

Research Challenge

Help Manual

Use this guide for extra help in completing your quests.

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QUEST 1

Building background information and keyword vocabulary

Q: Why do I need to gather background information?

A: Background information is needed to get a basic understanding of your topic. Interested in “alternative energy,” but don’t know much about it? General information sources provide a short overview of the topic so you can gain the basic knowledge to ask better research questions and dig deeper in your research.

Q: How can I find background information?

A: Use the encyclopedias available through the UHWO Library website: westoahu.hawaii.edu/library > **Research menu** > **Online Databases** > **(1)Credo Reference** or **(2) Encyclopaedia Britannica**. Alternatively, you may find useful background information via a regular Google search.

Q: How do I extract keywords or phrases from an article?

A: As you read through the article, look for keywords that you think may help you find more information on your topic. In particular, look for synonyms or related words. If one of your keywords is “college,” for example, some keywords might be “higher education” or “young adult.” Keywords are usually nouns (things, people, places). Here’s an example:

Topic: Obesity

Keywords or phrases

1. World Health Organization
2. Body mass index
3. BMI
4. Centers for Disease Control and Prevention
5. Nutrition information on menus
6. Tax fattening foods
7. epidemic
8. Obesity and diabetes
9. Obesity and lung disease
10. Low-cost, fattening fast food

The World Health Organization (WHO) uses a formula called **body mass index**, or **BMI**, to calculate whether a person is overweight. The BMI formula divides a person's weight by his or her height in inches squared. Since 1998, the federal **Centers for Disease Control and Prevention** (CDC) has considered being overweight as having a BMI rating of 25 or above, and being obese as having a rating of 30 or above. Under the CDC definition, an adult man who is 5' 8" tall would be considered overweight if he weighed 165 pounds or more. He would be considered obese at or above 197 pounds.

Obesity among U.S. adults has increased greatly over the past few decades. In response, initiatives have been undertaken at various levels of government to try to control weight gain. Those include proposals to ban certain kinds of fats in foods, to require restaurants to list **nutrition information on menus**, and to **tax fattening foods**. [See 2004 [Update: Obesity](#)]

Other proposals have been aimed at children and adolescents. Although, technically, the category of obesity does not exist for people in those groups, they have been getting heavier too. In many states, there are restrictions on what types of food can be sold in schools, while a smaller number of schools calculate and record the BMI of students and report it to parents. And proponents of antiobesity measures have called for restrictions on fast-food and junk-food advertising aimed at children.

Those who support such efforts say that obesity in the U.S. has reached **epidemic** proportions, and that drastic steps must be taken to counter that trend. They point out that obesity has been linked to **heart and lung disease** and **diabetes**, along with other ailments, and drains public-health resources. And efforts are required simply to level the playing field, they assert; the widespread popularity of unhealthy food is partly the result of both government subsidies to particular crops and the vast marketing resources of food manufacturers. Supporters also call for greater availability of healthy foods in schools, arguing that the proliferation of junk food in schools contradicts the idea of schools promoting good nutrition.

Critics of the initiatives, on the other hand, say that the obesity crisis has been exaggerated due to the efforts of the diet industry and an obsession with thinness in the U.S. Eating is a personal matter and should not be subject to government intervention, they contend. It is possible to be overweight and healthy if a person is physically active, they say, and BMI ratings often classify people as overweight even when they are large but fit. Furthermore, critics charge, much of the movement against obesity reflects a condemnation of the lifestyles of poor people and minorities, who tend to eat more **low-cost, fattening fast food**.

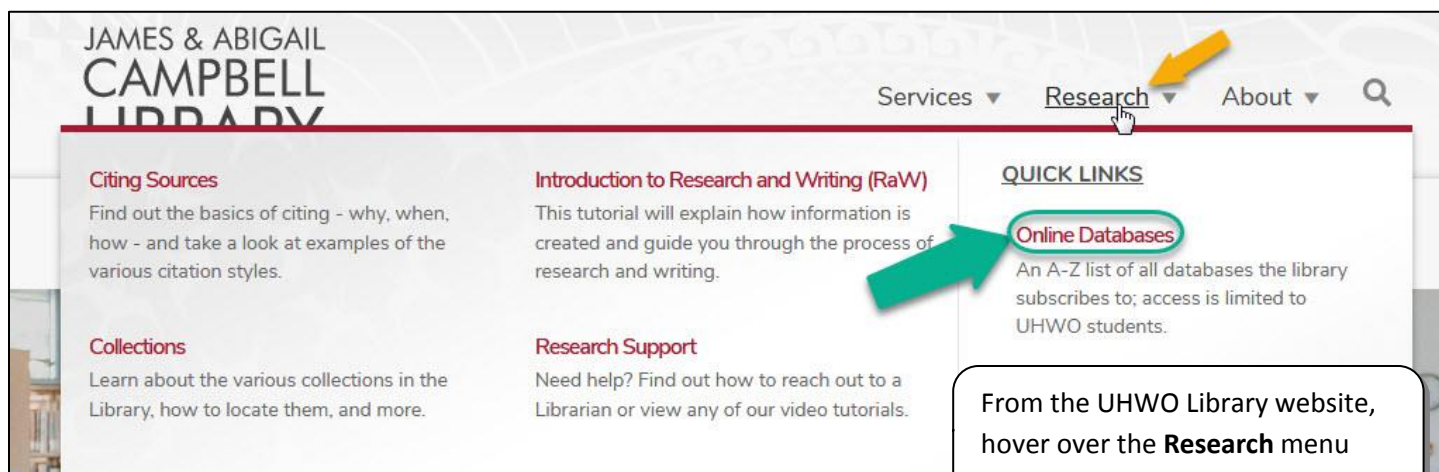
QUICKLINKS: [Credo Reference](#), [Encyclopaedia Britannica](#).

QUEST 2

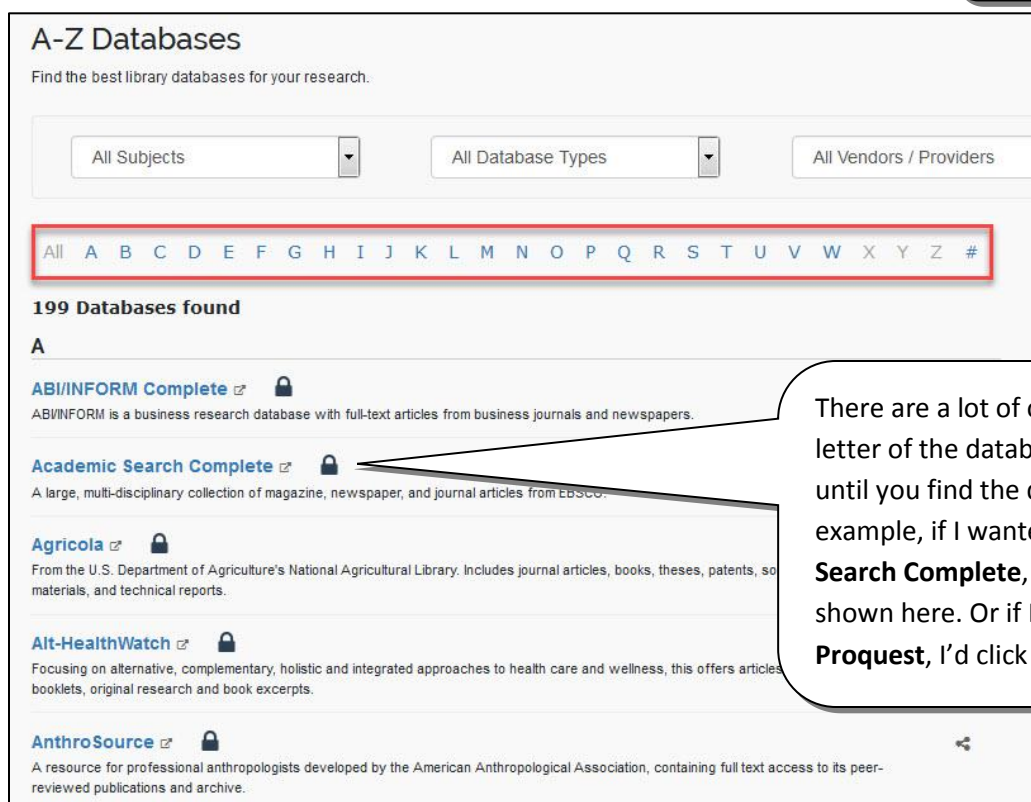
Finding articles in library databases

The James & Abigail Campbell Library at UHWO pays for access to many useful databases that contain journal, magazine, and newspaper articles. Recommended **databases** appropriate for this course include **Academic Search Complete** and **ProQuest**. Whenever doing research, you'll want to start at the Library's website: westoahu.hawaii.edu/library.

Getting to the Databases



From the UHWO Library website, hover over the **Research** menu and click **Online Databases**.



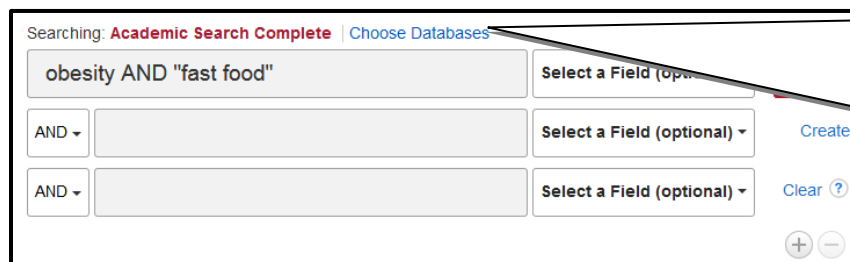
There are a lot of options! Click on the first letter of the database name or scroll down until you find the database you want. For example, if I wanted to open **Academic Search Complete**, I'd click on its name shown here. Or if I wanted to go to **Proquest**, I'd click on **P** for **ProQuest**.

QUICKLINKS: [Academic Search Complete](#), [Proquest](#).

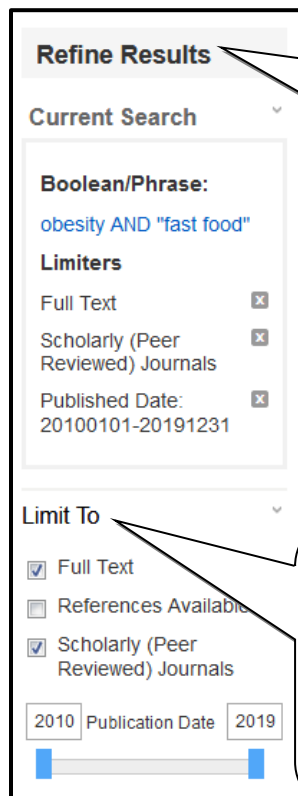
QUEST 2

Finding articles in library databases

When using a database, enter your keywords into the search bar. On the result page, look for the various ways that you can filter your results. This will help you tremendously.

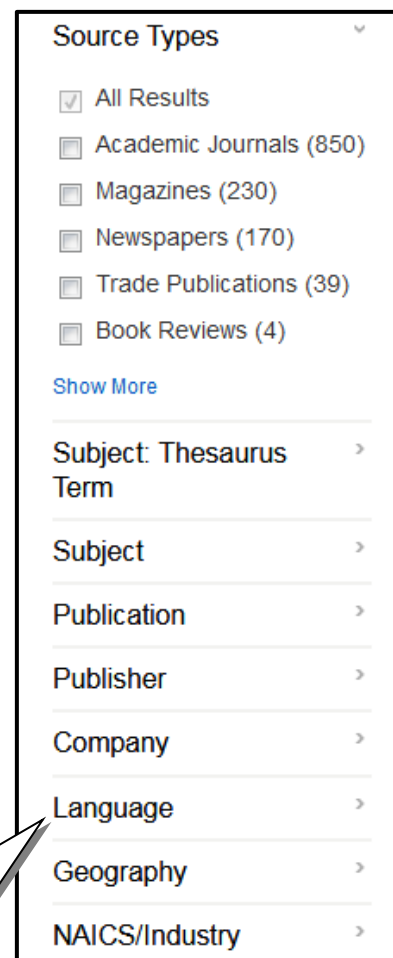


This is an example, from Academic Search Complete. If you click on “Choose Databases” above the first search bar, you can expand your search to other collections hosted by EBSCO. Note that each search bar is connected to one another with AND. That’s a [Boolean Operator](#)!



In this particular database, you can refine your results using the toolbar on the left side of the page. Most databases grant you the ability to refine your results, in varying ways.

Here, you can limit to full-text items ONLY, and articles that were published in peer-reviewed journals. Many instructors will require you to have a minimum amount of peer-reviewed sources.



These are some of the other filter options in Academic Search Complete. You don’t have to use these, but know that they’re here as an option!

Citing articles from library databases

Most databases provide you with computer-generated citations, which you can email to yourself or copy/paste into a document. It's important that you double-check them, though, as there may be some errors to correct.

Fixing Citations from Research Databases

Does Effectiveness of Weight Management Programs Depend on the Food Environment?

Authors: Tarlov, Elizabeth^{1,2} Elizabeth.Tarlov@va.gov
Wing, Coady³
Gordon, Howard S.^{4,5}
Matthews, Stephen A.⁶
Jones, Kelly K.²
Powell, Lisa M.⁷
Zenk, Shannon N.²

Source: Health Services Research. Dec2018, Vol. 53 Issue 6, p4268-4290. 23p. 4 Charts.

Document Type: journal article

Subject Terms: *BODY mass Index
*WEIGHT loss
*OBESITY
*BODY weight
*PUBLIC health
*COMMERCIAL statistics
*FOOD supply statistics
*RESTAURANT statistics
*DATABASES
*HEALTH promotion
*LONGITUDINAL method
*RESEARCH funding
*RESIDENTIAL patterns
*RETROSPECTIVE studies

Geographic Terms: UNITED States

Author-Supplied Keywords: Obesity
residential environment
retail food outlets
veterans
weight management

Company/Entity: UNITED States. Dept. of Veterans Affairs

NAICS/Industry Codes: 525120 Health and Welfare Funds
923140 Administration of Veterans' Affairs

Images

Go to all 6 images >>

Tools

- Google Drive
- Add to folder
- Print
- E-mail
- Save
- Cite**
- Export
- Create Note
- Permalink
- Share

APA (American Psychological Assoc.)	References Tarlov, E., Wing, C., Gordon, H. S., Matthews, S. A., Jones, K. K., Powell, L. M., & Zenk, S. N. (2018). Does Effectiveness of Weight Management Programs Depend on the Food Environment? <i>Health Services Research</i> , 53(6), 4268–4290. https://doi-org.libproxy.westohu.hawaii.edu/10.1111/1475-6773.13043
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There are some errors in the computer-generated citation!

X Before Correcting	Tarlov, E., Wing, C., Gordon, H. S., Matthews, S. A., Jones, K. K., Powell, L. M., & Zenk, S. N. (2018). Does Effectiveness of Weight Management Programs Depend on the Food Environment? <i>Health Services Research</i> , 53(6), 4268–4290. https://doi-org.libproxy.westohu.hawaii.edu/10.1111/1475-6773.13043
✓ After Correcting (caps and formatting)	Tarlov, E., Wing, C., Gordon, H. S., Matthews, S. A., Jones, K. K., Powell, L. M., & Zenk, S. N. (2018). Does effectiveness of weight management programs depend on the food environment? <i>Health Services Research</i> , 53(6), 4268–4290. https://doi-org.libproxy.westohu.hawaii.edu/10.1111/1475-6773.13043

The CRAAP Test

Are your sources crappy or not? You'll use this test for Quests 2, 3, and 4 to evaluate your sources. Using this scoring sheet, write your scores on your task sheets.

24 points possible. Need at least 18 points (75%) to pass.

Currency [6 points total]	<ol style="list-style-type: none"> [0 points] My topic requires information that is less than: <ol style="list-style-type: none"> 1 year old 5 years old 10 years old No date limit/doesn't matter [6 points] What year was the information published, posted, or last updated? <ol style="list-style-type: none"> If answer fits criteria from question 1 = 6 points If can't tell = 0 points
Relevance [9 points total]	<ol style="list-style-type: none"> How many usable quotes did you find? <ol style="list-style-type: none"> I found three quotes that I could use in my presentation or handout = 3 points I found two quotes that I could use in my presentation or handout = 1.5 points There were no usable quotes = 0 points Do you think you could explain the information in this source to someone else? <ol style="list-style-type: none"> I can explain the whole thing = 6 points I can explain half of the source = 3 points I only understand certain sentences = 0 points
Authority [3 points total]	<ol style="list-style-type: none"> The author/publisher/source/sponsor of this information is: <ol style="list-style-type: none"> A real person(s) (first and last name) = 3 points A real organization (government, business, institution) = 3 points Username or pseudonym = 0 points Can't tell = 0 points
Accuracy [3 points total]	<ol style="list-style-type: none"> Does this information have spelling, grammar, or typographical errors? <ol style="list-style-type: none"> Yes = 0 points No = 3 points
Purpose [3 points total]	<ol style="list-style-type: none"> The main purpose of this information is to: <ol style="list-style-type: none"> Provide facts or teach something = 2 points Sell something = 0 points Provide entertainment = 0 points Does the author make the intention or purpose of this information clear? <ol style="list-style-type: none"> Yes = 1 point No = 0 points

How to write a summary

Write your summaries on the task sheets for Quests 2, 3, and 4.

Your summary should include the following:

1. 2-3 sentences that explain the main points of what you're trying to summarize
2. 1-2 sentences that explain the reliability of the source to your topic
3. 1-2 sentences that explain how you might use the source

Example

- *Burke argues that humans communicate using symbols. He expands on this concept by categorizing the different types of symbols.*
- *Burke is an important figure in rhetoric studies and is often cited as a pivotal figure in the study of language use.*
- *(I will use) Burke's theories to explain the misunderstandings that occur in everyday conversation.*

Other tips:

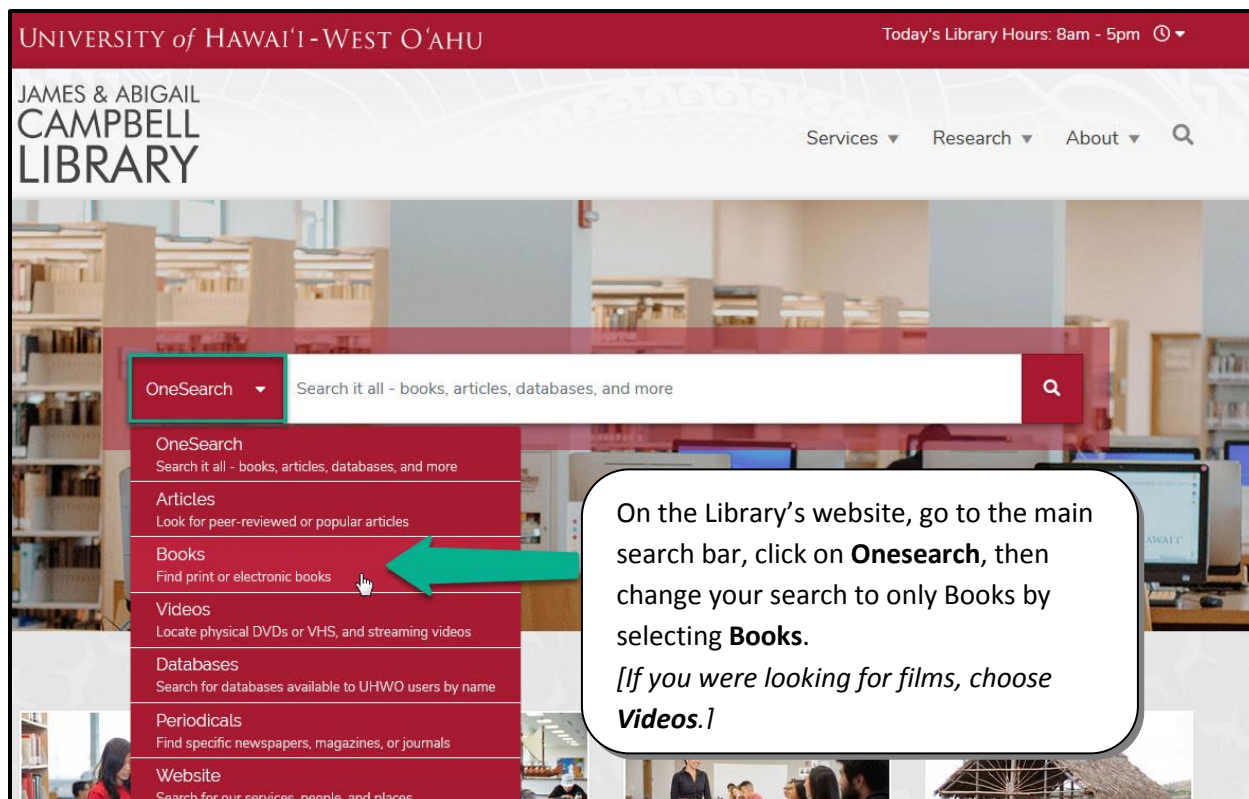
- Don't just cut and paste! You need to use your own words.
- A summary is significantly shorter than the original material, and gives a broad overview.

QUEST 3

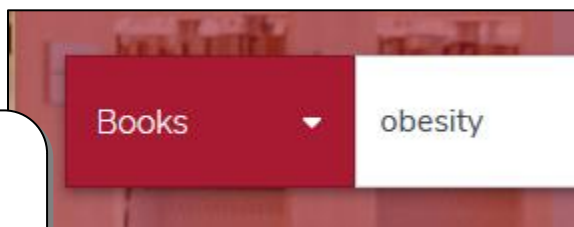
Finding a Book/Ebook/Video

You can use [Onesearch](#) to find physical books, DVDs, or VHS, that are located in the Library or elsewhere in the UH-System. You have access to most of the materials within the UH-System and can usually request to have it sent to the Library closest to you. This is a service provided to you for FREE. Electronic books (Ebooks) and streaming videos can also be found via Onesearch. Access is determined based upon your campus affiliation, so if you're only taking classes at UHWO, you can't access e-materials if it's only shown as available for UH-Manoa students.

Searching for Books/Ebooks/Videos



Check to make sure the material type you chose is now reflected on the button to the left of the search bar. If it is, type your keyword(s) in the search bar then press **Enter**.



QUICKLINKS: [Onesearch](#).

QUEST 3

Finding a Book/Ebook/Video

These are what the results will look like.

The screenshot shows a library search interface. At the top, a search bar contains the word "obesity". To its right is a dropdown menu labeled "UHWO Books and Media". Below the search bar is a yellow banner with the text "Sign in to get complete results and to request items" and buttons for "Sign in" and "DISMISS". The main results area shows "PAGE 1 418 Results". The first four results are for the book "Obesity" by Wendy B. Murphy, Kathleen Y. Wolin, and David W. Haslam. Each result includes a book cover, the title "Obesity", the author, and links to "Check holdings at All UH Libraries" and "Available Online". The fifth result is for "Understanding childhood obesity". On the right side, there is a sidebar titled "Tweak my results" with filters for "Sort by" (Relevance), "Availability" (Available in the Library: 418, Available Online: 384), "Material Type" (Electronic Books: 384, Books: 38), "Author/Contributor" (eLibrary, Inc: 134, Institute of Medicine (U.S.). Food and Nutrition Board, ProQuest (Firm): 11, Credo Reference (Firm): 8, Parker, L: 8), and "Subject" (Obesity: 205). A green arrow points from a text box to the "Material Type" filter. Another text box points to the "Check holdings" link in the first result.

obesity

UHWO Books and Media

Sign in to get complete results and to request items Sign in DISMISS

PAGE 1 418 Results

1 **EBOOK**
Obesity
Wendy B. Murphy; ©2012
Check holdings at All UH Libraries: Ebsco Public Library E-books >
Available Online >

2 **EBOOK**
Obesity
Kathleen Y. Wolin; Jennifer M Petrelli; ProQuest (Firm); c2009
Check holdings at All UH Libraries: Web Site/Electronic Resource >
Available Online >

3 **EBOOK**
Obesity.
David W. Haslam; Gary Witterst; 2009
Check holdings at All UH Libraries: Ebsco Public Library E-books >
Available Online >

4 **EBOOK**
Obesity
Mabel Blades; ebrary, Inc.; ©2005
Check holdings at All UH Libraries: Web Site/Electronic Resource >
Available Online >

5 **EBOOK**
Understanding childhood obesity

Tweak my results

Sort by Relevance

Availability
Available in the Library (418)
Available Online (384)

Material Type
Electronic Books (384)
Books (38)

Author/Contributor
ebrary, Inc (134)
Institute of Medicine (U.S.). Food and Nutrition Board
ProQuest (Firm) (11)
Credo Reference (Firm) (8)
Parker, L (8)
Show More

Subject
Obesity (205)

Click on **Books** or **Electronic Books** if you only want to look at a specific format.

If you want to expand your search to items located throughout the entire system, click here and select "Everything in this catalog".

Based on what you're seeing, you may decide to:

1. Add additional keywords
2. Filter by "**Material Type.**" For this particular search:
 - a. If you only want physical books, click on **Books**.
 - b. If you only want to see ebooks, click on **Electronic Books**.
3. Expand your search to materials elsewhere in the UH-system. You can request most physical items, regardless of its home institution, be sent to the UH-System Library that's closest to you.
Directions:* Click on the item you want to request, which will open its full item record. In the "Get It**" section, click on **Sign-in**, then login with your UH credentials. When the options load, click on "**Hold**" then choose your **Pickup Location**, and press "**Send Request.**"

Finding a Book/Ebook/Video

Locating a Physical Item

If you've identified a physical copy of a book or DVD that you'd like to borrow, check its location.

The screenshot shows a library catalog entry for the book "Obesity: a reference handbook" by Judith S. Stern. The entry includes a call number RA645.O23 S74 2009 and indicates it is available at UH West Oahu: General Collection. A callout points to the "LOCATION ITEMS" section, which shows the item is "Not Checked Out" and is part of the "UH West Oahu: General Collection". Another callout points to the "Sign in for request options" link, explaining that users can place holds or transfer items to other campuses. A third callout explains that the collection name and call number serve as the item's address.

BOOK
Obesity : a reference handbook
Judith S. Stern 1943-; Alexandra Kazaks; ©2009
Available at UH West Oahu: General Collection (RA645.O23 S74 2009) >

TOP
SEND TO
GET IT
DETAILS
LINKS
MORE
VIRTUAL BROWSE
TAGS

Send to

EXPORT BIBTEX EXPORT CITATION PERMALINK PRINT E-MAIL

Get It

See request options and to place requests. Sign in

LOCATION ITEMS

UH West Oahu: General Collection
Available (RA645.O23 S74 2009)

Not Checked Out Book
RA645.O23 S74 2009

Sign in for request options

UH West Oahu: General Collection
Available (RA645.O23 S74 2009)

Not Checked Out Book
RA645.O23 S74 2009

This is where I can find information about the item's actual location.

You can place a hold for physical items, or transfer them to a different campus, by clicking here. More details are on the previous page.

This is an item located within the UHWO Library. It's part of the General Collection and its call number is RA645.O23 S74 2009. Think of the collection as its city, and the call number as its address.

Other Ways to Find Electronic Books or Streaming Videos

If you prefer interacting with individual databases, instead of using [Onesearch](#) (a discovery tool), you can also find these materials within:

- [Ebook Central](#) [Ebooks]
- [EBSCO Business eBook Collection](#) [Ebooks]
- [EBSCO eBook Public Library Collection](#) [Ebooks]
- [Ethnographic Video Online: Volume III, Indigenous Voices](#) [Streaming Video]
- [Films on Demand - Environmental Science Video Collection](#) [Streaming Video]
- [Films on Demand - Humanities & Social Sciences Collection](#) [Streaming Video]
- [Films on Demand - World Cinema Collections](#) [Streaming Video]

QUEST 3

Citing a Book/Ebook/Video (APA)

Onesearch and all of the databases listed above will automatically generate citations for you. These automatically-generated citations serve as a good starting point, but you should double-check it for accuracy to ensure it aligns with APA standards. Generally speaking, you'll want to follow the guidelines below for each format type.

Print Books

Lastname, A. A. (Year of publication). *Title of book: Capital letter also for subtitle*. Place of Publication: Publisher.

Example:

Oliver, J. E. (2006). *Fat politics: The real story behind America's obesity epidemic*. New York: Oxford University Press.

Electronic Books

Lastname, A. A. (Year of publication). *Title of book*. Place of Publication: Publisher. Retrieved from html address.

Example:

De Huff, E. W. (n.d.). *Taytay's tales: Traditional Pueblo Indian tales*. Retrieved from

<http://digital.library.upenn.edu/women/dehuff/taytay/taytay.html>

Streaming Video from a Library Database

Producer, A. (Producer). (Date of publication). *Title of video* [Streaming video]. Retrieved from database address.

Example:

Windfall Films. (Producer). (1995). *A big stink: City sewer systems* [Streaming video]. Retrieved from

<https://fod.infobase.com>

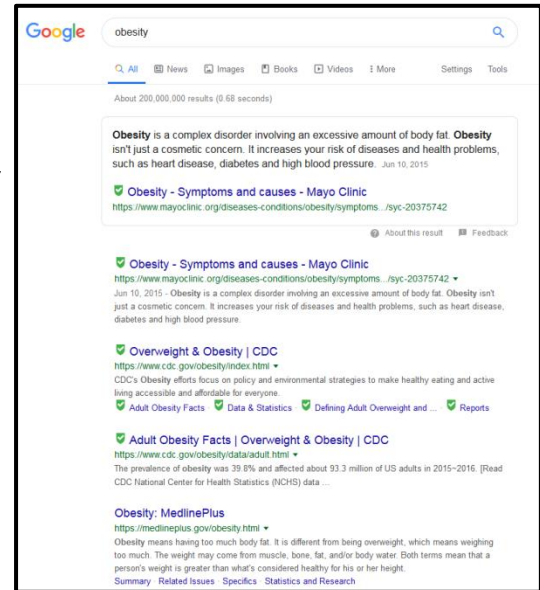
**Youtube videos are cited differently, and must include the name of the author, as well as the author's username. Visit [Purdue OWL](#) for more information about how to cite Youtube videos.

Quest 4

Finding a good website

Start with Google

- Try your keywords/phrases from Quest 1.
- Browse your results. If the results don't look high-quality, you should change your search terms.
- You can limit to certain domains by adding **site:.domainname** after your search terms. This allows you to search within general domains (e.g. .gov) or specific domains (e.g. irs.gov). In the example below, I wanted to find what information was available on the Centers for Disease Control and Prevention (CDC) website because I know it's a credible source.



QUICKLINKS: [Google](#).

Citing Websites (APA)

Format:

Author, A. A., & Author, B. B. (Date of publication). *Title of document*. Retrieved from <http://websiteurl>

Example:

Centers for Disease Control and Prevention. (2018, August 13). *Adult obesity facts*. Retrieved from

<https://www.cdc.gov/obesity/data/adult.html>

Remember:

- Indent 0.5" for all lines except the first of each citation. This is called a hanging indent.
- Double space
- Only capitalize the first letter in the first word of the title and subtitle, as well as any proper nouns.
- Arrange each entry in alphabetical order.

Additional Help:

- [Purdue Online Writing Lab](#)
- The UHWO Library's [Citation Guide](#)
- *APA Style Manual* (book available at the No'eau Center or in the UHWO library)
- Ask your instructor or a librarian

Creating a list of your sources (Annotated Bibliography)

Guidelines to follow when typing out your References page:

- 1" margins
- 12 pt. font, Times New Roman
- Double-spaced
- Second line of each citation indented 0.5", annotations are indented 0.5"
- Sources listed in alphabetical order

The diagram shows a sample annotated bibliography page with the following content:

Gender and Online Communication 1

Arman Haddad
Professor Andrews
Psychology 101
14 October XXXX

Patterns of Gender-Related Differences in
Online Communication: An Annotated Bibliography

Bruckman, A. S. (1993). Gender swapping on the Internet. *Proceedings of INET '93*. Retrieved from <http://www.cc.gatech.edu/elc/papers/bruckman/gender-swapping-bruckman.pdf>

In this brief analysis, Bruckman investigates the perceptions of males and females in electronic environments. She argues that females (or those posing as females) receive an inordinate amount of unwanted sexual attention and offers of assistance from males. She also suggests that females (and sexually unthreatening males) are welcomed more willingly than dominant males into virtual communities. She concludes that behavior in electronic forums is an exaggerated reflection of gender stereotypes in real-life communication. The article is interesting and accessible, but it is quite old, and it relies almost entirely on quotations from four anonymous forum participants.

Crowston, C., & Kammerer, E. (1998). Communicative style and gender differences in computer-mediated communications. In B. Ebo (Ed.), *Cyberghetto or cybertopia? Race, class, and gender on the Internet* (pp. 185-203). Westport, CT: Praeger.

This brief study examines how the dominant

Callouts and Annotations:

- Your topic:** Points to the title "Patterns of Gender-Related Differences in Online Communication: An Annotated Bibliography".
- Alphabetical order (B is before C):** Points to the two citations, Bruckman (1993) and Crowston (1998).
- Each citation entry starts at the left margin. Subsequent lines are indented 0.5":** Points to the citation for Bruckman (1993).
- Summary (annotation) begins on a new line and is indented 0.5":** Points to the paragraph starting with "In this brief analysis..." under the Bruckman citation.

Marginal annotations indicate APA-style formatting and effective writing.

Source: Diana Hacker (Boston: Bedford/St. Martin's, 2008).

This paper follows the style guidelines in the *Publication Manual of the American Psychological Association*, 6th ed. (2010).