

## Working with Sources Assignment

**Name:** Latina Cordova

**Title of source:** "Stress," Gale Encyclopedia of Science, 5<sup>th</sup> edition

**Author:** Vita Richman

**Where you found the source (database or website):** General OneFile (Gale)

\*\*\*Would include an annotated source if we can obtain permissions.\*\*\*

1. **Write a 1-2 sentence summary of the source.** In the Gale Encyclopedia of Science, 5<sup>th</sup> edition, by Vita Richman, the author discusses outcomes to specific experiments on the effects of stress. The author also discusses stress treatments.
2. **Include at least one quote.** Richman explains, "Exaggerated, prolonged, or genetic tendencies to stress cause destructive changes which lower the body's immune system response and can lead to a variety of diseases and disorders" (4214).
2. **Write at least one paraphrase.** Richman explains, that there is a physical connection to stress due to the hormones that are released when stressed; when stress is prolonged it could cause harmful effects. There are examples of diseases associated with stress, for example anxiety, depression and type 2 diabetes (4215).