1. Make a list of several “questions” (aka head bangers) that you would like to answer.

2. Reduce the list to ONE very important, very relevant and very interesting question that you personally want to know the answer to. Ask yourself, "What do I really want to know about this topic?" "What specific questions do I have?"

3. Narrow-down the topic area so that the question is specific enough for a limited journal review. For example: “Why do people take drugs when they are scared, sad or angry?”
   Revised question: “How do drugs modify emotional experiences?”
   More narrowed: “How does (specific drug) impact/modify emotions?”

4. Start your literature search for published research studies that will help you answer your specific question. It is often a good idea to begin your search with your Introductory text. Your selected topic is probably covered to some degree somewhere in your text and you can use the cited references to help you initiate your research.

[A reference citation is the parenthetical name & date found directly after a statement of fact or reference to research results. For example: “. . .overweight people are more likely to order a specific dish in a restaurant after a tasty description (Herman & Polivy, 1988)”]

5. Continue your journal/literature search at the LIBRARY. . . a university library! You can start at your school library but their journal holdings are limited. It is possible to use the library on your campus to conduct your computer and/or internet search, especially if you need some help to get familiar with the system. I STRONGLY RECOMMEND visiting the UCSD Central Library, SDSU Love Library or even CSUSM, too.

6. **YOU MUST INCLUDE AT LEAST FOUR (4) SCIENTIFIC JOURNALS IN YOUR PAPER.** You may then use any other resources that help you answer your question. . . EXCEPT the encyclopedia!!!!! Encyclopedias are for secondary and elementary school reports, not college research studies.

7. The format of your paper is quite simple: It must include an opening statement or section that states the purpose of the paper - that is, reference to your question/topic; a summary of the research (eg, paraphrase the findings from each of the journal articles, including proper REFERENCE CITATIONS); a conclusion; and, a reference page (APA format).

8. **Your paper MUST have a reference list** at the end which lists all of your resources. No paper will be accepted without a complete and PROPERLY formatted reference list. You can find a description of the correct APA format in the APA Style Manual (in the library or bookstore) and/or at the APA web site (www.apa.org). TYPE YOUR PAPER! Neatness, spelling and grammar, plus content, count. It should be 4-5 pages long. . .that’s all!! Ask if you have questions!

9. This paper is to be written in the “third person”... that is, no personal references; no “I” used...you are an objective reviewer of existing research.