HNRS 101: Research Project Guide – Part 1

Open the Course Guide

A. Locate Some Background Information on Your Topic

Once you have chosen your topic, spend some time reading and compiling background information in our reference resources. This is an efficient way to help you become more familiar with the intricacies of your topic and will help compile useful information (keywords, key idea, people, important dates and concepts, etc.) to prepare you to conduct productive research.

- Ask the Reference Librarian to direct you to some of the print and electronic resources we have in the library collection which might include information on your topic

- Here are examples of some of the electronic resources available:

  - **CQ Researcher** ([researchguides.ben.edu/cq-researcher](http://researchguides.ben.edu/cq-researcher)) : An excellent source of in-depth, unbiased background material on contemporary topics such as health, social trends, criminal justice, international affairs, education, the environment, technology, the economy, and more.
Plastic Pollution

How to cite

CQ Researcher

Cite Now!
- **Sage eReference** for Social Science topics (including the Environment, Psychology, Business, Social Issues and more)

Enter your search terms. Consider the auto-complete suggestions

Click on a title to view the encyclopedia article

Citation help is provided.

- **Gale Virtual Reference Library** for Humanities, Social Science, Science
B. Locating Books and E-books

Compose your search

Go to the library web page and select the **Books & Videos** tab.

Enter your search terms.

Here are some of the results of this search:

Use the links in the sidebar to refine your search.
Locating print books

You'll find the print books arranged by their Call Numbers on the lower level of the library.

Learn more about the lower level of the library.

Click on a title for citation help.

Select Cite this

Citations formatted in APA, MLA and Chicago/Turabian
C. e-Books

E-books offer you access to information 24/7. Some (but not all) eBook publishers provide useful features such as personal bookshelves that store links to a reader's highlights, notes, bookmarks, searching capabilities and more.

Click **Get it online** to open an eBook.

Check the availability of the book.

Use this link to read the book online.

Citation help
Search features

You can use the book’s index, or ...

... use the search feature to look for information on your topic in the book.

Additional search features

Use the **Search** box to look for information on your topic in all the eBooks in this collection.

Help with eBooks

**Sign In** to create an account so that you have access to things like the highlighting and notepad features.

**Suggestion: Watch the How to Videos on YouTube**

Learn more about how to use all the eBook reader features in [the libguide](http://researchguides.ben.edu/books)

Learn more about how to use books and eBooks in the Benedictine Library here: [researchguides.ben.edu/books](http://researchguides.ben.edu/books)
D. Interlibrary Loan

Need more material? Expand your search to look for items in **All I-Share Libraries** – 80 Illinois academic libraries.

Open the **Books & Videos** tab and compose your search.

For example, a search of the catalog indicates that there is not much material on “Vaping” or “Electronic Cigarettes” in the Benedictine collection, so we will expand our search to see what is available in the **I-Share Libraries**.

Select **All I-Share Libraries**
Most I-Share libraries do not provide access to their electronic materials, so you may wish to limit your search on the results screen.

Check **Hide e-Resources to which I don’t have access**

Click on a title to borrow a book on Interlibrary Loan.

Scroll to the bottom of the screen to see if the item can be requested on Interlibrary Loan

Check to see if item can be requested
You will need to log in to request materials.

To login, enter your barcode number. **This is the 14-digit number on the back of your BenCard.**

Your number is **2281100** followed by your 7-digit b-number (without the "b"). For example: 22811001234567

On the Library web page, select **Interlibrary Loan** to learn how to create an I-Share account and to learn more about the Interlibrary Loan service.
E. Search for Government Documents

You can also use the Government Documents Research Guide (researchguides.ben.edu/gov-docs) to locate additional government publications:

Some Examples:

1) USA.gov: Locates both federal and state publications.

2) GovInfo

3) Add site:.gov to your Google search

Enter your search terms

**USA.gov**

Electronic Cigarettes - Smoking and Tobacco Use
www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes. E-cigarettes are sometimes called “e-cigs.” ...

Teens and Vaping | Get Smart About Drugs
www.getsmartaboutdrugs.gov/content/teens-and-vaping
Vaping marijuana continues to dramatically increase in popularity among teens, according to numbers from the latest Monitoring the Future study. “Vap...

Teens using vaping devices in record numbers | National ...
America’s teens report a dramatic increase in their use of vaping devices in just a single year, with 37.3 percent of 12th graders reporting “any vap...

Know the Risks: E-cigarettes & Young People | U.S. Surgeon ...
e-cigarettes.surgeongeneral.gov/
Facts on e-cigarettes, addiction, and how nicotine can harm the developing brain from the U.S. Surgeon General. Risks of use along with resources and ...

The Real Cost of Vaping | NIDA for Teens
The Real Cost of ...
teens.drugabuse.gov/blog/post/real-cost-vaping

3. **Search Google**: add `site:.gov` to your search terms: