Scholarly (Academic / Research) Articles

Strategies for Reading

Jody Nelson, MA, MLIS
Nursing Librarian
Piled Higher and Deeper by Jorge Cham

read the abstract...

look at the figures...

...aaaand back to surfing the web.

...I did read that paper you gave me... I'll definitely add it to my reference list...

Jorge Cham @ The Stanford Daily

Strategies for “reading”

1. Skim the article *What are the different parts doing?*
2. Target your reading *Which parts are most important?*
3. Don’t read straight through! *Intro, Discussion, Results…*
4. Read for understanding *Useful tools & tips…*
Article Anatomy

- Mapping guide
- Locate key parts
- Focus your energy
Piloting a stress management and mindfulness program for undergraduate nursing students: Student feedback and lessons learned

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ARTICLE INFO

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SUMMARY

Background: Widespread reports of high stress levels and mental health problems among university student populations indicate the use of interventions to facilitate stress reduction and support student resilience and wellbeing. There is growing evidence that regular mindfulness practice may confer positive health benefits and reduced stress levels.

Objectives: The aim of this pilot project was to explore the impact of a seven-week stress management and mindfulness program on stress reduction, as perceived by nursing and midwifery students.
Find corresponding sections in article.

- Think about purpose.
- Look for differences.
- Missing Section Headings?
Reading activity #1:
Flip through the article. As you go:
• Star or circle the *headings* that divide up the article.
• Next to each heading in the article, note:
  1. Where it maps to the *Article Anatomy* sections (terms differ).
  2. In 1-2 words from *Article Anatomy* handout: What do you expect in this section?

Where on p. 44 do we find the purpose?
• How would you explain the purpose of this research study in simple terms?
What is the purpose of the study?
Where do we find the purpose explained?

Article Anatomy: The Research Article

- **ABSTRACT**
  Summary of the whole article

- **INTRODUCTION**
  Why did the author do the research
  Thesis statement

- **LITERATURE REVIEW / BACKGROUND**
  Provides context
  Demonstrates author's command of the topic

- **METHODOLOGY**
  How did the author obtain the information?
  Data: Facts, statistics, text

- **RESULTS / FINDINGS**
  What happened?

- **DISCUSSION**
  What the results mean
  Recommendation for further research

- **CONCLUSION**
  Outcome of the research
  Was the thesis proved, disproved or inconclusive?
Where do we find the purpose explained?

Is there a difference?
What is the purpose of the Abstract?
Article Anatomy: The Research Article

ABSTRACT
- Summary of the whole article

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DISCUSSION
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→ Summary of the article
→ Guide to the article
→ Engage readers what’s important?
The abstract tells us about the article, but it is not part of the article...
Where do we find previous research?
Literature review (Background)
What is the purpose of the literature review?
Context: What’s been done already

Literature review (Background)
Reading activity #2:

➔ Remove references list & keep at your side.
➔ Read paragraph 3 of “A rapidly…” (p.45):

1. For each author listed in the paragraph, circle the corresponding citation in reference list.
2. Read the titles of these articles - & look at what is noted in the literature review paragraph.
3. IF you needed to read another article on this topic, which article would you look up next? Why? Put a star next to it (*) in ref. list.
4. Be prepared to share!
Prioritize & order your reading

1. Find out why? What is the point & purpose?
2. What do the authors think about their own Findings? *This may help you understand...*
3. What happened? It is important to understand the Findings.
4. How did they get there? Work to understand the study design. If it helps, draw it out!
Prioritize & order your reading

Lastly, review the literature review section to help you see what this study is adding to the scholarly conversation on the topic...
Prioritize & order your reading

Focus on really understanding what matters - at the heart of the study.
Reading activity #3 (be prepared to share)

1. Group one:
   • **Read** the Interaction section & **Skim** participants section (p.45).
   • Discuss: What is this research studying?

2. Group two:
   • **Read** the Data collection section & **Skim** the analysis section (p.45-46).
   • Discuss: How did they collect data to measure effectiveness of intervention?

3. Group three:
   • **Read** the Findings & **Skim** themes(46-8).
   • Discuss: Most interesting findings?
READING ACTIVITY #3

What is the intervention?
What do they expect to change?
How did they measure impact?
Who are they studying?
What are the findings?

Intervention
Participants
Findings

What do the authors say?
What were the challenges? Limitations?
What is the intervention?

- Stress management & mindfulness sessions (1 hr/wk)
- 7 weeks

What do they expect to change?

- Improved attention to self and others
- Being present in the moment

How did they measure impact?

Who are they studying?

- Nursing & midwifery students (14 total)
- Female only
- 1st yr

What are the findings?

Intervention
Take a closer look at the study design:

1. [Group]: What were the challenges? limitations?
2. Who else could they have included? Why? What difference would this have made?
3. Does # of participants make the article less: Reliable? Useful? Generalizable? How?

See author-identified limitations P. 48.
What are the limitations in the study design?

Self-reported (no objective) data?

Might recruitment methods impact who participated?

Intervention
- Stress management & mindfulness sessions (1 hr/wk)
- 7 weeks

Participants
- Nursing & midwifery students (14 total)
- Female only
- 1st yr

Findings
- Improved attention to self and others
- Being present in the moment

Who else could have been included?

Are the results generalizable?
Reading for understanding: Useful tips & tools
Trade in your highlighter
Mark it up:
Insert your thoughts & questions
To compute the basal permittivity, we also require information about the dielectric properties of the SPLD, which depend on the composition and temperature of the deposits. Because the exact ratio between water ice and dust is unknown (16), and because the thermal gradient between the surface and the base of the SPLD is poorly constrained (22), we explored the range of plausible values for such parameters.

Radar evidence of subglacial liquid water on Mars


How to Read a Scientific Paper.

First release: 25 July 2018
www.sciencemag.org

First release: 25 July 2018
www.science.org

Get cozy a (nursing) dictionary: Look up terms you don’t know
Tips for selecting your article
Tips for selecting your article

1. Create a list of “possibles” based on Article Title

2. Review the Abstracts in your groups. Look for:
   a. Quality - *Includes elements of a scholarly article?*
   b. Readability - *Can you understand the abstract?*
   c. Suitability - *Does it sound like it will be useful?*

3. Read* 3-4 “short list” articles before you commit!
Tips for selecting your article

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Questions?

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libguides.macewan.ca/nursing


How to Read a Scientific Paper. 