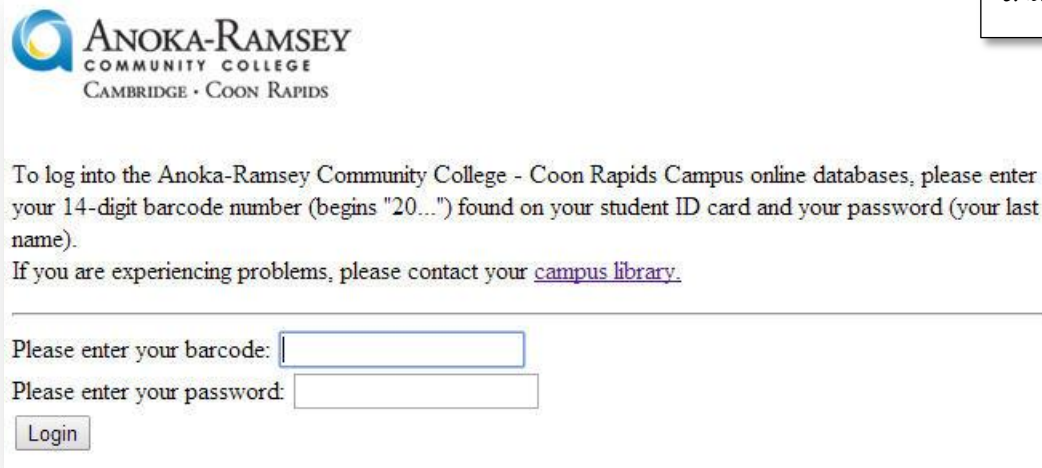



## Finding Journal Articles:

**EBSCO is one of our most popular journal databases. It covers multiple disciplines where you can locate full-text, scholarly articles.**

- From [anokaramsey.edu](http://anokaramsey.edu), locate the link for [library](#).
- Select [Coon Rapids Campus](#)
- You are now at the library's homepage, which you may wish to bookmark for future reference... (**Ctrl + D** for most web browsers).
- **LOGIN NOTES:** Off campus or using the college's wi-fi, login with the 14 digit number from your ARCC photo ID, using your last name as the password. On-campus login is your star id.

**Scholarly Journal:**  
Also called an academic or peer-reviewed journal, these documents include original research written by experts in a particular academic discipline and are reviewed by experts in that field.



 **ANOKA-RAMSEY**  
COMMUNITY COLLEGE  
CAMBRIDGE • COON RAPIDS

To log into the Anoka-Ramsey Community College - Coon Rapids Campus online databases, please enter your 14-digit barcode number (begins "20...") found on your student ID card and your password (your last name).

If you are experiencing problems, please contact your [campus library](#).

---

Please enter your barcode:

Please enter your password:

- Under the heading **Databases**, click [EBSCO](#).
- EBSCO opens to a page that outlines each subject-specific database in the collection. These range from art, business, health, science and much more.

- Depending on your topic, check the box to the left of the appropriate database. If you are unsure, select the *EBSCO MegaFILE* and the *MasterFILE Premier*, both multi-disciplinary databases that cover nearly 20,000 full-text publications. Click continue.
- At the basic search screen, enter your search term(s). Less is more. . .be specific and eliminate words such as "the, to, with." Do NOT type entire sentences or your entire thesis statement. Use specific keywords.
- Next, refine/limit results by checking PEER REVIEWED (or SCHOLARLY). This will ensure that the most authoritative articles are retrieved. Click SEARCH.
- The list of results includes publication information, subject terms, indications of charts or images and a PDF link to the full text.

### 3. A pilot study of yoga as self-care for arthritis in minority communities.



Academic  
Journal

By: Middleton, Kimberly R.; Ward, Michael M.; Haaz, Steffany; Velumyylum, Sinthujah; Fike, Alice; Acevedo, Ana T.; Tataw-A  
11 Issue 1, Special section p1-14. 14p. DOI: 10.1186/1477-7525-11-55.

**Subjects:** YOGA; RESEARCH; HEALTH self-care; ARTHRITIS; ALTERNATIVE medicine -- Research; OSTEOARTHRITIS

 [PDF Full Text](#) (451KB)

- Notice the little **magnifying glass icon** at the far right of the article's title. Click on this icon to open up the *abstract*. This is a brief summary of the article where you can further determine its usefulness to your research.
- To further refine results, notice the **Subject** dropdown at the left side column. Use this feature to narrow your topic. The number in parentheses indicates how many articles relate to that specific topic.



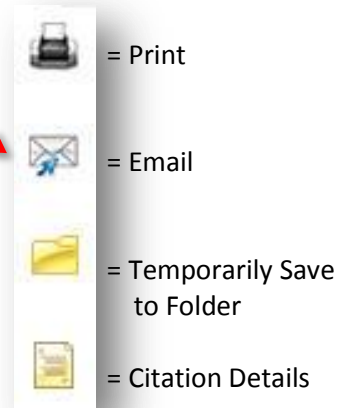
#### Subject


- [treatment \(60\)](#)
- [therapeutic use \(40\)](#)
- [reviews \(37\)](#)
- [psychological aspects \(33\)](#)
- [physiological aspects \(29\)](#)
- [study & teaching \(21\)](#)

[Show More](#)

- From the list of refined results, click the **PDF icon** to open the full-text article.

- From here, you may print, save or email the article using the icons at the far right.
- The email option is especially nice as it offers a useful citation feature. Simply click the **envelope** icon to open the email page.
- Using the **Citation Format** dropdown menu, select the format you've been assigned (MLA, APA, etc.). If one has not been assigned, be consistent with your choice. ★
- Enter your email (doesn't need to be your ARCC account). Click send, and you've got the entire article along with the proper citation you'll need for your list of works cited.



 **E-mail**

Number of items to be e-mailed: 1

E-mail from:

E-mail to:

Separate each e-mail address with a semicolon.

Subject:

Comments:

Send in plain  text format

PDF as separate attachment (when available)

Standard Field Format

Citation Format

Customized Field Format

- Return to your results list to continue researching.
- ★ **IMPORTANT:** Always double check your citations for accuracy against the most recent published guide.