Session Two: Research 101
Once, we thought humans were born with a certain ‘level’ of brain capacity...

We believed that, by a certain age, we had a fixed IQ that was genetically predetermined.
We know now that this is not the case ... intelligence is not fixed.

- The human brain is dynamic and with **effort** and **persistence** it can change

- Your son’s **past performance** does not necessarily equate to his **future performance**
New Technology has revealed that...

- The brain has a high level of **plasticity** even if children are born with poor genetics

- Your son’s environment plays a huge role in his brain development as a result of this **Neuroplasticity**
Movement and exercise release chemical messengers such as neurotransmitters which play a primary role in our getting our brains ready to learn.
Raising energy levels by eating **healthy food** and **drinking water**... raises learning performance
Great minds physically need...

- Water
- Glucose
- Oxygen
- Sleep
Water

• Brain dehydrates rapidly
• Plain un-iced water – juices, water containing flavours, and caffeine-based drinks are not as good as they are processed differently e.g. pure water does not increase urine production
• Nutritionists recommend 6-8 glasses per day
• Frequent sipping of water during exams recommended for enhanced performance
Breakfast

• should not be skipped—a very important meal of the day to kick start brain function

• Include protein e.g. eggs, peanut butter, milk, baked beans as well as carbohydrates
Top 10 Super Memory Foods

1. Fish: especially cold water-trout, salmon, tuna, sardines
2. Eggs
3. Soybeans
4. Lean beef
5. Chicken livers
6. Whole wheat
7. Chicken livers
8. Bananas and blueberries
9. Low fat dairy products
10. Avocados

Markowitz., M. A. and Jensen, E. *The Great Memory Book*
Research 101

Information and Digital Literacy
HOW TO SPOT FAKE NEWS

CONSIDER THE SOURCE
Click away from the story to investigate the site, its mission and its contact info.

READ BEYOND
Headlines can be outrageous in effort to get clicks. What’s the whole story?

CHECK THE AUTHOR
Do a quick search on the author. Are they credible? Are they real?

SUPPORTING SOURCES?
Click on those links. Determine if the info given actually supports the story.

CHECK THE DATE
Reposting old news stories doesn’t mean they’re relevant to current events.

IS IT A JOKE?
If it is too outlandish, it might be satire. Research the site and author to be sure.

CHECK YOUR BIASES
Consider if your own beliefs could affect your judgement.

ASK THE EXPERTS
Ask a librarian, or consult a fact-checking site.
Regardless of the complexity or style of the answer required, the process of seeking the answer will always be the same. Remember to...


1. Define:
• What information do I need and what do I need to do with it?
• What are the key words and ideas of the tasks?

2. Locate:
• Where can I find the information I need and what sources can I use?
• What do I already know and what do I still need to find out?
Regardless of the complexity or style of the answer required, the process of seeking the answer will always be the same. Remember to...

3. **Select:**
   - How relevant and credible is the information I have found?
   - What information should I use and what can I leave out?

4. **Organise:**
   - Have I enough appropriate information for my purpose?
   - How can I best combine information from different sources?
Regardless of the complexity or style of the answer required, the process of seeking the answer will always be the same. Remember to...

5. **Present:**
   - What do I do with the information and how should I present it?
   - With whom will I be sharing this information?

6. **Evaluate:**
   - What did I learn from process and did I fulfil my purpose?
   - Was the content and presentation appropriate for the task?
Regardless of the complexity or style of the answer required, the process of seeking the answer will always be the same. Remember the importance of ...

**Keywords**

- It is absolutely vital that before beginning ANY research assignment, you define the keywords you will be using for your research. This becomes most important when you are searching computer databases and other online resources. The more specific your terms, the more relevant will be the material you locate.

- ALWAYS, start with the most specific keywords you can think of and then move to more general terms.

**Referencing and Plagiarism**

- It is essential to remember that ALL resources consulted for ALL assignments and projects must be listed in your final submission. Listing this information will take the form of references and a bibliography. Failing to provide such information may constitute plagiarism. This form of academic ‘cheating’ carries severe penalties.
“It's not the same. I was caught stealing office supplies. You, on the other hand, got caught stealing ideas.”
Types of Knowledge – History WW1

• **Common Knowledge** refers to information that could be reasonably understood or known to the majority of people. For example, *Several countries, including France, Belgium and Britain, have great museums dedicated to World War One.*
  • Common Knowledge doesn’t need to be referenced

• **Not Common Knowledge** refers to information that is not generally understood or known to the majority of people. For example, *The immediate trigger of World War One was the assassination of the heir to the throne of the Austro-Hungarian Empire on 28 June 1914.*
  • Not common Knowledge needs to be referenced
The most important obligation on the tenant during the tenancy is to pay rent. Rent must be paid in the way stated in the lease agreement, such as in cash, or by cheque, direct debit or EFTPOS.

As well as paying rent, a tenant:

a) Must not use the premises for an illegal purpose, cause a nuisance, or interfere with the peace or comfort of a neighbour (s102)
b) Must keep the premises in reasonable condition
c) Must not intentionally or negligently damage the premises
Common Knowledge – Stages of Skill Learning

The Olympic Games bring together the best athletes from around the world to compete in many different disciplines. They have been selected to represent their countries because they have demonstrated the highest standard of skill in their respective disciplines.

Not Common Knowledge – Learning Motor Skills

Skill acquisition depends on learning. The only way to be certain that learning has occurred is to observe your improvement over a lengthy period of time. Motor skill learning involves a reorganisation of basic movement patterns, resulting in a permanent change in the way large muscle groups behave.

History ... over to you ... which is which?

**World War Two – Common Knowledge**

One of the main causes of World War Two was aggression by the Nazi regime that controlled Germany from 1933 to 1945.

**World War Two – Not common Knowledge**

A month after Hitler became Chancellor, the Reichstag was severely damaged by fire and the Nazis stirred up fears of a communist uprising.
Physics ... over to you ... which is which?

**Electric Power – Common Knowledge**

Electric energy is useful to us because it can be easily transformed into other forms of energy. At the flick of a switch, we can have light.

**Electric Power – Not common Knowledge**

In an ordinary lightbulb, the tiny wire filament becomes so hot that it glows; only a few percent of the energy is transformed into visible light, and the rest, over 90%, into thermal energy.

Increased heavy metals -  Not common Knowledge
Heavy metals are natural constituents of rocks and soils and enter the environment as a consequence of weathering and erosion. Many metals are biologically essential, but all have the potential to be toxic to organisms when the concentrations go above a threshold.

Water -  Common Knowledge
We can find water almost anywhere on Earth – at the poles as ice, in the air as humidity, in the oceans, rivers and underground. Water defines our planet – the earth is known as the blue planet because of water.
Economists study the way people make decisions about how to allocate scarce resources to provide themselves with goods and services. Common Knowledge

Economists analyse the relationship between the supply of and demand for goods and services, and the ways in which goods are produced, distributed and consumed. Common Knowledge

The market, or private-enterprise economy, differs from the subsistence economy because of its extensive development of specialisation and the use of money. Not common Knowledge

Not Common Knowledge = In-text Reference

An in-text reference needs three things:

Author Name, Year, Page

A Bibliography needs six things:

Author surname, initial, year, title, place and publisher.
Ideal for my assignment ...

How the Germans and their European fascist allies treated conquered people and POWs was largely determined by Nazi ideas about race. In most cases, western European, British and American POWs were treated reasonably well unless they tried to escape. However, racism always played a role. When France surrendered, the Germans shot North African troops serving in the French military.

A Scaffold for In-text Referencing

For example: referencing a borrowed idea ...

**Darlington (2012, p.71)** suggests that the German treatment of the people they conquered and POWs according to their racial background. Usually, western European, British and American POWs were well treated while others were not.

Or, a better, more academic way ...

The Nazis’ determination to create a ‘pure race’ is also illustrated by their management of POWs. **Noted historian Robert Darlington** suggests that the German treatment of conquered people was largely determined by racial affiliation. While western European, British and American POWs were treated reasonably well, Darlington cites the execution of French soldiers with North African heritage as an indication of the endemic level of racism within Nazi ranks (Darlington, 2012, p.71).

Credential ... what makes the provider of information noteworthy?
A Scaffold for a Bibliography ... APA (edition 6)

A Bibliography needs six things:

- **Author surname** and first initial,
- **year**, **title**, **place of publication** and **publisher**.

Opinion: Lessons from the Second World War

On September 1, 1939, Germany started WWII - a war that would eventually leave the nation all but destroyed. Three lessons from that time period have transformed Germany, writes DW's Alexander Kudaseff.
One of the problems golfers experience with their game is driving the ball. To improve, golfers need to focus on five key elements: ball position, stance, backswing, downswing and swing finish (Mulholland 2013, Youtube).

In-text Referencing Terms

How can an author refer or present information?

In his writing, Strauss could:

- suggest
- highlight
- argue
- imply
- support
- indicate
- demonstrate

and more!
Also Check Out ...

http://reffor.us/ - APA Reference Generator
Research Starters ...

Library and Online Resources
Library Online Resources ...
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