Social Psychology: Library Activity Worksheet

- Use this worksheet to help you compile materials for the research project you have been assigned this semester.
- The electronic version of this worksheet is available in the Research Guide Social Psychology researchguides.ben.edu/SOCL-210 under the Learning Activities tab.

Information Literacy Assignment Goals

1. You will practice searching some library databases to locate information published in various formats on a particular research topic.
2. You will evaluate the sources you find based on a set of established criteria.
3. You will know how to use database tools to help you cite your sources.
Part 1: Locating articles

A. Search for materials using the Article Search Box

Link to the search box under the Articles tab on the library web page.

Compose your search

This search resulted in a large number of hits. Let’s begin by using the tools in the sidebar to Refine Results.
B. Here are some ways you might refine your search.

- **Suggestion:** Limit your search to more recent publications – perhaps the last 5 years.

- **Suggestion:** Limit your search to a particular **Language, Age, Geography**, etc.

- **Suggestion:** Limit your search to a particular **Source Type** – perhaps **Academic Journals**.

- **Suggestion:** Limit your search to a specific **database**.

- **Suggestion:** Limit your search to a particular **Methodology, Text, or Population**.

- **Suggestion:** You may wish to revise your search with different **Subject** terms such as **music therapy** or **relaxation techniques**.
C. Select a substantial article (preferably one that contains references).

Here is the full record for this article:

- Click on the article’s title in the results list to see more information about the article.
- Note the information about the Author(s). You can use Google to help determine if the authors are authorities on this subject.
- Click Cite to copy the formatted citation (in MLA, APA, etc.).
  Many databases provide help in creating citations.
  Remember to always check them for accuracy.
D. Find the full text article

- Whenever possible, the citation will link to the full text full-text.

- If a link to the full-text is not provided, click on the icon to locate the article.

In this example a copy of the article was located in the Sage database:
What if an article is not available in our library collection?

Some articles may be available free of charge through Google Scholar: [http://scholar.google.com/](http://scholar.google.com/). To access them, you’ll need to adjust the settings.

1) Select **Settings**

2) Select **Library Links**

3) Enter **Benedictine University** in the search box.

4) Select the Benedictine University links.

5) **Save**
If an article isn’t available in our collection or available free through Google Scholar, you may request a copy on the article on Interlibrary Loan.

6) Copy the title of the article into the Google Scholar search box.

Click on this link to open the article.

Click on this link to request an article on Interlibrary Loan via the ILLiad system.
You will be prompted to login with your Ben U username and password.

Click on the Interlibrary Loan link on the library web page learn more about this service.

Submit your request. The article will be e-mailed to you free of charge.
E. Use the article you selected to locate additional resources for your research project.

Enter the title of the article into the Google Scholar: http://scholar.google.com/ search box.

This article has been cited by 8 other authors in their research.

This is sometimes called “citation chaining”.

You may wish to add some of these titles to your list of resources.

Cite is another source of citation help.
Another source of materials related to your topic is the bibliography listed at the end of a book or full-text article.

Let's look for this article in Google Scholar.

This article has been cited 76 times by other authors in their research. (Continued on next page)
F. Use other library databases to locate additional resources for your research project.

- Look at the **Cited by** and **Related articles**. You may wish to add some of these items to your list of resources.

- Click to view the full-text article.

- Click to cite this article.

- Select **Databases**

  - Select **Psychology and Sociology**
Science Direct may be an excellent source of information for you.
Part 2: Locating Government Documents

A. Search USA.gov

Go to USA.gov to search for documents on your topic.

USA.gov will help you locate both federal and state documents.
B. You can also add **site:gov** to your Google Search

![Google Search for music therapy relaxation site.gov](https://www.google.com)

**Scholarly articles for music therapy relaxation site.gov**

- Therapeutic uses of music with older adults - Clair - Cited by 223
- Music therapy in palliative care - Munro - Cited by 273
- Music therapy in palliative care: A randomized ... - Warth - Cited by 23

- **Music therapy to promote psychological and physiological relaxation**
  
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4292835/
  
  by M Warth - 2014 - Cited by 21 - Related articles
  
  Dec 17, 2014 - The music therapy sessions consist of live played monochord music and a vocal improvisation, the control group uses a prerecorded excerpt from the mindfulness-based stress reduction program containing no musical elements. Outcome measures include self-report data on subjective relaxation, ...
  
  Abstract - Background - Methods/design - Discussion

- **The Effect of Music on the Human Stress Response - NCBI - NIH**
  
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3734071/
  
  by MV Thoma - 2013 - Cited by 112 - Related articles
  
  Aug 6, 2013 - Misere by Allegri (CD Gimmell 454 939-2) is a soothing and calming music piece (Latin choral singing) that was chosen to induce relaxation in our .... Richards T, Johnson J, Sparks A, Emerson H (2007) The effect of music therapy on patients’ perception and manifestation of pain, anxiety, and patient ...

- **The effect of music, therapy, and relaxation on adrenal corticosteroids**
  
  
  by MS Rider - 1995 - Cited by 122 - Related articles
  
  J Music Ther. 1985 Spring;22(1):45-58. The effect of music, therapy, and relaxation on adrenal corticosteroids and the re-entrainment of circadian rhythms. Rider MS, Floyd JW, Kirkpatrick J. The purpose of this study was to measure the effects of music, progressive muscle relaxation (PMR), and guided imagery (GI) on the ...
C. govinfo: govinfo.gov

Search Results

You Searched For: music therapy relaxation

<table>
<thead>
<tr>
<th>2390 Records</th>
<th>View Historical Results</th>
</tr>
</thead>
</table>

1. Serial No. 111-82 (House Hearing) - Recreation Therapy and Healing Our Wounded Warriors


... RECREATION THERAPY AND HEALING OUR WOUNDED WARRIORS FIELD HEARING before the SUBCOMMITTEE ON HEALTH of the COMMITTEE ON VETERANS' AFFAIRS U.S. HOUSE OF REPRESENTATIVES ONE HUNDRED ELEVENTH CONGRESS SECOND SESSION JUNE 8, 2010 FIELD HEARING HELD IN NEW PORT RICHEY, FL Serial No. 111-82 Printed for the use of the Committee on Veterans' Affairs ______

2. Serial No. 113-52 (House Hearing) - An Examination of Veteran Access to Traditional and Alternative Forms of Mental Health Therapy


... AN EXAMINATION OF VETERAN ACCESS TO TRADITIONAL AND ALTERNATIVE FORMS OF MENTAL HEALTH THERAPY HEARING BEFORE THE SUBCOMMITTEE ON HEALTH of
Part 3: Locating Books

Go to the **Books & Videos** tab on the library web page and compose your search.

Open the **Books & Videos** tab on the library web page.

Compose your search

Many of the newer titles in the library collection are in e-book format:
Click **Read Online** to open the book.

Use the search box to find the pages where your topic is discussed in the book.

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**Children with Intellectual Disabilities**

Music therapists are frequently called upon by teachers, families, and other related service providers to provide original or recorded music to promote relaxation, aid in transitions, accompany social stories, and reinforce basic concepts taught in the classroom. They often provide consultation to music educators to provide support and develop strategies so that students with ID can be successfully included with typical students in the music classrooms. Social workers working with family support organizations collaborate with music therapists to provide assessments that help families access community music therapy services for their child in the home.
Interlibrary Loan: Books

Let’s look for the book *Healing Songs* by Ted Gioia

The book is not available in our library, so expand your search to **All I-Share Libraries**

You do not have access to e-books at other libraries so you may wish to check this option.

You can go to any of these libraries and borrow the book with your Benedictine University ID card or ....

Citation help.
The first time you use this service, you will need to Create New Account.

Click on the Interlibrary Loan link to learn more about this service.

…. click to Request 1st Available to have the book delivered to the Benedictine Library (lower level).