Emailing your articles

1 Add each useful article to your folder by clicking the blue folder beside each article name



2 After you have added all relevant articles select the **Folder** in the top bar



- 3 Tick next to Select All
- 4 Click the **email icon** and fill in the email manager with:
 - your email adress
 - your course code in the **subject line** or terms to help you keep track of your research in your emails
 - Change the citation format to APA so this is also emailed to you. (Always check your citation using APA referencing: a guide for Ara students)
- 5 Click Send

Printing your articles

1 Click on the **PDF full text** when available for any title



2 Hover over the article with your cursor to click on the **print icon**



Printing your search history

From the Advanced Search page

1 Click on **Search History**



- 2 Tick the box next to the searches to print
- 3 Click on **Print Search History**

Search History/Alerts Print Search History Reviewe Searches Retrieve Alerts Save Searches / Alerts						
Sel	ect / desele	ct all Search with AND Search with OR Delete Searches				
\sim	Search ID#	Search Terms				
\bigcirc	S1	S cognitive behavioral therapy AND (older OR aged OR elderly) AND "				



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Kā tautoko ako Academic Support Services

Finding an article in a database



Finding a database

1 Go to Campus Life (http://campus.ara.ac.nz/)



2 Click on Library



- 3 Find a database if you know its name
 - a From the Library homepage, click on

Databases

- b Choose your database from the A-Z list
- 4 Find a database by subject
 - a From the Library homepage, click on

Subject guides

- b Choose your subject
- c Click on Articles/Databases
- d Click on Recommended databases

Searching an EBSCO database

- 1 Examples of EBSCO databases include:
 - Australia/New Zealand Reference Centre
 - Business Source Complete
 - CINAHL
- 2 Click on a database, eg CINAHL
- 3 Use your network username and password to log in if prompted
- 4 Select Advanced Search



Search tips you can use in most databases

- Use * to find words with different endings, eg child* finds child, childhood and children
- Use speech marks to search for a phrase, eg "cognitive behavi* therapy" (note behavi* finds both the US and UK spelling of behaviour)
- Use **OR** to broaden your search for similar terms, eg elderly **OR** older **OR** aged

A search strategy

1 Enter your search terms with each topic on a separate line

EBSCOhost	Searching: CINAHL with Full Text Choose Databases				
	cognitive behavioral therapy	Select a Field (option	Search		
	AND - older OR aged OR elderly	Select a Field (option			
	AND - "quality of life"	Select a Field (option	+-		
	Basic Search Advanced Search Search History				

- 2 Apply any of the following to refine your search as required
 - a Tick **Peer-Reviewed** (Peer reviewed means articles have been checked by experts in their field)
 - b Tick Full Text (except if you are doing a literature review as this can limit your search too much)
 - c Add a **date range** if needed
- 3 Click on Search to perform your search



Tip: you can use this search strategy in most databases, not just EBSCO databases.