

Finding Scholarly Sources on Health Topics

Hello. So, you're starting an essay for a Health course and need academic sources. Sometimes you get stuck trying to find good articles. I'm going to show you how to look in more than one place to find what you need.

Omni Catalogue

Laurier's library catalogue is called Omni and it's a good place to begin. Let's say you're looking for articles about anxiety and mindfulness and university students. Type in just the important words. It doesn't matter whether you capitalize your search terms or not. You can use the word "and" between keywords but you don't have to. Use quotation marks around words that should be searched together as a phrase. Filter by "online resources."

For academic articles, filter by "peer reviewed journals." Check out the list of articles to see if any look pertinent. When you find a suitable one, click on "available online." To get the actual article, click on one of the yellow boxes. They all go to the same article, so it doesn't matter which one.

Health Databases

To find more articles, check out our Health databases. First click on databases and then browse by subject. The linked page is a list of subjects taught at Laurier. Further down the page is a link to Health Studies. CINAHL, Medline, and PubMed are all useful for Health topics so I will demonstrate CINAHL. Our databases have similar interfaces so if you can use one, you should have no problem with another.

Start by putting each idea in its own box. If you can think of another way of saying a keyword, add it in the same line. Remember one idea per box, but within each box add words that mean the same thing. Further down the page is a checkbox for peer-reviewed articles. Now search. It's often useful to resort your results by "relevance" rather than "date newest." On the side of the page, you can also filter by years to make sure your results are recent. To get the article, click on "get It @ Laurier."

Research Assistance

If you're not finding what you need, don't hesitate to ask me, your Health librarian: Pauline Dewan (pdewan@wlu.ca).