

writing

# EZ Info

Get a better grade.

Provided by Cindi Lamb Wiley, MSH

Addended: April 2024

# CAPS & *slants*

## ***Italicize:***

This article is straight and tall.

Chapters too, don't let it fall.

*All else gets italicized*

*Books and journals, slant those guys*

## **Capitalize:**

No caps on words, Lieutenant Colonel

**Unless It's Research From a Journal.**

\*except: Proper Nouns (always capitalize)

Lamb Wiley, C. (2024). This article is straight and tall, chapters too, don't let it fall. *All else gets italicized, books and journals, slant those guys*. p. 42. <https://cindilamb.com/apa7-help>

Lamb Wiley, C. (2024). No caps on words, Lieutenant Colonel. *Unless it's research From a Journal\**. <https://cindilamb.com/apa7-help>

\*For ALL articles and chapters and books and newspapers, etc: **ONLY the first letter of the first word is capitalized** (and so are proper nouns).

**The exception:** Journals: Capitalize all important words.

# Quicky Notes for Your Reference page

## When to italicize:

**DO NOT italicize chapters and articles** (smaller, shorter works) which is placed directly after listing the authors and date.

**DO italicize books, newspapers, journals** (ie: larger, longer works)

## When to Capitalize:

**FOR EVERYTHING (EXCEPT JOURNALS):** books, newspapers, chapters, web pages, articles, or other sources

- Capitalize **ONLY** the first word (and proper nouns)
- **JOURNALS: Only Journals Have All Major Words Capitalized (Like This Sentence)**

**CAPITALIZATION** *Book samples:*

*The adventures of Huckleberry Finn*

*To kill a mockingbird*

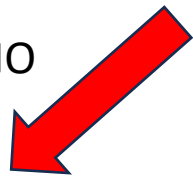
**CAPITALIZATION** *Journal sample:*

*Journal of the American Medical Association*

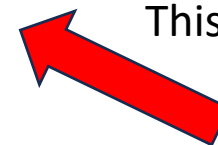
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**ITALICS** sample: **NO italics** for articles or chapters

This is the  
chapter, NO  
ITALICS!



I will be joyful, dammit. *Bouncing forward: The art and science of cultivating resilience.*



This is the book

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.

ALWAYS:

**Chapter or article in a journal:**

- **NOT** italicized, and only the
- **F**irst letter is **capitalized**.
- **T**he rest are **lower case** except for proper pronouns.

**References**

This is a

**Article in a journal:**

- **n**ot italicized, and only the
- **F**irst letter is **capitalized**. The
- **r**est 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>

## Point of View

First Person POV	Second Person POV	Third Person POV
Uses pronouns <b>I, my, we, our, me, and us</b>	Uses pronouns <b>you and your</b>	Uses pronouns like <b>he, she, it, they, his, her, and their.</b>
The narrator speaks about himself or herself.	The narrator speaks directly to the reader.	The narrator watches the story--but is not in it.
The narrator is usually also the main character.	Rarely used	He speaks about other characters--but not himself.
 <b>I</b> was sad. <b>I</b> felt nervous.	 <u>You</u> were sad. <u>You</u> felt nervous.	 <u>He</u> looked sad. <u>He</u> seemed nervous.
		Most stories use this point of view.

Don't give me your opinion until I ask for it.

Do not infer your opinion with sweeping statements and generalizations.

NO:

"I, Me, Mine, We, Our, Us"

YOU are the TELLER of the essay, YOU are the REPORTER of the essay, YOU are not the main character; THE READER IS THE MAIN CHARACTER, so your emphasis is on providing clear, concise, UNBIASED information that is backed up by RESEARCH, either basic (foundational) research or applied research.

### Basic research (Curiosity-driven) vs. Applied Research (solution-driven) from: [Applied vs Basic Research from Indeed](#)

Each research type has a different purpose it's trying to achieve. Basic research focuses on the advancement of knowledge, rather than solving a problem. However, applied research directs its efforts toward finding a solution to a specific problem. In applied research, researchers often work to help a client and are driven by the client's desires. Basic research tends to be self-initiated and caused by an individual's motivation to learn more about an area.

# 10 Best Online Websites and Resources for 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.

#### 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 don't know where to start, reach out to an academic librarian to learn more about your school's research tools. Or use an 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.

# 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. Community 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.**



# CRAAP TEST

A GUIDE TO DETERMINE IF A SOURCE OF INFORMATION IS CREDIBLE

## CURRENCY

Is the information timely? Is it out-of-date? Has the info been updated since it was published?



## RELEVANCE

Is the source directly related to your topic? Who is the intended audience? Does it meet the needs of your work?

## AUTHORITY

Is the author qualified to write on this topic? What are their credentials that make them an expert?



## ACCURACY

Is the information supported by evidence? Can you find the information from more than one source?

## PURPOSE

What is the purpose of the information? Is it to inform, teach, sell, entertain, or persuade? Is the info presented as fact or opinion?



# 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, ADDITION

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 ORDER

1. Firstly... secondly... thirdly
2. After
3. Simultaneously
4. Next... then... finally
5. Later
6. In the first place... in the second
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 other
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

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

# 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).

ALWAYS:

**Chapter or article in a journal:**

- **NOT** italicized, and **only** the
  - **F**irst letter is **c**apitalized.
  - **T**he rest are **l**ower case
- except for proper pronouns.

**References**

- This is a
- Article in a journal:**
- **n**ot italicized, and **only** the
  - **F**irst letter is **c**apitalized. **T**he
  - **r**est are **l**ower case except for proper pronouns.

Baniya, S., & Weech, S. (2019). Data and experience design: Negotiating community-

This is a journal entry:

oriented digital research with service-learning. *Purdue Journal of Service-Learning and International Engagement*, 6(1), 11–16.  
<https://doi.org/10.5703/1288284316979>

**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):**

- **n**ot italicized, and **only** the
- **F**irst letter is **c**apitalized.
- **r**est are **l**ower 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



## Citation Styles



**MLA**

English  
Literature  
Foreign Language  
Communications  
Religious Studies



**APA**

Psychology  
Education  
Business/Economics  
Nursing  
Linguistic Studies



**Chicago**

History  
Art History  
Fine Arts  
Anthropology  
Philosophy



**IEEE**

Engineering  
Computer Science  
Information Science



**CSE**

Biology  
Physics  
Chemistry  
Geology