

Stress Management Research Guide

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Library: M-F 10-6, Tioga 2, 541-888-7270, library@socc.edu, www.socc.edu/library, Zoom available!

Evaluating Resources

- Authority – Is the author knowledgeable? Does the author have professional/academic experience?
- Accuracy – Did you find any errors? If so, there could be more you missed.
- Objectivity – Is there any bias? Does the author represent multiple points of view?
- Currency – Is this information up to date? How fast does information change in this field?
- Audience – Who did the author have in mind for this content? What tone and style did the author use?

Search Tools and Strategies

- [Boolean \(AND, OR, NOT\)](#) – Searching method that helps widen or narrow your list of results.
- Citation info – EBSCO and Gale databases will provide your bibliography citations for you.
- CTRL + F – This keyboard command will let you search for keywords in a document or website.
- [Help video playlist](#) – SWOCC Library instructional videos.
- [Interlibrary Loan](#) – We can order books, articles, and movies from libraries outside the Coastline system.
- Limiters – Filters in databases to help narrow your results such as: full text, peer review, and date range.
- Listing search terms – Make a note of useful terms and phrases to organize your database searching.
- [Publication Finder](#) – A special database that tells you if we have full-text access to a journal or eBook.
- “Quotation marks” – You can search for an entire phrase as stated if you put it in quotation marks.
- References in great articles – The bibliography in a useful article can give you leads to other sources.
- Search multiple databases at once – You can cross search in many EBSCO and Gale databases.
- Truncat* -- Searching the root of a word can expand your results (truncate, truncating, truncation, etc.

General Websites

- Mashable [infographic](#) on searching Google
- Lifehacker [infographic](#) on searching Google
- [Purdue Online Writing Lab](#)

Physical Materials (books and movies)

- SWOCC Library is part of the Coastline Library Network in Coos and Curry Counties.
- SWOCC students and staff can apply for a Coastline library card [here](#).
- Browse and order items on the [Coastline catalog website](#).
- This [help video](#) will show you the basics of navigating the catalog.

Academic Databases

- Available on and off campus.
 - Log in with your 7-digit SWOCC student ID number.
 - If your ID doesn't contain 7-digits, add zeros to the beginning until it does (123456 = 0123456)
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| • Academic OneFile help video here | • Health and Medicine |
| • Academic Search Complete help video here | • Health and Wellness |
| • Alt HealthWatch | • Health Source - Consumer Edition |
| • CINAHL Complete | • Health Source: Nursing/Academic Edition |
| • EBSCO Academic eBook Collection; help video here | • MasterFILE Premier |
| • EBSCO Community College eBook Collection; help video here | • PubMed |
| | • Psychology and Behavioral Sciences Collection |