Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # 5

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With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write your outline, paper, and annotated bibliography.

1. Author’� s Name: David Shanley

2. Author’� s Credentials: Doctorate in Clinical Psychology

3. Publisher [or title of organization]: Pysch Central

4. Heading of Section [title of reading]: 7 ways to overcome shyness and social anxiety

5.  Year Written:  2015

6. Pages: 1

7. Website URL: <https://psychcentral.com/blog/7-ways-to-overcome-shyness-and-social-anxiety/>

|  |  |  |  |
| --- | --- | --- | --- |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| \*Have confidence |  | \*avoiding social interaction can cause anxiety | \*It gives a kind of solution to the problem presented by the research question.         |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
|  \*this article gives different way in order to be more confident. \*It informs the reader to engage in many things that will be outside of the comfort zone.       |  | * It says to try new things, engage, and also being mindful of oneself and know the boundaries and how to overcome them.
 | . \*solutions to the problem |
|              |   |   |   |

In this article, is it possible that any of the authors might have a bias about the subject matter?   No provide examples if needed.

Is the article timely or a bit outdated ?   timely

Was it published in a reputable source? yes

Academic Soure? yes

Other important information : Check Link

Note Taking Sheet: Reading # 6

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course ENCOURSE NAME EN202 Section 02

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write your outline, paper, and annotated bibliography.

1. Author’� s Name: Eric Ravenscraft

2. Author’� s Credentials:

3. Publisher [or title of organization]: Life Hacker

4. Heading of Section [title of reading]: [Why You Make Bad Decisions When You're Attracted to Someone](https://lifehacker.com/why-you-make-bad-decisions-when-youre-attracted-to-som-1501035149)

5.  Year Written:  2014

6. Pages: 1

7. Website URL: https://lifehacker.com/why-you-make-bad-decisions-when-youre-attracted-to-som-1501035149

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| \*we tend to think a very distorted way picking up some bad habits from the person we find attractive but also someone convince ourselves that we are alike, standards can be lowered.  | \*”but research from the University of Toronto shows that the stronger the fears of being lonely a person has, the more likely they are to compromise their standards to find a partner.” | \*Gives examples in real life situations of how these things come into play.  | \*give a small background on what is attraction      |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
|  \*We gain a boost of hormones, dopamine, and adrenaline when we see someone we find attractive      | \*Adrenaline is what's responsible for causing your heart to race or your hands to sweat. Adrenaline [puts your body on high alert](http://www.psychologytoday.com/blog/threat-management/201001/adrenaline-rushes-can-they-help-us-deal-real-crisis), sending oxygen-enriched blood throughout your body, and prepares you for immediate action, as well as [raising tension and stress levels](http://www.datehookup.com/content-your-brain-on-love.htm). It also releases dopamine and endorphins.(example) | \*gives definitions on what they are and how it affects the body | . \*Shows how attraction affects behavior and how to avoid making bad decisions.  |
|              |   |   |   |

In this article, is it possible that any of the authors might have a bias about the subject matter?   No provide examples if needed.

Is the article timely or a bit outdated ?   timely

Was it published in a reputable source? Not really

Academic Soure? Not sure

Other important information : Check Link