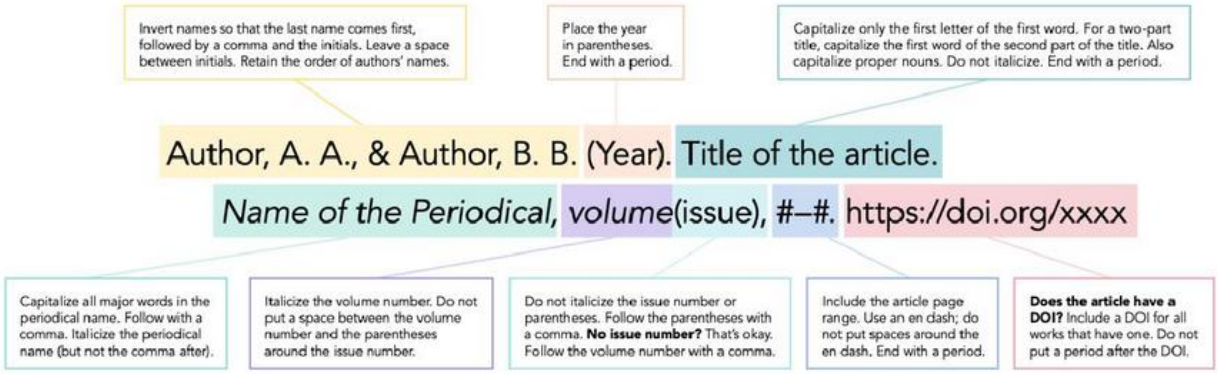
APA STYLE

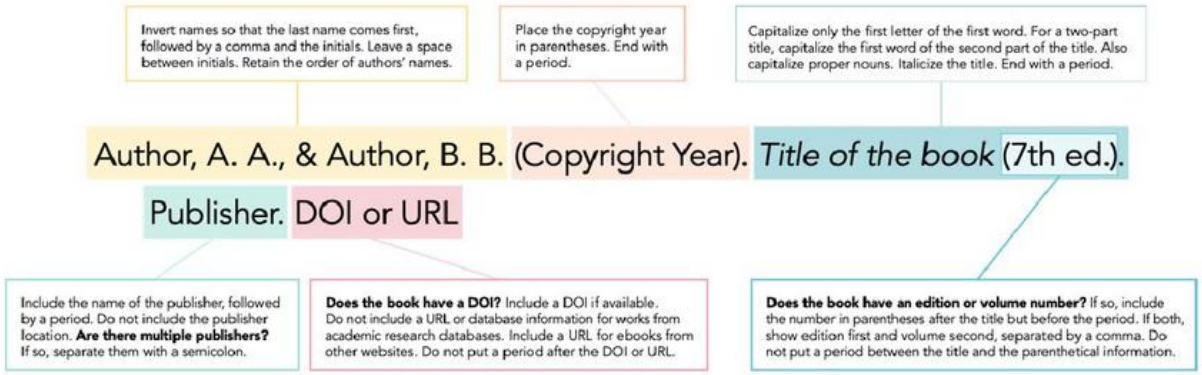
7th Edition

Reference Guide for Journal Articles, Books, and Edited Book Chapters

Journal Article



Book



Top

Chapter in an Edited Book

Top

In-text Citations

APA In-text Citations

A few examples:

One Work by a Single Author:

Smith (1983) compared reaction **OR**
In a recent study of reaction times (Smith, 1983)

A Work by Two Authors:

Research by Wegener and Petty (1994) supports… **OR**
....was supported by research (Wegener & Petty, 1994).

A Work by Three - Five Authors:

List all authors in the first citation. Afterwards, only cite the first author followed by et al.

First: (Kernis, Cornell, Sun, Berry, & Harlow, 1993)
Every time after: (Kernis et al., 1993)

NOTE: For works with 6 or more authors, you will immediately list the first author followed by et al.

Unknown Author:

If the author is unknown, cite the source by the first *two or three words of the title*. Titles of books or reports are italicized; titles of articles, chapters, or web pages are placed in quotation marks.

...on free care ("Study Finds," 2007). **(Article)**
...in the book *College Bound Seniors* (2008). **(Book)**

Direct Quotes:

NOTE: When you directly quote your source, be sure to include the page number. Also be sure to put whatever words that ARE NOT yours in quotation marks.

According to Jones (1998), "Students often had difficulty using APA style, especially when it was their first time" (p. 199). **OR**

She stated, "Students often had difficulty using APA style" (Jones, 1998, p. 199), but she did not offer an explanation as to why.

A few reminders:

Your in-text citations should always have at least two parts: the author's last name and the date of publication.

Use the document's title if no author is identified.

If you are quoting something directly, you will also include the page number at the end of your quote.

In the case of an indirect source, name the original source in your signal phrase, and the secondary source in your in-text and reference citations.

Example:
Johnson argued that...(as cited in Smith, 2003, p. 102).

Top

Citing References in Text

The following chart shows how to format in-text citations (6.11–6.15)

Table 6.1 Basic Citation Styles

Type of citation	First citation in text	Subsequent citations in text	Parenthetical format, first citation in text	Parenthetical format, subsequent citations in text
One work by one author	Walker (2007)	Walker (2007)	(Walker, 2007)	(Walker, 2007)
One work by two authors	Walker and Allen (2004)	Walker and Allen (2004)	(Walker & Allen, 2004)	(Walker & Allen, 2004)
One work by three authors	Bradley, Ramirez, and Soo (1999)	Bradley et al. (1999)	(Bradley, Ramirez, & Soo, 1999)	(Bradley et al., 1999)
One work by four authors	Bradley, Ramirez, Soo, and Walsh (2006)	Bradley et al. (2006)	(Bradley, Ramirez, Soo, & Walsh, 2006)	(Bradley et al., 2006)
One work by five authors	Walker, Allen, Bradley, Ramirez, and Soo (2008)	Walker et al. (2008)	(Walker, Allen, Bradley, Ramirez, & Soo, 2008)	(Walker et al., 2008)
One work by six or more authors	Wasserstein et al. (2005)	Wasserstein et al. (2005)	(Wasserstein et al., 2005)	(Wasserstein et al., 2005)
Groups (readily identified through abbreviation) as authors	National Institute of Mental Health (NIMH, 2003)	NIMH (2003)	(National Institute of Mental Health [NIMH], 2003)	(NIMH, 2003)
Groups (no abbreviation) as authors	University of Pittsburgh (2005)	University of Pittsburgh (2005)	(University of Pittsburgh, 2005)	(University of Pittsburgh, 2005)

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Referencing Web Pages and Documents

This info from:
https://libguides.jcu.edu.au/apa/web#s-lg-box-11101859

Citing a web page: 2 min. video: good!
https://www.youtube.com/watch?v=Boc6Sf5yEDk&t=113s

EXAMPLES:

Web pages and documents	
Pattern for Web Page:	
Format	Author, A. A. (Date). *Title of web page*. Publisher/Site sponsor name. URL **Show the website date in the fullest form available** **When the author name and publisher name are the same omit the publisher name from the reference** **In-Text only use the author and Year (James Cook University, 2019).**
Examples	Department of Education. (2020, November 11). *Physical activity and health*. Queensland Government. https://education.qld.gov.au/curriculum/learning-at-home/physical-activity-and-health Grima, B. (2019, September 30). *A 60,000-year-old cure for depression*. BBC. http://www.bbc.com/travel/story/20190929-a-60000-year-old-cure-for-depression James Cook University. (2021). *Borrow and renew*. https://www.jcu.edu.au/library/loans **NB: This pattern is also used for documents downloaded from websites, such as PDFs:** The Learning Centre. (n.d.). *Self study programs: Paraphrasing and plagiarism*. James Cook University. https://bit.ly/3FngziL Queensland Health. (2016, July 26). *Food safety fact sheet 51: Food allergies*. Queensland Government. http://www.health.qld.gov.au/foodsafety/Documents/fs-51-allergies.pdf Queensland Health. (2019, April 4). *Influenza (The flu)*. Queensland Government. http://conditions.health.qld.gov.au/HealthCondition/media/pdf/14/217/82/influenza-the-flu-v24

Referring to entire websites

If you are taking information from the website or web document, then you must cite the information as per the instructions given above.

However, if you are simply referring to the fact that the website exists, then you include the URL for the home page in text, and you do not include an entry in your reference list.

For example:

Queensland Health maintains a website which offers advice on clinical practice (https://www.health.qld.gov.au/clinical-practice) that can be a good resource for health workers.

Please note: This is only done when you are not using any information from the site. If you are not sure whether you can simply give the URL in text, or if you should cite the web resource with a proper in-text citation and an entry in your reference list, ask your librarian for assistance.

APA 7 Web pages and web documents [VIDEO]

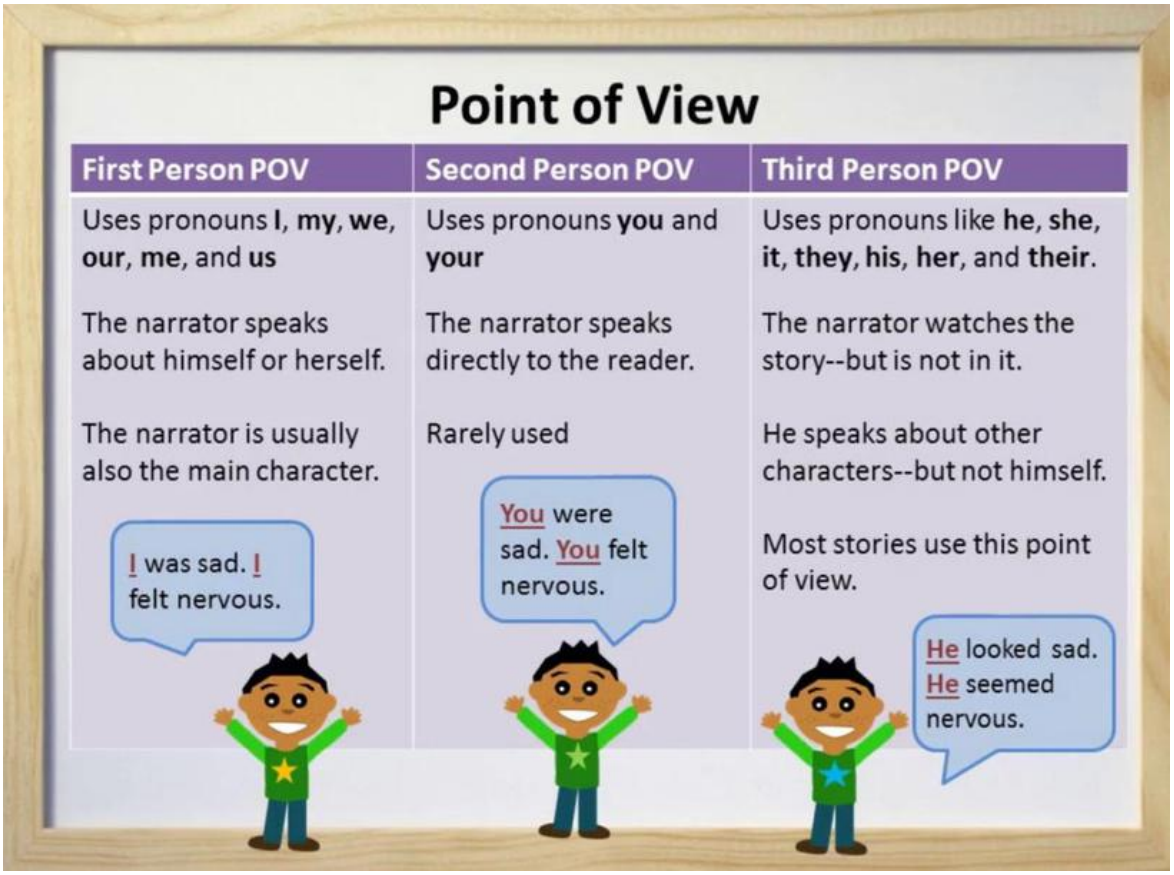
Top

ALWAYS WRITE ACADEMIC ESSAYS USING 3RD PERSON POV, Unless instructed otherwise

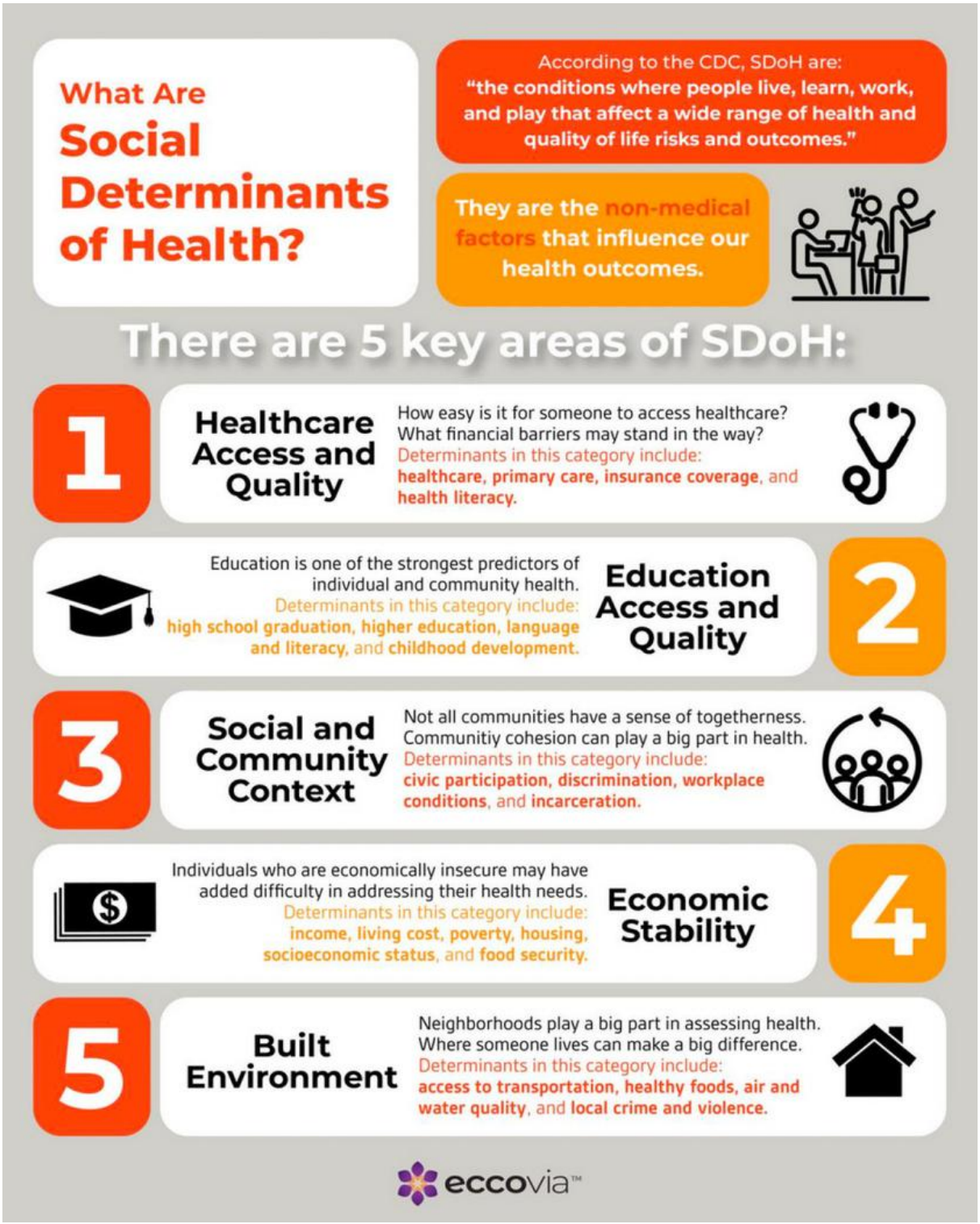
Cuz it's NOT about YOU!

DO NOT include:

- "I think", "I saw", "I heard", "my thoughts", etc unless directed by your instructor
- AND NEVER ASK THE READER ANY QUESTIONS!
- Think of yourself as the UNBIASED reporter telling a story on the news; just the facts please!
- DO NOT editorialize, which is making comments or expressing opinions rather than just reporting the facts.



Top


What Are
Social Determinants of Health?
According to the CDC, SDoH are:
"the conditions where people live, learn, work, and play that affect a wide range of health and quality of life risks and outcomes."
They are the non-medical factors that influence our health outcomes.
There are 5 key areas of SDoH:
1
Healthcare Access and Quality
How easy is it for someone to access healthcare? What financial barriers may stand in the way?
Determinants in this category include:
healthcare, primary care, insurance coverage, and health literacy.
Education is one of the strongest predictors of individual and community health.
Determinants in this category include:
high school graduation, higher education, language and literacy, and childhood development.
Education Access and Quality
2
3
Social and Community Context
Not all communities have a sense of togetherness. Communitiy cohesion can play a big part in health.
Determinants in this category include:
civic participation, discrimination, workplace conditions, and incarceration.
Individuals who are economically insecure may have added difficulty in addressing their health needs.
Determinants in this category include:
income, living cost, poverty, housing, socioeconomic status, and food security.
Economic Stability
4
5
Built Environment
Neighborhoods play a big part in assessing health. Where someone lives can make a big difference.
Determinants in this category include:
access to transportation, healthy foods, air and water quality, and local crime and violence.
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